

Bollywood Star Vidyut Jammwal's Savior: ActiveCare Physical Therapy

MUMBAI, India, Sept. 28, 2018 /PRNewswire/ -- Bollywood star Vidyut Jammwal is always in action. And keeping the momentum behind the scenes is his physical therapist, [Dr. Karena Wu](#), owner of [ActiveCare Physical Therapy in Mumbai](#) and New York City. Vidyut has been treated by Dr. Wu in Mumbai and abroad, and continues to do so because of her holistic practice philosophy.

Jammwal says:

"I can tell the difference in the level of quality and service ActiveCare Physical Therapy brings to the table. When I experienced Dr. Wu's holistic practice philosophy and the depth of education given to me regarding my prognosis, I was immediately impressed. Dr. Wu has vast knowledge and awareness about the biomechanics aspect of movement, along with the functional, psychological and social components involved. This is something that is not found in India."

Being a celebrity and world class martial artist, not to mention rock climber and yogi, Jammwal is constantly at risk for injury. Dr. Wu says:

"Clients who are fit and do extremely high intensity activities like Vidyut can forget the little movements that maintain good, pain-free movement patterns." She adds, "I don't need to do much except pull the reins in with how much Vidyut does. He has a trainer, an extensive movement program and an extremely disciplined nature. My input emphasizes the local musculature individually for full functional use and I help tie that into his dynamic movements."

And when Dr. Wu is not able to be in the ActiveCare Mumbai office, she still ensures the best possible patient care from the across the globe via video calls, texts and emails. For more information contact: indiastaff@bestptnyc.com

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