

Ortho-One Orthopaedic Speciality Centre

July 2016



Chairman's Message

Dear Friends!

I hope you enjoyed reading the previous Newsletter. Hereby, we have shared more information about all our activities over the last one month.

As I had indicated, we have started our own Out Patient Clinic in Chennai. By early next month, we will have our Out Patient Facility in Coonoor as well. This is to serve the people living in Nilgiris, (i.e.) Kotagiri, Coonoor and Ooty areas.

Please feel free to share your feedback. We will be happy to hear from you and will get in touch with you.

My Best Wishes!

David V. Rajan

Spine Rehab Workshop

An Instructional Course in Spine Rehab was conducted on June 12, 2016 (Sunday).

Dr. Sreeramalingam (Spine Surgeon) and Mr. Ganesan (Physio HOD) were the Organizing secretaries. Dr. David V.Rajan presided the meeting and Dr. James Gnanadoss (Medical Director) introduced the course.

Delegates from all over Tamil Nadu participated in this event. Important topics were covered such as Spine Anatomy, Identifying the Red flags, Understanding the Spine X-Ray, MRI, Spine Prehab, Rehab anatomy, Exercises and Manual Therapy. Various other concepts were discussed during this course. Sufficient tips on how to be effective in diagnosing spine-related pain was discussed with Physiotherapists.

Following are some feedbacks that were shared by the participants - "Very Informative", "The best course attended over the last 5 years," , and "Interactive &



Travelling Fellowship

Dr Karthik M. Selvaraj, Consultant Shoulder and Elbow Surgeon at Ortho-One was selected for the prestigious Asia Pacific Knee, Arthroscopy and Sports Medicine Society (APKASS), European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) Travelling Fellowship for the year - 2016.

Along with Dr. Hua from China and Dr. Yonetani from Japan, Dr. Karthik Selvaraj travelled to seven European Centres of Excellence in Sports Medicine and Shoulder Surgery. This included Turkey, Greece, Switzerland, Belgium, Italy, Portugal and Spain from April 12th to May 10th, 2016. Professor Kurosaka from Japan travelled along with the Fellows as their Godfather.

The Fellowship involved academic and cultural exchanges where Dr Karthik delivered lectures on latest treatment modalities and also was trained in cutting edge surgical techniques.

Dr Karthik delivered a Fellowship report at the ESSKA Meeting in Barcelona, May 2016, where the fellowship concluded.

We are proud that one of our own members from Ortho-One was selected to represent Asia Pacific for this Fellowship.



A Patient's Story

Nithyadharshini, aged 11 is a State Level Athlete studying Grade 7 at Kotagiri Public School. Besides being an Athlete, she is a National Level Karate Champion. Recently, she participated in the 5 km Marathon and injured her left knee.

Nithyadharshini says "I love being on the ground and I was depressed when I got injured. One of my aunts referred me to Ortho-One. I was limping when I came here and now I am back to my routines."

Mr.Ganesan (Physio HOD) says, "Ms. Nithyadharshini was sent to Physiotherapy by Dr. Santhosh Sahanand asking us to work on her knee range of motion, When we evaluated her, she was very apprehensive of bending her knee due to fear of pain. Ms. Jency & I put her on muscle activation and reciprocal activation program to overcome the pain apprehension. Hamstring Activation with Slider & Swiss Ball Exercise helped her knee range of motion which was done in the same session after which she was able to comfortably walk back home. She was given a simple home program to maintain the range for the next day."



Outreach programmes

National Level Car Race



Ortho-One is proud to be a Sports Medicine Partner with Madras Motor Sports Club (MMSC) for the National Car Racing Championship held on June 18th and 19th, 2016 at Chettipalayam, Coimbatore.

The Ortho-One team congratulated all the winners and participants for making this a memorable event. Mr. Sudanand D. Rajan finished the 02nd runner up in the super stock representing Ortho-One.

Central Reserve Police Force (CRPF) National Athletic Meet

The National Athletic Meet 2016 for the CRPF-105 BATTALION was conducted on 22nd - 28th of June, 2016 at their premises. As a part of the Medical Team, Physio - Win (A Unit of Ortho-One) actively participated in this event.



There were around 60 sports injured patients who had undergone treatment. It was indeed a privilege for the Ortho-One team to render medical assistance to the injured athletes.



State Level Basket Ball Tournament

A State Level Basket Ball Tournament was conducted at Alvernia Matriculation Higher Secondary School, Coimbatore between June 27th - 30th , 2016.

It was inaugurated by Dr. David V. Rajan.

Twenty six teams from all over Tamil Nadu actively participated under U13 / U19 Level. A Fitness Test for all team members was conducted by Ortho-One Doctors and the Sports Medicine Team.

National Level Bike Race

A National Level Bike Race Event was conducted by the MRF Group on June 24th - 26th, 2016 at Chettipalayam, Coimbatore.

Ortho-One team served as a Sports

Medicine Partner. An Awareness talk about Performance Enhancement and Injury Management was delivered by Mr. Ganesan (Physio HOD). First Aid was given to bikers by Dr Vijayanand & Dr. Arul Daniel. Taping and other manual techniques were taken care by the Physio Team for bikers' to ride pain-free. Special attention was also given for Physical Fitness & other components.



Upcoming Event

Knee Course - Rotator Cuff

Ortho-One is conducting an ongoing Medical Education Series for Orthopaedic Surgeons. It involves small groups, live surgeries, and group discussions on difficult cases, along with one-to-one learning activities. This forthcoming series will cover the topic, "Rotator Cuff". It will be conducted on August 21, 2016 (Sunday)

Since there are limited seats only, it will be on a first come, first serve basis. If you are interested, please hurry up and contact Mr. Jeyamurugan @ +91 97509 99880.

Don't Miss it!



Ortho-One Orthopaedic Speciality Centre

No.657, Trichy Road, Singanallur, Coimbatore, Tamilnadu

Contact : 0422 4055100, 9942189988

Email : info@ortho-one.in , ortho.one@gmail.com

Website : www.ortho-one.in

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