



Ortho-One Orthopaedic Speciality Centre

September 2017



Dr.Sreeramalingam highlights the Impact of heavy school bags on children

A recent study shows that increasing number of students are developing irreversible back pain deformities in the recent past because of excessive weight of school bags. The study shows that on an average, a student carries a minimum of 6.2 to 11.2 kilos. Dr. Sreeramalingam states that a person is allowed to carry only 10 percent of his/her body weight and can handle up to 20 percent of his/her body weight. The latter however is not recommended as it will leave an adverse impact on their body. Children between 8 to 10 years of age visit the hospital complaining of back pain.

Back pain is the first stage of posture genesis, in which children develop a permanent bad posture. If the posture is not developed correctly, the children will have to bear poor body postures through their lifetime, categorically stating that children are developing deformities due to carrying school bags with excess weight.



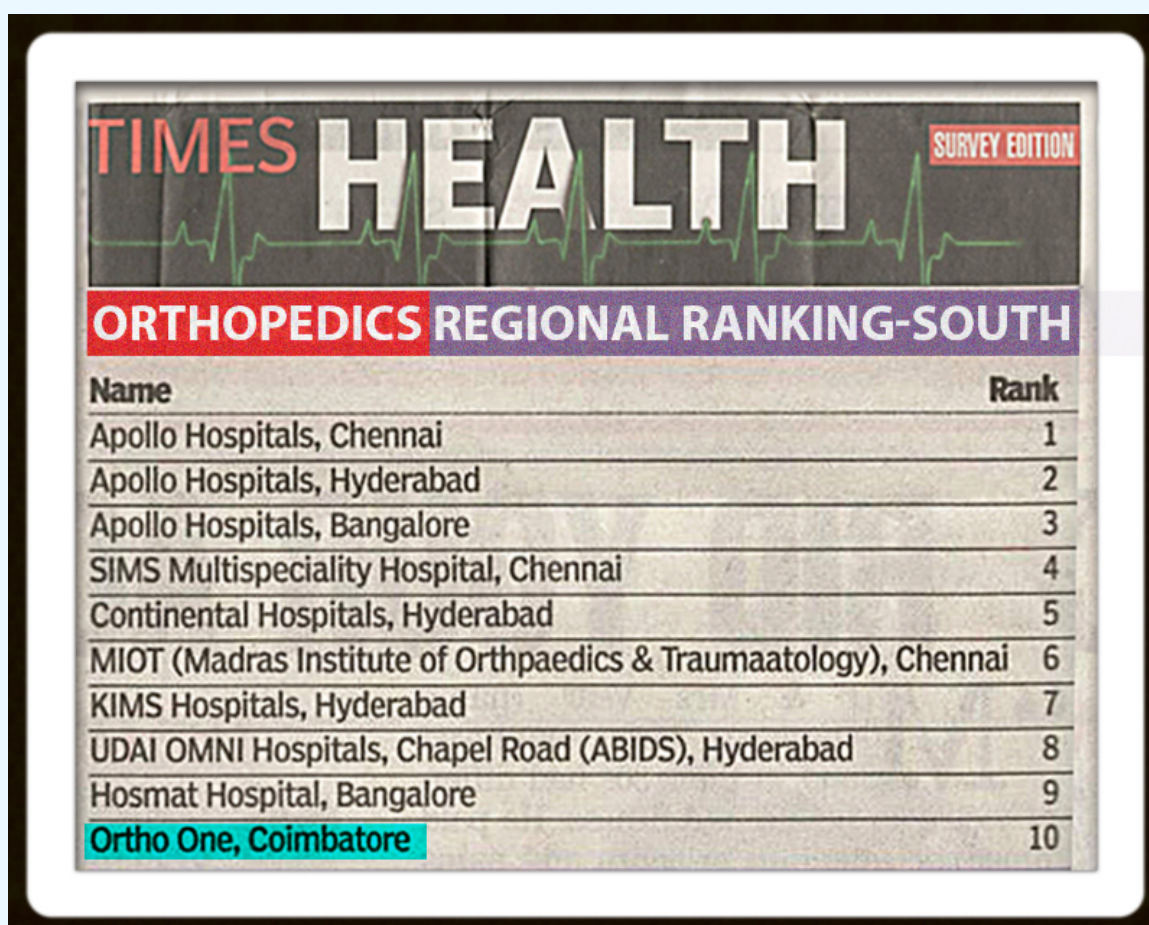
He suggests few physical exercises or yoga to prevent back pain in children along with following the timetable correctly and carrying books judiciously.

Dr. Sreeramalingam, Spine and Scoliosis surgeon will be available Monday through Saturday

All India Lifestyle Hospital & Clinics Ranking Survey 2017

According to The Times of India, All India LifeStyle Hospital and Clinics Ranking Survey was conducted recently. One of the main objectives of this Research Survey was to identify a list of Top Hospitals and Clinics in India this year. Some of the Specialties that were recognized included Orthopaedics, Dentistry, Diabetology, Dermatology, Plastic Surgery, Hair (Tricology), Ophthalmology and Bariatrics.

It was indeed a proud moment for Ortho-One Orthopaedic Speciality Centre to hold a **rank among the Top Ten Hospitals in the South Regional Sector.**



Name	Rank
Apollo Hospitals, Chennai	1
Apollo Hospitals, Hyderabad	2
Apollo Hospitals, Bangalore	3
SIMS Multispeciality Hospital, Chennai	4
Continental Hospitals, Hyderabad	5
MIOT (Madras Institute of Orthopaedics & Traumaatology), Chennai	6
KIMS Hospitals, Hyderabad	7
UDAI OMNI Hospitals, Chapel Road (ABIDS), Hyderabad	8
Hosmat Hospital, Bangalore	9
Ortho One, Coimbatore	10

Outreach programme

On 12th September, 2017 (Tuesday), Dr. Deepan from Ortho-One gave a lecture on Full and Partial Paralysis in Oriental Insurance. He also explained about the complete human skeleton and chances of injury during accidents. The Oriental Insurance team were greatly benefited from this session.



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