

# Ortho-One Orthopaedic Speciality Centre

May 2017

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## "Treating Sports injuries has different approaches" says Dr. Santosh Sahanand

Sports injuries occur during a sporting activity or any physical exercise. However, there are different approaches to treating sports injuries based on the individual.



- For a professional, sports is his career. What kind of approach is given in treating the injury keeping in mind that he/she can never withdraw from the sport? (Psychological counseling, understanding and analyzing his physical condition, evaluating his condition to check if he can play for the next 10 years, case study if any).
- In case of recreational players , the individual will be asked to refrain from such activities for few months (The treatment also includes guiding them to reduce the activity, teaching them warm up exercises , modifying their lifestyle , case study if any etc)
- The most common injury faced by athletes is ACL (Anterior Cruciate ligament). More information on this and other common sports injuries
- Modification of sports in case of ageing athletes done. (What are the problems they face, suggesting them alternate physical activity, joint replacements done, case study if any)
- Essential things to keep in mind for those indulging in sporting activities (warm ups, breaks in between the game, diet etc)
- Prevention of injuries (Experts feel that early diagnosis can prevent the condition from worsening though it can't be avoided totally)

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## Back to Sports

Mr. Yoganath says, “It is a little over a year since I came to Ortho-One, unable to walk, with severe pain in my glutes and lower back. It was a condition that developed gradually over a 3 year period and had virtually crippled me. Over the last year, progress has been slow and I was not fully out of it yet, but have made considerable progress. Today, I am



playing Tennis regularly and I am able to go about my daily work schedule with confidence. Thanks to Ortho-One. In the process, I have lost about 3 kgs and am fit now, at 47, than when I was at 35!” He adds saying, “ **I look forward to my association with you in the coming months and years.**”

**Mr. Ganesan**, HOD of Physiotherapy Dept states, “Mr. Yoganath needed a specific rehab to address his problem. Kinetic chain is a term used to address the muscular system which is linked together structurally and functionally. Any issue in the chain can cause the entire chain to become an issue. Identifying the problem area in the chain and training the chain was the key in resolving his problem. In about 3 months time, we were able to help him back on the court for playing and now a year later his fitness, health, lifestyle has improved and makes him feel much younger. The best compliment we got was that he felt fit like he was 10 years younger now. We are proud to have him back on the court and to see him live a quality life”.

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## Outreach programmes

### Life Spring

An Awareness Talk was conducted by Mr. Ganesan, HOD of Physiotherapy Dept of Ortho-One on May 6th, 2017 (Saturday) at Life Spring. The Topic was “**Perform**



**Badminton Better.”** This was addressed to a group of approximately 60 members including Players, Coaches and Parents.

## Awareness Talk

An Awareness Talk was conducted by Mr.Ganesan, HOD of Physiotherapy Dept, Ortho-One on May 19th, 2017 (Friday) at the Nehru Stadium. The Topic was, **“Sports Performance and Injury Management.”**



There were around 80 members including Players, Coaches and Parents.



## Basketball Tournament

National Level Basket Ball Tournament was conducted between 26/05/2017 - 31/05/2017. Players from IOB, Income Tax Dept. Indian Navy, CRPF, Coimbatore Basket Ball Association, Kerala EB etc participated in the Tournament. First Aid was given to players who had injuries.

Ortho-One served as a Sports Medicine Partner.



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