

DISC UAE
PROFILE





DIVERSIFIED INTEGRATED SPORTS CLINIC (DISC)

is a group of clinics founded by individuals who share a passion for improved wellbeing through preventative healthcare.

We launched in September 2014 in Dubai Healthcare City, United Arab Emirates. Our holistic multidisciplinary care approach soon developed into a successful model. In line with growing patient needs, we expanded to other geographies. As of 2023, DISC has three clinics in the UAE (two in Dubai, one in Abu Dhabi), and one clinic in Kuwait.

We aim to provide high quality integrative and innovative evidence based patient care with a vision of regional and international expansion.



SERVICES



Physiotherapy:

Restoring pain-free living through manual therapy, dry needling, corrective exercises and more. We specialize in the treatment of musculoskeletal dysfunction, pain management, post-op rehab, movement therapy, pelvic floor rehabilitation, lymphatic drainage, and return to sport.

Osteopathy:

Utilize the osteopathic method of treating the whole. This includes manual therapy and adjustments to help optimize function and enhance the quality of living.

Chiropractic:

Treating neuromuscular pain and dysfunction through manual therapy including spinal manipulation to help patients maintain optimal health and wellbeing.

Sport & Family Medicine:

Providing minimally invasive, non-surgical interventions to restore and enhance function while supporting the body's regenerative processes.

Kinesiology & Movement Therapy:

Correcting movement dysfunction and treating chronic pain through mobility and strengthening exercises to prevent injuries and improve wellbeing.

Women's Health:

Physiotherapy and osteopathic approaches to treating and managing women's conditions and dysfunctions throughout the life stages, including pelvic floor rehabilitation and prenatal and post-natal care.

Corporate Wellness:

Improving productivity and satisfaction through educational workshops that aim to facilitate healthy work habits and boost fulfillment.

COMPANY VISION & MODEL

Vision: To help individuals and communities around the world live to their full physical potential.

Mission: Treat, educate, and inspire through innovation and integrative care for musculoskeletal disorders and injuries.

Pillars

- Clinical Effectiveness
- Operational Efficiency
- Teamwork
- Responsive Governance
- Safety First
- Patient Centeredness

USP

- High quality care
- Integrated healthcare model
- Proprietary AI-powered system for enhanced patient and employee experience "MedAi"
- Strong focus on employee development
- Recruitment of local talent
- Resilient business





INTEGRATION OF PATIENT CARE

Patients at DISC receive an integrated care approach to optimize healing and facilitate return to normal activities.

Integration of patient care is a multifaceted approach to heal the whole person.

Integrated care approach

- Coordinated across a multidisciplinary team of clinicians
- Utilizes different therapeutic approaches seamlessly and harmoniously
- Tailored to patient needs, expectations, and preferences.
- Based on a shared responsibility between patient and clinician for optimal results
- Aimed at identifying and treating the root cause of the problem
- Culture of continuous learning which includes group education opportunities and external seminars for our staff to continually develop and improve skills.



Our clinicians collaborate on integrated care plans for patients who require a multidisciplinary approach.

SPECIALIZATION

Therapeutic approaches:

- Physiotherapy
- Osteopathy
- Chiropractic
- Movement Therapy
- Women's Health
- Prenatal and Postnatal classes
- Pelvic Floor Rehabilitation for men
- Acupuncture

Medical interventions:

- Hyaluronan injection (intra-articular injection)
- Anesthetic and Corticosteroid injection (Intra-articular injection)
- Platelet Rich Plasma Therapy /PRP (Intra-articular injection)
- Trigger point injection (Intramuscular injection)
- Immunity Booster (IV Infusion)
- Botox injection (subcutaneous or intramuscular)
- Neural therapy (subcutaneous injections)
- Nerve block (sciatic nerve anesthetic injection)

SKILLS

- Manual therapy
- Dry needling
- Acupuncture
- Kinesiotaping
- Myofascial release
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Cupping
- Joint mobilization and manipulation
- Spinal mobilization and manipulation
- Visceral manipulation
- Cranial manipulation
- Manual Lymphatic drainage
- Vestibular rehabilitation
- Global postural re-education
- Prenatal & Postnatal care
- Biofeedback therapy (pelvic floor dysfunction)
- Movement analysis

