

Ortho-One Orthopaedic Specialty Centre

July - Sept 2023 Newsletter Updates

Evading Spine surgery through Proper Physical therapy.



Ortho-one Academy, the pedagogical wing of Ortho-One Orthopaedic Specialty Centre, conducted its 4th instructional course in Spine Rehab on the 10th of September, 2023. Participants including students, junior and senior physiotherapists, and faculty from all over Tamil Nadu and Kerala took part and actively engaged in this knowledge sharing platform. Attended by 60 eager participants, the program offered keen insight into different spine conditions, relevant rehabilitation techniques and the latest advancements in spine rehabilitation.

Dr. David V Rajan, the Organizing chairman, remarked that more than 60% of the patients came with spine problems, rendering the relevance of spinal rehabilitation and, consequently, physical therapists. Furthermore, he emphasized that surgery had to be complimented with post-operative

physiotherapy as the latter plays as much of a role if not more in restoring the patient to their original level of mobility.



The Organizing secretary and an advanced Spine Surgeon at Ortho-One, Dr. R Sreeramalingam, thanked the participants for their overwhelming response and interest shown to a highly educational seminar. He furthered that the colloquium facilitated by exceptional keynote speakers would surely enhance their clinical practice.



The Spine Rehab Conference was a grand success and proved to be an informative and valuable experience for all attendees. It highlighted the importance of expanding clinical knowledge through collaboration, sharing of experiences, and exploring the latest advancements in Spine rehabilitation. We hope to see more similar events in the future and we encourage all rehabilitation professionals to join us in discussing pertinent issues related to spine rehab techniques.

Promoting Quality Healthcare on

the World Patient Safety Day 2023 by Involving Patients and Healthcare providers

World Patient Safety Day is celebrated every year on the 17th of September, 2023 in recognition of the crucial role patients, families and caregivers play in the safety of health care.



Ortho-One, in recognition of the World Patient Safety day 2023, conducted "Patient Engagement" awareness campaigns through an inspiring and informational speech by Dr Shyam Sundar, a renowned Shoulder and elbow specialist at Ortho-One as well as a quiz program on "Patient Safety" for the healthcare staff, on the 14th and 15th of September, 2023, respectively.



Dr Shyam Sundar propounded on the importance of engaging in one's healthcare plan and taking necessary safety measures in

the hospital for a smooth, effective and safe healing journey. Ms Kalpana K, Patient Safety officer and Senior Pharmacist took the initiative to bring in instructional events in celebrating Patient Safety Day and made an impactful effort in educating, informing and re-instigating about patient safety measures to the healthcare providers. Appetizers and refreshments were distributed to the Patients and Staff members post the celebratory event.

Sports On-field Injury Support Activities

Young Indian Premier League 2023



Ortho-One Orthopaedic Specialty Centre delivered athletic healthcare assistance for the **Young Indian Premier League** conducted by Yuvabharathi School, Coimbatore on 2nd July 2023. Ortho-One, renowned for its excellence in providing comprehensive Sports medicine services, catered to the needs of athletes at the event and ensured their wellbeing through enhancing their performance on the field.

Immediate medical attention for injuries and personalized rehabilitation programs for the athletes was rendered.

The Young Indian Premier League 2023 was an exciting event, propelled by Ortho-One's expertise in sports medicine and dedication to players' welfare. Special thanks and appreciation to the

medical team for their dedication and active engagement in the event.



All India Basketball Tournament for Men and Women 2023



The **Coimbatore District Basketball Association** conducted the **All India Basketball Tournament** for the Senior State Championship - Coimbatore Zone 2023, for men and women from 20th September to 26th September, 2023. Around 86 teams across the age group - 14 to 40, participated in the event. Partnering with the Association, Ortho-One offered exceptional healthcare services to the athletes, ensuring they received

immediate medical attention, allowing them to maintain uninterrupted peak performance.

In addition to immediate first aid care, the medical support team also played a pivotal role in the physical therapy and rehabilitation of the athletes. We extend our heartfelt gratitude to the medical team comprising of doctors, nurses, physiotherapists, public relations officer, and driver for their unwavering commitment and enthusiastic participation in the event.



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