

Ortho-One Orthopaedic Speciality Centre

September 2016



Medical Director's Message

Dear Colleagues & Friends,

The Month of September marks the beginning of Autumn season in Northern Hemisphere, but for us it is the end of monsoon from the South west and awaiting time for the rains from North east. As we await the rains, the time of celebrations of Onam, which is basically a celebration after harvesting is there in September. We go through this month as a period to prepare for a time of committed hard work that may bring us the fruits of our labor in the future.

When we look back, our work has been giving us the benefits of our committed efforts. The main hospital as well as the peripheral centres have done well and continued persistent efforts will help us to see the new year with greater confidence and greater sense of achievement.

With Best wishes!

James J. Gnanadoss

Continuing Medical Education in Nilgiris

Ortho-One Orthopaedic Speciality Centre as a continuous endeavour to provide speciality care for the residents of Nilgiris District and as part of their regular activities had organised a Special Continuing Medical Education session. This was done in collaboration with Indian Medical Association, Nilgiris at Hotel Gem Park, Ooty on August 21st, 2016 (Sunday).

The conference was attended by 73 Doctors from IMA, Nilgiris. There was a

highly interactive session with mutual exchange of knowledge and learning from several case studies.

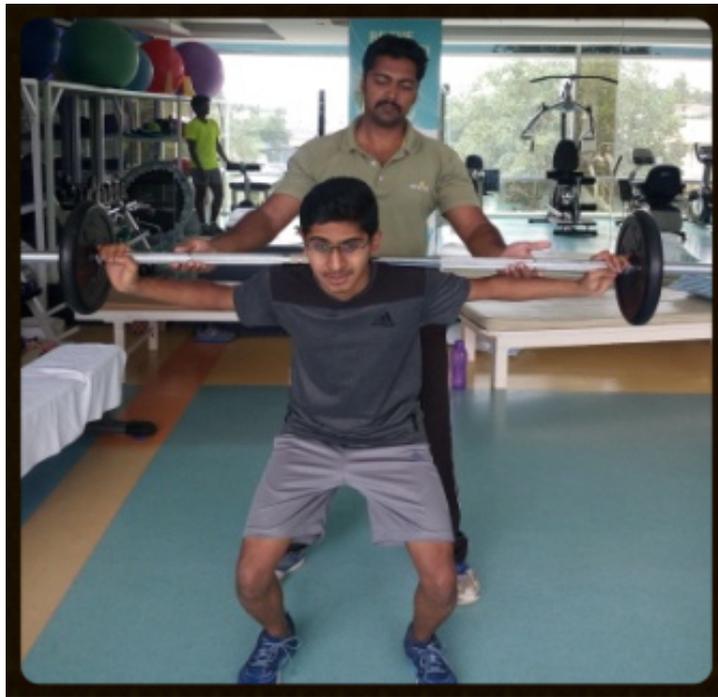
The programme was headed by Dr. David V. Rajan MS Ortho., MNAMS., FRCS(Glasgow)., wherein he presented various case studies on Knee & Shoulder Arthroscopic Surgery which was later presented by Consultants Dr. Santosh Sahanand (Arthroscopy, Sports Medicine, Trauma & Cartilage Reconstruction), Dr. M. Shyam Sundar (Sports Medicine, Trauma, Arthroscopy, Arthroplasty & Arthritis), Dr. R.Sreeramalingam (Spine Surgery) and Dr.B.Vidya Sagar (Foot & Ankle Surgery).



A Patient's Story

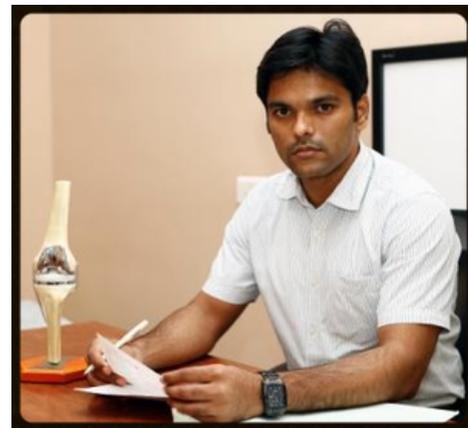
Mr. Bharath, a Gym client states, “I was trained by Mr. Sathish from the Ortho-One Gym for the past 4 weeks. His coaching is extremely good and under his guidance, I am able to achieve good changes. I am able to lift twice as much, since I started training with him. Great improvement in strength and stamina is also noticeable. I thank him for being such an able teacher and guide. I weighed 49 kilos when I joined. I have gained 3 kilos within 30 days.