CONDITIONS WE TREAT

- Neck and lower back pain
- Peripheral joint disorders (shoulder, hip, knee, ankle, elbow, etc)
- Sports injuries
- Pre and post-surgical conditions
(Post-ACL reconstruction, Post total knee/hip replacement)
- Chronic musculoskeletal disorders
- Scoliosis
- Postural Dysfunction
- Pelvic Floor Dysfunction
- Diastasis recti
- Fibromyalgia
- TMD (Temporomandibular Joint Disorders)
- Headaches and migraines
- Vestibular Disorders
- Pediatric (Colic, tongue-tie, respiratory conditions)
- Long COVID



DISC CULTURE

Our diverse team of employees work collaboratively to ensure the delivery of high-quality integrated services to patients.

We work harmoniously as a team to optimize the patient experience while delivering high quality of care.

We communicate and collaborate to continuously elevate our performance.

Our mindset is rooted in Safety-First approach.

We value continuous learning and encourage our team to share their knowledge and skills in clinical meetings and beyond.



MARKETING

Giving back to our community through active participation to raise awareness about health and wellness and enhance quality of living.



/ Offline

Corporate wellness, sports events & CSR



GATEHOUSE (investment company)
/ Presentation



BOURSA (Kuwait stock exchange)
/ Presentation



DASMAN DIABETES INSTITUTE
/ Presentation



KFH & KFH GROUP (Kuwait financial house)
/ Bahrain, Turkey & Kuwait
/ Women's health webinars
& workshops
/ Multiple workshops



PIC (petrochemical industries company)
/ Presentation



ALHAMRA REAL-ESTATE COMPANY
/ Workshop



NATIONAL BANK OF KUWAIT
(Partnership)
/ In house medical consultations
/ Women's Health workshop



BAYAN DENTAL (Partnership)
/ Wrokspace Wellness workshop



KPMG
/ Women's Health Workshop

Dubai Seven's

/ Team recovery & pre-event support

Central Padel seminar

/ Education & injury prevention workshop

Adidas Running

/ Gait analysis

DUBAI BEACH CLEAN-UP

/ Work with Beach Please DXB to help clean public beaches around Dubai

LEBANON REFUGEE CAMP

/ Chiropractic and Physiotherapy treatment for a range of individuals.

LABOR CAMPS

/ Fundraising and food distribution for labor camps during Ramadan

PARTNERS



Dr. Tamara Ghazi
Founder – CMO

Dr. Tamara began her career as a doctor of chiropractic in 2010. Passionate about sports, she moved from trail-running to completing the Dubai Marathon, a solo 50km run, a half-ironman, and many others. This competitive drive and dedication to sport is a driving force for her at DISC. After working in Dubai Healthcare City, she opened her own treatment center to fulfill her dream of providing the Dubai community with a state-of-the-art integrated preventative sports medical center.



Michael Becker
Founder – CEO

Michael worked 12 years in the Oil and Gas sector in business development and people management positions. He moved with his family to the UAE 10 years ago as the Managing Director of a subsidiary of the largest European construction company. Son of a psychotherapist, Michael always dreamt of working in healthcare, his true calling. In 2014, Michael founded DISC along with Tamara Ghazi. His passion for Human and Sports sciences and technology drives his mission to positively impact the world through integrated and innovative wellness.



Talal Alnafisi
Founder – CFO

With 19 years of experience locally and regionally, Talal has been actively engaged in a wide range of sectors throughout his years in investment, banking, wealth management, planning, and business development. Talal builds on practical and innovative solutions to the business. In addition to the network he has built in the region, as a GCC national, Talal adds value in supporting DISC's vision and steering the company. His goal is to drive the company business strategy and expansion plans.



DUBAI

DHCC: Ibn Sina Building 27, Block B, Unit 304 - Dubai Healthcare City

JLT: Swiss Tower - Unit 1304 Cluster Y

 **04 215 6888**



ABU DHABI

Sheikha Fatima Park, Building 4 - Al Bateen

 **02 409 4839**

 **DISC.UAE**