

Business Connection

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Business Spotlight

Therapy with a purpose

TheraCure is a premier physical therapy clinic in Pleasanton, with a focus on pelvic health, orthopedics and ergonomics. Owner Shalaka Gandbhir is a licensed, patient-focused physical therapist with 12+ years of leadership experience in clinical management.



TheraCure
Physical Therapy

“At TheraCure, we approach physical therapy with an emphasis on understanding the root cause of your ailment, creating a personalized and focused plan of care, and maximizing your body’s ability to heal naturally,” said Gandbhir. She has experience in New York, Illinois and California, providing care in pelvic health, orthopedics, sports medicine, home health and geriatrics.

Gandbhir also notes that TheraCure can help with urinary incontinence, pregnancy and postpartum, lower back pain, sciatica, neck pain, arthritis, plantar fasciitis, and TMJ pain.

“I have been practicing physical therapy since 2005,” she said. “Healthcare has always been my passion. I always wanted to start my own practice to be able to give one-on-one time to the patients,” Gandbhir said.

She decided to specialize in pelvic physical therapy when she needed it after giving birth to her son, referencing that incontinence and pelvic pain are quite common, yet rarely talked about.

During COVID-19, TheraCure is offering services virtually apart from in-person visits. “We combine a hands-on approach with continuing knowledge of medical and therapeutic advancements,” said Gandbhir.

To learn more about TheraCure Physical Therapy, visit them online at www.theracurept.com, or on Facebook. It is located at 4133 Mohr Avenue, Suite F in Pleasanton.



Shalaka Gandbhir,
PT, MSPT