For all these positive changes, I would like to extend my gratitude towards Ortho-One as well. The support from the staff including Mr. Sathish has helped me a lot and I hope to keep receiving their help in future”.



Sleep & Satisfaction Dr. Shyam Sundar says....

This new era of technology and fast paced living has taken a toll on human's lifestyle and habit .One such habit which has suffered to the maximum is "rest". Not only rest to the body , also to the mind has been significantly affected, leading onto further complications. Let me quote a short story which feeds us with an essential information .



Once a young wood cutter was employed by his master. With utmost enthusiasm to perform and impress his master, this wood cutter went onto cut 10 trees on the first day. The next day, he determined to out perform his previous number, but ended up cutting only 8 trees. The following day, he worked much harder and spent additional time, but managed to cut only 6 trees. On the fourth day, inspite of working overtime than ever before , he managed to cut only 4 trees . The woodcutter was puzzled and not able to understand the reason for his poor performance. Knowing this , his master advised him to check his axe , which had become blunt by then .The advise that was conveyed was ' anything that worked without rest , will never perform to its full potential ' . This hold good for us .

Humans are built to work for 16 hours a day with a minimum of 6 to 8 hours of sleep. But in this era , all age groups are affected with insomnia. Adequate sleep is essential for children , which plays a crucial role in their

growth and nutrition. Sleep deprived child has severe emotional imbalance which may pave way to unruly behaviour. Whereas in adolescent and adulthood, the use of gadgets (mobile phone/ laptops) has resulted in disordered sleeping and eating habits, which has a direct deleterious effect in the well being. Sleep deprived person, never works well nor does he perform effectively when it is needed. Compromising sleep is equivalent to reducing the age of active life. Infact females nowadays suffer a lot from insomnia that cause plenty of premenstrual abnormalities or difficulties.

The best way to have a sound sleep would be to place yourself in an environment that is dark, free from disturbances (esp : mobile phones, TV), with a cozy temperature (usually 20°C to 26°C) on a firm mattress that doesn't cause undue body pain.

Sleep well and work well ...

Outreach programmes



Stanes Anglo Indian Higher Secondary School

The First Memorial Football Trophy was organized by Stanes Anglo India Higher Secondary School in Coimbatore. This was conducted in Memory of their

School Football Player, R Madhan Prasath on August 26th and 27th, 2016.

Ortho-One participated as a Sports Medicine Partner. Around 20 Schools in Coimbatore participated in the Tournament at which time 8 injuries were screened. The Medical Centre was visited by the Principal of Stanes School, Mr Dennis Chen.

Bike Race

At the National Level, a Bike Race Event was organized by Madras Motor Sports Club (MMSC) from August 11th to 14th, 2016 in Chennai.

Ortho-One provided Physiotherapy Support for all the participants.



There was an Awareness lecture given on Rider's Fitness & Prevention of

Injury for preparation of Race, along with Injury Management during the Race. Moreover, there were few Stretching exercises, taping & other manual techniques that were done by the Physiotherapist.



Kumaraguru College of Technology

There was a four day All Tamil Nadu Inter College Sports Event organized by Kumaraguru College of Technology in Saravanamapatti,

Coimbatore from August 12th -15th 2016.

Ortho-One joined hands with KCT Institute as a Sports Medicine Partner.

Around 37 injuries were screened during the event. Manual techniques and taping were done by the Physio team for the injured Athletes.

Maattram Marathon

Coimbatore Maattram Trust in association with Coimbatore Athletic Club organized 10K Marathon on September 18th, 2016. There were around 500 registrations for the event. This event was conducted mainly to create awareness in Coimbatore city for developing Sports activity.



Ortho-One Orthopaedic joined hands as a Sports Medicine Partner by providing First Aid Support with Ambulance and physio therapy services.

After the event, first aid service and stretching exercises were given to around 18 participants.



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