

# Ortho-One Orthopaedic Speciality Centre

June 2016



Envisaging the need for Specialized Orthopaedics, Ortho-One was founded in 2007 by Dr. David V. Rajan. Our main aim is to provide exclusive service in sub-specialties of Arthroscopic Surgery, Orthopaedic Sports Medicine, Joint Replacement Surgery (Knee, Hip, Shoulder and Elbow), Paediatric Orthopaedics, Specialized Shoulder Surgery, Spine, Scoliosis Surgery, Foot and Ankle Surgery, Orthopaedic Trauma and Fractures, Pain Management, Physio and Sports Rehabilitation. Orthopaedic surgeons are confined to the above mentioned specialties to give focused care and treatment. Moreover doctors confine themselves to one or two main sub-specialties.

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## Chennai Clinic

A new Ortho-One facility was inaugurated on June 4th, 2016 @ 190-B, Poonamale High Road, Entrance Nowroji Road, Pettukola towers, Kilpauk, Chennai 600 010.

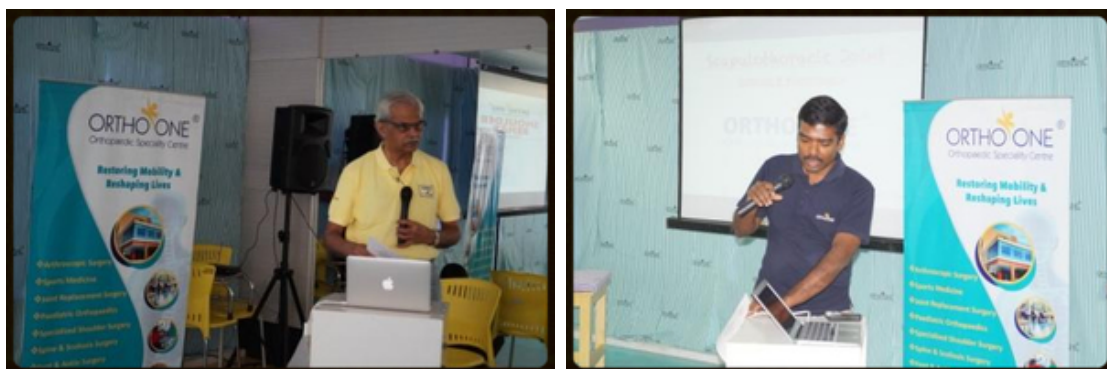
The Outpatient Clinic will be functioning between 11 AM – 1 PM & 5 PM – 9 PM. Dr. David V. Rajan (Arthroscopy, Knee & Shoulder Surgeon) will be visiting the Clinic and Dr. Fredrick Michael (Orthopaedic Surgeon) will be available between 11 AM – 1 PM & 5 PM – 9 PM (Monday – Saturday).

For further details, Kindly contact 044 - 42821515 / 99421 49988.



## Shoulder Rehab Course

Shoulder Rehab Course was conducted on March 13th, 2016. More than 50 delegates participated in the tailor-made workshop. One of the main highlights in the Course was that the shoulder pain can be cured more often by doing the right exercise. However, if that does not help, then one has to opt for surgery. Some important topics were covered such as how to differentiate frozen shoulder from other shoulder issues. Training was given to diagnose different shoulder conditions and to clinically assess the patient. Various physiotherapy concepts and exercises were discussed. Physiotherapists who attended the event were given sufficient tips on how to be effective in treating shoulder conditions.



## Awards & Recognition

A study on sports-related occurrence of injuries and associated risk factors was conducted by Dr. John Benny. He presented a topic titled "The Antero-lateral Ligament of the Knee". He was awarded a Gold Medal during the 49th Annual Conference at the Tamil Nadu Orthopaedic Association, Ooty on February 14, 2016.

Dr. Dinesh presented a topic on "Modified Techniques in Arthroscopic Suture Bridge Fixation for ACL Avulsion Fractures." He received a Gold Medal for Innovative Techniques in Trauma from Prof. P. Dhanrajan during the 49th Annual Conference at the Tamil Nadu Orthopaedic

Dr. Deebak was certified & acknowledged for the Best Scientific Paper on "Soft Tissue Graft Laceration - A 3 Dimensional Analysis" held at IASMCN between 05th - 07th February , 2016.



## A Patient's Story

The famous Actor, Ajith Kumar recently met with an accident during a stunt shooting that affected his knee and shoulder. A preponed surgery was performed due to his increasing pain on November 12, 2015 at Kumaran Hospital, Chennai. Dr. David V. Rajan and his team members from Ortho-One, i.e. Dr. Karthik Selvaraj, Dr. Santhosh Sahand, Dr. Shivakumar and Dr. Thirugnanasambandam conducted the surgery. He is expected to be fully fit and ready to perform his onscreen stunts.



## Tie-Up's

We recently completed a tie-up with the Tamil Nadu State Athletic Association as an Official Sports Medicine Partner. Ortho-One has been providing Field Medical Service for various Tournaments conducted across Coimbatore. At other times, the Medical Team evaluates and identifies high risk injuries that happen during sport events, as well as educates sports personnel and coaches to prevent Sports Injuries.

We have also recently tied up with Universal Sampo General Insurance Company Limited and Ex-Servicemen Contributory Health Scheme (ECHS).



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## Outreach Programmes

### Awareness Seminar at The Presentation Convent



An awareness seminar was conducted by Physio-Win (A Division of Ortho-One) for the staff of The Presentation Convent Matriculation Higher Secondary School, Coimbatore on March 31st, 2016. Foot & Ankle Surgeon - Dr. Vidya Sagar explained to the Convent staff about the conditions and the symptoms of the disease.

The seminar included topics on how to increase density of weak and brittle bones. Precautions and diet controls to overcome osteoporosis during pregnancy was also discussed.

### Car-Free Sunday

There was an off Stage event on Car-Free Sunday (An initiative by the Coimbatore City Traffic Poilce and the Tamil Hindu). The general public had so much fun and laughter

enjoying the Swiss Ball activity along with some good exercises on April 24th, 2016.

Mr. Ganesan, our physio HOD taught the public how to relax, let go and enjoy exercising. Overall it was an unforgettable event filled with joy and happiness.



## Awareness Seminar at ATS ELGI Ltd.



An awareness Seminar was conducted by Physio-Win (A Division of Ortho-One) on March 03rd, 2016 at ATS ELGI Ltd, Coimbatore 641021. Around 44 men and 6 ladies attended this event.

Mr. Okendro Singh gave a 30 minute talk on ergonomics and work- related injuries (RSI) following which Dr. Sree Ramalingam shared on Spine-related injuries.



### Ortho-One Orthopaedic Speciality Centre

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