



# Ortho-One Orthopaedic Speciality Centre

Updates September 2020

## Reduce Anxiety by Consuming Healthy Food

Are you feeling anxious before exams, job interview, presentations? If you worry or fear about day to day life

situations and experience frequent panic attacks, well, that is something you need to actually worry about.



Food plays a vital role in our mental health. Certain foods, nutrients and some essential tips will help you cope with anxiety says, Ms. Padmini, Dietitian.

- Early morning sunlight exposure for 10-20 minutes will help you receive hormone serotonin.
- Consume a handful of overnight soaked almonds (peeled), brazil nuts and cashews as they have magnesium which helps you get happy hormone.
- Pumpkin seeds also contain magnesium. So have it with meals or as a snack with fruit. You can get unsalted, raw and organic ones. Roast them or soak it for 6-8 hours before eating them.
- **Epsom Salt Bath:** The magnesium in Epsom salt will prevent the release of stress hormone and will make you feel calm. You can bathe using this mixed in water.
- Yoga and Meditation for mental clarity and balance will reduce anxiety or panic attacks. Also one can do deep breathing and Pranayama every day.

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Online  
Awareness



## Program For TamilNadu Players

Ortho-One was invited by the Tirunelveli District Judo Association to be part of their Program. This was conducted on 16th August, 2020 Sunday from 10 am to 12 pm. It was for all Tamil Nadu players to promote skill development and serve as an awareness program. Around 100 Participants attended the session online and this was streamed online for many more to view.

Under the leadership of Dr.David V.Rajan, Dr.Shyam Sundar Sports surgeon and Mr.K.Ganesan Sports Physiotherapist gave lectures and demonstrations on the various injuries that can be incurred during Judo. Dr.Shyam highlighted the various advanced methods of preventing sports injuries. He also explained the emergency management of injuries if and when they happen.

Mr. K. Ganesan shared about Injury Prevention procedures that will help players keep fit. He also showed exercises specific to Judo throws, which can be incorporated in the daily routine. Dr.David V. Rajan answered various interesting questions from Organizers, Participants, and Players on injury prevention and injury management. He also informed them on how Ortho-One has been providing such programs on various sports. This was well appreciated by everyone and the organizers have requested Ortho-One to go ahead and organize few more sports related topics in the near future.



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