

Ortho-One Orthopaedic Speciality Centre October 2017

Unique technique at Ortho-One

A 26-year-old Software Engineer met with a road accident one year ago and had head injury and elbow dislocation. The elbow was reduced and K wires were inserted at another hospital. The patient was in the ICU because of Head Injury. While he recovered from this injury, he noticed that his elbow had become stiff and absolutely had no movement in his elbow.



He consulted several Doctors and one year down the line, he had no movement whatsoever in his elbow and was unable to do his daily activities. Later, he met Dr. Karthik Selvaraj (**Sports Injuries, Arthroscopy, Shoulder & Elbow Surgeon**) and it was diagnosed as heterotopic ossification of the elbow. He underwent release surgery of the elbow with a unique technique developed by Dr. Karthik Selvaraj. This involved preserving his muscles and removing the overgrown bone. Immediately after surgery, he started exercises and within one month's time, regained full range of motion of his elbow. He has returned back to work with renewed energy and confidence.

Outreach programmes

Free Orthopaedic Camp

On 15th October, 2017 (Sunday), Ortho-One Orthopaedic Speciality Centre conducted a Free Orthopaedic Camp for the general public at Rajiv Gandhi Nagar, Sowripalayam, Coimbatore. Doctor consultation, BMD test, BP, height and weight check up were carried out for more than 90 people who attended the camp. The public were greatly benefitted out of this camp



Medical care at Coimbatore

Veteran Sports Meet

On October 22nd, 2017 (Sunday), Ortho-One Orthopaedic Speciality Centre provided Medical Care at Coimbatore

Veteran Sports Meet. The Sports Meet was organized by Coimbatore Athletic Association which had over 200 veteran athletes who participated in the event. Ortho-One provided field injury care, first aid, pre event warm ups and post-event cooling down for athletes. Dr. David V. Rajan says, "We are happy to be a part of the Veteran Sports Meet and we are looking forward to provide assistance in a more such similar events thereby helping the participants to have a hassle-free achievement."

Health Camp for Railway

Employees

On 24th October, 2017 (Tuesday), Ortho-One Orthopaedic Speciality Centre conducted a Health Camp for railway employees at Podanur Signal and Telecom Workshop. The camp was lead by Dr. Sathya Vignesh, Dr. Siva Kumar, and Dr. Ganesan along with a team of nurses. The patients were diagnosed and checked for Bone Mineral Density and BP. On the spot treatment for orthopaedic problems were provided. This initiative done by Ortho-One was welcomed and appreciated by the Railway Department who felt that such camps could benefit employees at large.



Noyyal Marathon

On 29th October, 2017 (Sunday), Ortho-One



Orthopaedic Speciality Centre served as a Medical Partner. More than 1000 runners took part in the Marathon. First Aid Support, Warm-Up and Cool Down Exercises were provided by Ortho-One team. Dr. Deepan, Mr. Paul (Physiotherapist) and Mr. Santosh (Staff Nurse)

from Ortho-One supported the event. Dr. David V. Rajan was the special guest of honour, who distributed prizes for the Marathon Runners.

Upcoming Events

PAINFUL EARLY OA SESSION

MEDICATIONS?
GAG, CS, COLLAGEN,
BOSWELLIC, ROSEHIP
EXTRACTS

INJECTIONS?
STERIODS, VISCOU
SUPPLEMENTS,
PRP, BMC, STEM CELLS

SURGERY?
OSTEOTOMY
INDICATIONS,
PLANNING,
EXECUTION,
LATEST
TECHNOLOGY

PHYSIOTHERAPY?
TAPING, UNLOADING BRACE,
FOOTWEAR WEDGES, MODALITIES,
OPEN CHAIN
vs
CLOSE CHAIN EXERCISES,
CYCLING
vs
AQUATIC
EXERCISES

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