



Dr. Ranen Rambrij

CHIROPRACTOR

About Me

I have been in Dubai for 5 years. Prior to that I spent 3 years in Mauritius working as part of an Orthopedic team. I have recently served as Medical Director of Physiowell Chiropractic & Physiotherapy. I am an excellent communicator and team player. My personal passions are sport, food and travel. I am looking for a new professional and personal challenge.

Clinical Expertise

I have undergone training in MSK Diagnostic Ultrasound during my time in Mauritius. The most common pathologies I treat are the following:

- Cervical & Lumbar Discopathy/ Radiculopathy
- Tendinopathy/Tears
- Adhesive Capsulitis
- Plantar Fasciopathy/ Baxter Neuropathy
- Knee: OA/PFPS/Menisus Lesions

Certificates

- International Certificate in Sports Chiropractic (hands on modules) - 2017
- Kinesio Taping Fundamentals and Advanced (KT1 & KT2) - 2016
- Introduction to Dynamic Taping - 2016
- Assessment and Management of TMD - 2024
- Patellofemoral Masterclass - 2024
- Diagnostic imaging Masterclass - 2025

Affiliations

- Allied Health Professions Council of South Africa
- The International Federation of Chiropractic Sport
- Dubai Health Authority
- Emirates Chiropractic Association

Contact

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Experience

MEDICAL DIRECTOR (Dubai)

Physiowell Chiropractic and Physiotherapy | June 2024 - November 2025

ASSOCIATE CHIROPRACTOR (Dubai)

- Physiowell Chiropractic & Physiotherapy | October 2022 -
- Anatomy Rehabilitation | October 2022 - 2023
- Joint Space Polyclinic | May 2022 - October 2022
- Emirates European Medical Center | May 2021 - April 2022

ASSOCIATE CHIROPRACTOR (MAURITIUS)

Chiropractic Care Center Ltd | April 2018 - March 2021

CONSULTANT CHIROPRACTOR

Mauritius Ministry of Youth Empowerment, Sports and Recreation | Sep 2018 - March 2021

TEAM DOCTOR

KwaZulu-Natal Golf Union | Jan 2017 - Mar 2018

CHIROPRACTOR/OWNER

Physique Chiropractic & Wellness | Nov 2016 - Mar 2018

Clinical Skills

- Diversified Technique/ McKenzie Dynamic Technique/ Cox Flexion Distraction
- Intramuscular Electro Stimulation & Dry Needling
- Exercise Rehabilitation
- Shockwave Therapy/Low Level Laser Therapy
- Taping/ Strapping

Qualifications

DURBAN UNIVERSITY OF TECHNOLOGY

Master of Technology in Chiropractic – E.C.C.E Accredited | 2009 - 2016

Research Title: The effectiveness of Spinal Manipulative Therapy vs Core Muscle Strengthening on Club Head Velocity and Ball Carry in Asymptomatic Amateur Male Golfers.