



# Ortho-One Orthopaedic Speciality Centre

Updates June 2020

## THE NEW NORMAL - PART 2

In continuation to Part 1, Dr. Santosh Sahanand further explains about the New normal

<b>What might be the NEW NORMAL?</b>	<b>What should be the NEW NORMAL?</b>
Masks might be a fashion	Masks should be a necessity
Home might become a work place	Home should be a living place
Cooking might be from cloud kitchen	Cooking should be from home made fresh ingredients
Shopping might be online	Shopping should be from local markets to enhance local economy
Travel might be expensive	Travel should be restricted only for essential needs
IPL season might be shortened , ICC World Cup might be delayed	Fun means playing with family and friends
Interest rates might drop	Price of Essential Commodities must drop
Gold rates might raise	Funds for Health, Agriculture, and Environment should rise up.
Organic food might become a craze	Organic food should become a norm
Yoga & Meditation might popular	Mental Health must be given become priority
Niti Ayog might spend more on health care	Niti Ayog should invest in holistic health epidemiology
Hospital bills might be capped	Health care consumables should be capped
Training in health care might increase	Health care training must increase in become affordable



## Lockdown home physio program for aches and pains

Every Saturday at 4.30 pm Ortho-One has been organizing a few online physio sessions. Few topics covered in the month of June was

- Back to Sports after Lockdown (<https://bit.ly/3jawSUu>)
- Myths and Facts about Knee Arthritis (<https://bit.ly/2DQA7QJ>)
- Know your Shoulder (<https://bit.ly/39geTHS>)
- How to select the right chair (<https://bit.ly/2ZEMRSV>)

Many participants benefited from these programs.

However our in-house Fitness Program will resume shortly once the lock down is lifted. In the meantime, do check our website for some more exercise videos <https://www.ortho-one.in/videos> You can also join our exclusive live sessions on Saturdays. Please do check our Facebook page for more details regarding these sessions <https://www.facebook.com/OrthoOne>



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