

January 2026 – June 2026



WHY IT MATTERS

The most important minutes after a sports injury are the first few minutes that follow it. When first aid is administered promptly to protect the injured area, control swelling and avoid movement, it decides how long an athlete stays out of the game. It is why trained medical teams at sporting events are as safeguard to athlete health in the short and long run. In this edition of the newsletter you will see how the Ortho-One sports medicine team does this work, whether at marathons in the Nilgiris, tournaments across Tamil Nadu, and assessment camps for Tamil Nadu's young athletes

Care at the moment it matters.

Sports Medicine CME with IMA Coimbatore



A SHARED PLATFORM FOR MODERN ATHLETIC CARE

15 March 2026, IMA Hall, Coimbatore

In March, Ortho-One and the Indian Medical Association, Coimbatore Branch, jointly hosted the Ortho-One Sports Medicine CME 2026, an evening dedicated to the question: Successful pain-free medical practice: Do recent advances in sports medicine help?

The scientific session covered modern athletic care in practice, evidence-based injury prevention for the weekend warrior, wearables and the future of musculoskeletal care, a surgeon's guide to paediatric sports, and spine-sparing strategies in biomechanics and clinical stretching.

EXPERT PANEL

The evening closed with an expert panel featuring Dr. David V. Rajan, Chairman and Managing Director, Ortho-One.

At the starting line



JANUARY

Rubfila Palakkad Marathon 2026

Malampuzha, Palakkad

**20,000
participants**



MARCH

Ooty Ultra Marathon 2026

Nilgiris & Coimbatore

**1,100 + 500
participants**



JUNE

Bison Ultra 2026 8th edition

Yercaud

Over 300 runners

ON THE FIELD, ON CALL, ALWAYS THERE

In January, the Ortho-One sports medicine team provided medical support at the Rubfila Palakkad Marathon 2026 at Malampuzha, Palakkad. 20,000 participants across categories took part in the event.

In March, the team served as the sports medicine partner for the Ooty Ultra Marathon and covered the Stairathon at Nehru Stadium, Coimbatore. In June, the team was at the Bison Ultra 2026 at Yercaud.

Assessing Tamil Nadu's Emerging Athletes

700+ SPORTS HOSTEL ATHLETES
Across nine districts



In March and April, HSI collaborated with the Sports Development Authority of Tamil Nadu (SDAT) to carry out Pre-Competition Medical Assessments and musculoskeletal assessments for more than 700 sports hostel athletes across nine districts: Coimbatore, Trichy, Erode, Namakkal, Perambalur, Ariyalur, Thanjavur, Pudukkottai and Ooty. The assessments, documented on the Athlete Management System, build a baseline for injury prevention and performance tracking among Tamil Nadu's emerging sportspersons.

BEYOND TAMIL NADU



Through its partnership with Tata Trusts and the North East Initiative Development Agency (NEIDA), HALT Sports Injuries (HSI) conducted a three-day coach and athlete education workshop in Mizoram, training 30 to 40 badminton coaches and 25 athletes on injury prevention, athlete health, rehabilitation and safe sports participation.

Courtside, Trackside, Pitchside



January 16th Orion Trophy district basketball tournament and the CCSF football tournament, Coimbatore.



January Thiran techno-cultural sports fest, Sri Eshwar College of Engineering, with around 2,000 players.



February All India Doctors Association Badminton Tournament, with around 500 participating doctors.

Courtside, Trackside, Pitchside



March Sports Medical Support for Stairathon at Nehru Stadium around 500 participants participated.



April LG Sports car race at Kari Motors Speedway, Chettipalayam.



May All India Basketball Tournament conducted by the Coimbatore District Basketball Association.



May Fitness assessments were conducted for around 60 Tamil Nadu hockey players selected for the national-level tournament.

Courtside, Trackside, Pitchside



June MECO-FMSCI National Karting Championship, Podanur.



June Schlumberger internal football tournament.



June District and club basketball tournaments, Coimbatore.



June Rajalakshmi Sports Club basketball tournament, Nehru Stadium.

GROWING THE NETWORK

HSI's work this half-year has been strengthened by partnerships across the sports ecosystem. The collaboration with **SDAT**, **TATA TRUSTS** and **NEIDA** delivered the **Mizoram workshop** in May, extending HSI's footprint to the North-East.



TATA TRUSTS



Closer to home, HSI has partnered with **AJVA Fitness**, creating opportunities for collaborative athlete development, sports medicine outreach and performance programs.



ACADEMIC VISIT

Learning beyond the classroom

ANU College students at the Department of Sports Medicine

A group of **43 MBA Hospital Management students and faculty members from ANU College, Guntur**, visited the hospital to gain practical insights into hospital operations and management. They toured various departments and received a basic orientation on the functions of each floor. The visit concluded with the felicitation of **Mr. Bharadwaj Malepati, Whole-time Director**, as a gesture of appreciation for providing this valuable learning opportunity.



Knowledge that connects specialists

Monthly hybrid CME series

The Academy's CME series ran once every month from January to June and focused on topics including spine surgery and orthopaedic oncology. The series was conducted in hybrid mode with participants joining online and in person.

**JAN
31**

Complications of Spine Surgery

The talk was delivered by Dr. Bikram, AIIMS Raipur.
The session also included a spine case presentation with a panel discussion and interactive quiz session.

**FEB
28**

Radiological Approach to Bone Tumours

The talk was delivered by Dr. Benjamin Barsouma Mathew, MD, FRCR, Assistant Professor, Department of Radiology, CMC Vellore.

**MAR
28**

Spinal Metastasis Revisited: Indications, Innovation and Impact

Dr. Ashok Kumar, Consultant Spine Surgeon, Parvathy Hospitals, Chennai.
Spine Case Presentation by Chettinadu Hospital, Chennai.

A semester of specialist learning continued

**APR
25**

Biopsy Principles in Orthopaedic Oncology

The talk was delivered by Dr. Mustafa Onur Karaca, Associate Professor and Orthopaedic Oncologist, Ankara University, Turkey.

**MAY
30**

Dural Repair and Management of Pseudomeningocele

Dr. Kiran Kumar, MS, FNB Spine, Kurnool presented a spine case from SRM Medical College, Chennai.

**JUN
27**

Giant Cell Tumor of Bone: Treatment and Controversies

The talk was delivered by Dr. Venkatesan Sampath Kumar, Additional Professor, AIIMS New Delhi.

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