

Presenting the **Bio-Move Lab.**



• Scoliosis

• Stiff Neck

• Back Pain

Bio-Move Lab.

The place that you come to get rid of your pain and gain healthy strong muscles.





Let Us Help You Get Pain Free Quickly...

At the Bio-Move Lab our team offers a Biomechanics service to relieve any pains. We will carry out assessments to find the root cause of your pain and heal you.



Mhew
Head of Biomechanics



Zahara
Biomechanics

Your pain will be treated through a variety of techniques including Myofascia Release, Mobilization and Lymphatic Drainage all delivered by our professional biomechanics team.

Team.



What happens in your first assessment?

To start your journey we carry out a postural and movement assessment to better understand the condition of your body and muscle function.

What follows will be pain relief through muscle release. We will also give you a protocol for you to continue taking care of yourself at home.

Assessment.



Taking Our Time To
Understand How To Fix You...

Why Evolve's Bio-Move Lab is your solution?

We believe "Prevention is better than Rehabilitation." We have a pre and rehab program to give you knowledge about your body movement and exercises designed specifically for your unique body.

Solution.

Align Your Body Through
Functional Rehab Exercise...



Find us.

Where you can find us...

The Bio-Move Lab is located at Alfardan Centre,
in the heart of the thriving
Workinton office community.

To book your assessment contact us on
Landline: +974 4440 8432
Mobile: +974 5040 3234

The Bio-Move Lab is open from 8am to 8pm
and pre-booking is required.

The Bio-Move Lab offers Biomechanics along
with several other services including,
nutrition, weight loss consultations and life
coaching. Inquire for more details.