



Ortho-One Orthopaedic Speciality Centre

Updates October 2020

Young Indians Coimbatore Chapter

Young Indians Coimbatore Chapter has been conducting programs for members during the pandemic to engage them effectively in various activities. Weight loss is a problem faced world-wide and there are



various schools of thought that are currently shared to achieve it. A webinar was organized in association with Ortho-One to kick start a 4-week challenge. Mr. K. Ganesan, H.O.D of the Physiotherapy department had a session on how to organize it.

Basic evaluation, Exercise plan, Warm ups, High Intensity Interval Training programs were demonstrated via videos. Information on Metabolism and its impact on weight loss, followed by interactive questions and concerns were addressed. We wish all the participants the very best.



Cycle Ride to

Chitrachavadi

On 26th October (Monday) Round Table 62 organized a Fun Cycle ride for its members. Ortho-One helped with providing support to the

riders and organized a filling breakfast with beverages. All the riders had a good and safe ride

I can walk **without any pain**

I'm Krishnamoorthy aged 82. I had pain in both knees. Compared to all the other hospitals, I feel Ortho-One is the best. My family members were treated at Ortho-One



and all are fine now. I was operated by Dr.Sreeramalingam on June 12th for my Spine problem and I am much satisfied.

Dr. Yuvarajan advised Knee Replacement for both my knees. On the 13th of October, my right knee was operated and the next day my left knee was operated. I am very happy that I can walk without any discomfort. All services rendered by Ortho-One are excellent. More specifically restrooms were clean and tidy. Nurses were available all the time and for immediate assistance whenever required. They never showed any signs of frustration even though they worked long hours due to Covid-19.

Doctors were very friendly and cleared all my doubts and Dr. Yuvarajan was down to earth and polite. All strict safety measures have been taken for Covid-19. My overall experience with Ortho-One was excellent.



Ortho-One Orthopaedic Speciality Centre

Coimbatore : No.657, Trichy Road, Singanallur, Coimbatore - 641005,
TamilNadu

Contact : 80 81 800 900 / 0422 4055100

Email : info@ortho-one.in , ortho.one@gmail.com

Website : www.ortho-one.in

Coonoor : No:72, Everserve Enclave, Sims Park Road, Coonoor, Nilgiris-
643101,TamilNadu

Contact : 0423 2231010 / 90954 99988

E-mail : ortho.oneconr@gmail.com

