

4) Abnormal Movement - Analysis & Corrective Exercise

5) Exercise for Fitness, Weight Loss, Health benefits-based on Science

6) Exercise Plan customized for patients with Charts/ email/Whatsapp/ Software

7) EMR (Electronic Medical Record) facility to maintain and retrieve patient records



A Patient's Story

I, Ms. Sangeetha Jairam have always been a sports person and enjoy the outdoors. I am a passionate motorcyclist and have ridden across India and many parts



of the world from Africa to Australia. While I was on a ride in Spiti Valley, Himachal Pradesh, in 2011 - I had an accidental fall off the bike and snapped the ACL in my knee. It was obvious that I would have to undergo surgery. I knew then and there - that I would only consult one surgeon. I flew back from Leh, took an appointment with Ortho-One to meet Dr. David Rajan.

I have several friends, who are Sportsmen and they all refer to Dr. David Rajan. All of them have had serious knee injuries, and they all went to the same place, i.e. Ortho-One and the same surgeon, Dr. David Rajan. All of them are back to being perfectly normal.

The surgery went on smoothly, followed by 2 months of intense physiotherapy and after 6 months I was back on the bike. I went back to

Spiti Valley in 2012 and completed the ride that I could not complete. I went to ride the Pamir Highway (part of the old Silk Route) in Tajikistan, 2013. I followed this up by riding through Masai Mara, Kenya in 2014 and then in Australia in 2015.

All thanks to the excellent care and after-care that I received at Ortho-One from the reception, to Doctor and Nursing Care. Adding to that, the discipline, impeccable hygiene, clean rooms and food - there is no place like Ortho-One.

Recently, I came for a check up for back pain and had an excellent physiotherapy session with Mr. Ganesan of the Physiotherapy Centre at Ortho-One. It was a wonderful experience to be treated with such care and professionalism.

A big thanks to Ortho-One, once again.

Outreach Programmes



International Women's Day

On the occasion of International Women's Day, Ortho-One conducted an interactive session on Women's Bone Health, Stress Management along with a mix of fun activities for women staff.

Ms. Shanthy Faith threw light on various



Ortho-One Golf Tournament

Ortho-One conducted a one day Golf Tournament on 26th, March (Sunday) at the Ootacamund Gymkhana Club (OGC).

Dr. Karthik M. Selvaraj said, "Though golfers did not involve in running or throwing, owing to the nature of the

bone related problems, which women generally undergo. She gave a simple triad to follow, to maintain good bone health. The three points of the triad are a good diet, sufficient rest and exercise. Especially for those doing desk jobs and are seated for a long time, she advised that one way of getting exercise, is to get up and go to another place to drink water.

Dr. Matilda Daniel addressed the stress related issues that women face in their work place. She gave very useful tips on how to manage stress. She said stress in life is unavoidable, and we have to learn to minimize it and keep it under control.

game, there were a few joint and muscle problems that might arise due to repeated movements.”

Dr. David V. Rajan. said “Golf is popular among seniors, as they can continue to play their entire life time, unlike other games. It is always important for the seniors to engage in some physical activity, in order to provide healthy conditioning for muscles and bones. With the right amount of physical activity, awareness and prevention of injuries, one can stay fit and strong through his life time.”



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