

Ortho-One Orthopaedic Speciality Centre

August 2017



Second Shoulder Rehab Course

Ortho-One conducted a session on Shoulder Rehab, the second edition of its kind. The first edition was done last year. The shoulder rehab course was convened by Dr. David V. Rajan, (Founder, Ortho-One) along with Dr. Karthik M. Selvaraj (Shoulder Surgeon) and Mr. Ganesan (Sports Physiotherapist) and it was held on August 27th, 2017 (Sunday).

The Course highlighted medical conditions such as frozen shoulder, cuff disorders and instability. The session had live demos on exercise protocol, and other case modules related training, that gave a hands-on experience to orthopaedic surgeons, sports doctors and physiotherapists.

Frozen shoulder occurs after an injury, overuse or also from conditions like diabetes and stroke. "Generally, frozen shoulders are treated through exercises and constant monitoring, and in some severe cases a surgery is performed. However, it is important to give timely diagnosis and treatment, as it can affect the daily life of an individual," says Dr. David V. Rajan.



"I can play Basketball again", says Maanasa

Maanasa studying in the 5th grade, is from Thiruvananthapuram, Kerala. She visited Ortho-One with severe pain in her left knee. She sustained a Knee injury while playing basketball when she was accidentally pushed down by one of the players. Initially, she consulted a local Doctor to get pain relief. As her injury was quite severe the pain killers did not give her any relief. This prompted her parents to consult an orthopaedic surgeon near their hometown. They were advised to

take an MRI and undergo a surgery at the earliest.

She was referred to Ortho-One by one of her relatives. Dr. David V. Rajan (Arthroscopic, Knee and Shoulder Specialist) diagnosed her problem and advised that she undergo an Arthroscopic Surgery. She was admitted on 29th August and the surgery was done the next day.

Maanasa says, "I was scared in the beginning, but David uncle was very caring and he was friendly to me. I did not know the operation was this easy. Thanks to David Uncle"

Maanasa's parents were very happy. They are relieved that their child will be able to walk, jump and run around again.



Outreach programme



Medical Expo

Arogya Medical Expo was conducted by Dhinamani and Indian Express on August 19th and 20th, 2017 at Sreemathi Padmavathi Ammal Cultural Centre, Coimbatore. More than 65 Hospitals participated. Ortho-One Orthopaedic

Specility Centre conducted the Swiss ball activity, sports evaluation & posture evaluation. More than 50 patients were benefited out of this activity.

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