

Aarogyam Physiotherapy & Wellness Centre: Restoring Mobility, Renewing Lives

Published on 23 Jan 2026 | By IFI Correspondent



Among the most trusted names in the healthcare sector of **Sangamner taluka**, **Dr. Sandeep Balasaheb Kadlag** stands out for his simplicity, discipline, and compassionate approach toward patients. His journey in physiotherapy, built on strong values and clinical excellence, has today become a source of relief and renewed life for hundreds of patients.

From a Rural Background to Medical Service

Born into a modest farming family, Dr. Kadlag grew up in a rural environment where he regularly witnessed people suffering from accidents, joint pain, paralysis, and sports-related injuries. These early experiences instilled in him a deep desire to reduce human suffering, leading him to choose **physiotherapy** as his professional calling.

Strong Academic Foundation and Specialization

Dr. Kadlag pursued rigorous and structured education in physiotherapy, establishing a solid clinical foundation:

- **Bachelor of Physiotherapy (B.P.Th)** – 4.5 years
- **Master of Physiotherapy (M.P.Th – Orthopedics)** – 2 years

He completed his higher education from **Rajiv Gandhi University of Health Sciences, Bengaluru**. Extensive clinical training, a research-oriented mindset, and exposure to modern treatment methods have shaped his highly effective and evidence-based approach to patient care.

Establishment of Aarogyam Physiotherapy & Wellness Centre

With the aim of delivering quality physiotherapy services to both rural and urban populations, Dr. Kadlag founded **Aarogyam Physiotherapy & Wellness Centre** in Sangamner. Today, the center is recognized for its **advanced equipment, personalized treatment plans, and patient-focused rehabilitation services**.

A Holistic and Patient-Centric Treatment Approach

Dr. Sandeep Kadlag's treatment philosophy goes beyond pain relief. He places strong emphasis on restoring **functional ability and overall quality of life**. Key aspects of his approach include:

- Detailed evaluation of every patient
- Focus on mobility, strength, and functional recovery

- Exercise therapy combined with lifestyle modification guidance
- Post-surgical rehabilitation programs
- Specialized sports physiotherapy protocols for athletes

Comprehensive Care for All Age Groups

Aarogyam Physiotherapy & Wellness Centre offers treatment for patients across all age groups—from children to senior citizens. Major service areas include:

- Paralysis and neurological rehabilitation
- Spine and joint disorders
- Knee pain, back pain, and neck pain
- Post-operative rehabilitation
- Sports injuries and sports rehabilitation
- Cerebral palsy and pediatric physiotherapy
- Balance training and pain management for senior citizens

Commitment to Health Awareness

Beyond clinical treatment, Dr. Kadlag actively promotes **health awareness**, especially in rural areas. Through social media platforms, newspapers, and community outreach, he continuously educates people about the importance of physiotherapy in preventive and rehabilitative healthcare.

“Our Physiotherapist” of Sangamner

Today, Dr. Sandeep Balasaheb Kadlag is fondly known as “**Aapla Physiotherapist**” (Our Physiotherapist) across Sangamner taluka. His journey, built on honesty, dedication, and knowledge, serves as a guiding example for young physiotherapists and students aspiring to enter the medical profession.

Selected for Maharashtra’s Prestigious Awards

Recognizing his dedication and achievements, he has been selected for the prestigious “**Maharashtra Business Icon 2025 / Maharashtra Style Icon 2025 / Maharashtra Fashion Icon 2025**” awards.

This honour is being presented by **Reseal.in and India Fashion Icon Magazine**, celebrating Maharashtra’s emerging entrepreneurs and artists.

The selection marks a proud moment not only for him, but also for the entire region.

Presence of Renowned Film Personalities

The grand award ceremony will be graced by celebrated film personalities:

- **Ms. Varsha Usgaonkar (Bollywood Actress)**
- **Ms. Sonalee Kulkarni (Indian Actress)**
- **Ms. Prarthana Behere (Indian Actress)**

Event Hosted Under Expert Leadership

The event is organized under the leadership of **Mr. Sudhir Kumar Pathade**, Founder & CEO of Reseal.in (Sure Me Multipurpose Pvt. Ltd.), who continues to provide a national platform for Maharashtra’s rising entrepreneurs, designers, and creative talent.

For more style updates & exclusive fashion stories follow indiafashionicon.com

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORISED REPRESENTATIVE/PUBLISHER, TO WHICH EFFECT, PUBLICATION HOUSE/ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER.