

Ortho-One Orthopaedic Speciality Centre

June 2017

Foreign Body Removal

A 24 year old man, working as a machine operator in a textile company, suddenly felt something prick his toe while working, and had severe pain. This caused difficulty while walking and unable to bear the pain, he consulted a local doctor. The doctor treated him with pain killers and antibiotics. This gave him some temporary relief, but the pain recurred and did not subside.



With continuing pain, he sought to find a suitable place to get treatment. With a few references, he came to Ortho-One and consulted Foot and Ankle surgeon Dr Vidya Sagar. The doctor examined his foot and asked for a scan to be taken. From the scan the doctor found a long stick embedded inside the foot, and advised immediate surgical removal of the foreign body.

The patient underwent the surgery and the foreign body was removed, giving him instant relief.



Ortho-One celebrated International Yoga Day by having an exercise session

Ortho-One raised awareness on Yoga and bone health. On the International Yoga Day (June 21st, 2017), Ortho-One conducted an exercise session for their Doctors, Patients and Staff to showcase the benefits of Yoga exercise for flexible, strong bones and muscles.



Dr. David V. Rajan said, “Yoga exercises are a recommended treatment option for injuries for the back, neck, ankle, hamstring pulls and so on. It is also a known fact that Yoga exercises can help reduce stress levels and ultimately protect the bones from degenerating, as stress hormones known as cortisol affects bone health.”

Outreach programmes



Bike Race

Recently, Madras Motor Sports Club Bike Race was successfully completed and supported by Ortho-One as the Medical Partner. This event was held on June 8th - June 11th, 2017. Dr. Chandan Noel, Mr. Anoop (Sports Physiotherapist), Mr. Pradesh (Staff Nurse) were the main team members assisting on the track to support the event.

Riders who had existing pain in their Back and Shoulder areas, had taken this opportunity to consult with Ortho-One experts, who were available on the track. The injured riders were treated with Exercise Stretches, Manual Therapy, and Taping by the Physiotherapist. The few riders who sustained fractures, were rushed to Ortho-One for Emergency Care. On the whole, a total of 35 injuries were attended to immediately. Most injuries were managed by Mr. Anoop and participants continued the race as scheduled.

Football Tournament

A Football Tournament was conducted at SNR

College between June 23rd - 25th. A total of 48 teams participated from all over Tamil Nadu. Ortho-One Sports Medical Team was available to provide service to players all through the day from 6 am to 11 pm. Mr. Titus (Physiotherapist), Alex (Corporate Relation Executive), Santhosh, Subin (Emergency Medical Care), were the team members for the tournament. A total of 32 injuries were addressed by Titus using taping, Soft tissue mobilization, Ice, Stretching & were made to play again immediately. Two major injuries were shifted to Ortho-One.



Ortho-One also initiated a complementary coupon for all the participants which included Fitness Evaluation, Exercise Prescription & Diet counselling that was done by Ortho-One experts.



Free Orthopaedic camp in Nilgiris

A free Orthopaedic Camp was conducted in Manjoor Village, Kundah on June 26th, 2017 which started around 10 am. We had around 65 patients who came for the camp including general public and plantation workers. Uric Acid BMD test, BP check up, weight check up, Doctor's consultation, Physiotherapy were conducted, free of cost.



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