



December 2025

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📍 Pattom, Trivandrum

# VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

NEWSLETTER, ISSUE 2 | VOLUME 12

## A SEASON OF CARE, GRATITUDE, AND CHRISTMAS CHEER

The spirit of Christmas filled Anchor Physiotherapy & Sports Fitness Studio with warmth, joy, and togetherness as we came together to celebrate a season of hope and gratitude. The clinic was beautifully adorned, creating a cheerful atmosphere that reflected the true essence of Christmas through love, care, and giving.

The celebration offered a moment to pause, smile, and appreciate the journey shared with our patients and team throughout the year. Simple festivities, heartfelt conversations, and moments of laughter made the occasion meaningful, reminding us that healing goes beyond treatment and is rooted in human connection.

As we celebrated Christmas, we were reminded of the values that guide our work every day, compassion, kindness, and commitment to care. The occasion reinforced the belief that wellness is nurtured not only through therapy, but also through positivity, trust, and a strong sense of community.

We extend our warm Christmas wishes to all our patients, well wishers, and team members. May this festive season bring peace, good health, and renewed hope to everyone.



# A Year of Gratitude and Reflection

As this year comes to a close, it offers a meaningful pause, to reflect with gratitude on the many individuals who made this journey purposeful and rewarding.

My sincere thanks to the patients, whose trust, commitment, and hope guided every effort and reinforced the values we stand for. Being part of your recovery journeys has been both a privilege and a responsibility that we hold with the utmost respect.

Looking back, this year has been especially productive, both in terms of patient care and academic contribution. Alongside clinical practice, I had the opportunity to publish articles in magazines and share professional knowledge beyond the treatment room. I extend my sincere appreciation to the journals and publishers who supported this platform for learning and knowledge dissemination.

I am deeply grateful to the mentors and professional guides whose experience, insight, and constant support shaped our clinical thinking and standards of care. Your guidance has been invaluable throughout this journey.

To the staff and team members, thank you for your dedication, professionalism, and consistency. Your efforts, often quiet and behind the scenes, formed the backbone of this year's progress.

I also extend my appreciation to colleagues and well-wishers within the profession, whose discussions, insights, and shared learning experiences have contributed to my continuous growth. Finally, heartfelt thanks to family and close supporters, whose patience and encouragement provided strength beyond the clinic walls.

This year stands as a reminder that meaningful progress is built collectively, through trust, guidance, teamwork, and shared purpose. As we move forward, we do so with gratitude, humility, and renewed commitment.

Warm regards,

**Rahul Rajeev**

Chief Physiotherapist





## PREVENTING TENNIS ELBOW: SIMPLE MEASURES FOR A PAIN-FREE GAME



**Dr Rahul Rajeev (PT)**  
MPT Sports, KCMT(UK)  
Director & Chief Physiotherapist  
Anchor Physiotherapy & Sports  
Fitness Studio

Tennis elbow, a common affliction among sports enthusiasts and commoners can be a major setback for all. However, with the right preventive measures, you can reduce your risk and enjoy an injury-free game.

### The Importance of Prevention

Tennis elbow's unpredictable nature makes prevention crucial. While treatment options are available, preventing the condition altogether is ideal. By taking proactive steps, players can avoid the discomfort, pain, and potential long-term damage associated with tennis elbow.

### Targeted Exercises and Stretches

Targeted exercises and stretches are essential in preventing tennis elbow. Strengthening extension, flexion, and rotational movements greatly reduce risk. These exercises improve forearm, wrist, and elbow strength, enhancing overall stability.

### Proper Equipment Fit and Technique

Proper equipment fit and technique adjustments also play vital roles in prevention. Ensure your grip size and racket weight are suitable for your playing style. Additionally, focus on proper serving, forehand, and backhand techniques to minimize strain.

22 | PhysioZine Vol. 2, Issue 1, Feb 2025

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Advancing Physiotherapy Through Knowledge & Innovation

### Beyond Tennis: Prevention for All

Prevention extends beyond tennis or sports. Household ladies often face challenges, as diagnosis typically precedes treatment. Simple adjustments, however, can make a difference. Adjusting the heights of kitchen slabs to one's height or even personalised kitchen tools to one's physical activity is advisable. IT professionals can benefit from positioning their mouse and keyboard closer to their body, while everyone can reduce strain by keeping frequently used items within easy reach. Treatments are always personalised and individualised. It's never the same for X and Y.

### Cultural Influence on Prevention

Interestingly, cultural gestures also influence prevention. Indian culture promotes gestures like folded hands, and keeping hands close to the body, whereas Western traditions involve extending hands away from the body. Embracing cultural heritage and blending it with ergonomic practices can help mitigate the risk of tennis elbow and other repetitive strain injuries.



An article on "Preventing Tennis Elbow: Simple Measures for a Pain-Free Game" by Rahul Rajeev was published in the February edition of PHYSIOZINE- Volume 2, Issue 1 (February 2025), sharing practical prevention strategies for athletes and active individuals.

### Benefits of Prevention

By adopting these preventive measures, individuals can:

- Reduce the risk of tennis elbow and repetitive strain injuries
- Promote a pain-free life
- Enhance overall well-being
- Improve performance and productivity
- Enjoy an active, healthy lifestyle

### Conclusion

Preventing tennis elbow requires a proactive approach. Individuals can significantly reduce their risk by incorporating targeted exercises, proper equipment fit, and technique adjustments. Embracing cultural heritage and ergonomic practices further enhances prevention. Take control of your health and enjoy a pain-free game.



**PHYSIOZINE™** Magazine for  
Advancing Physiotherapy Through Knowledge & Innovation  
Physiotherapy

## Certificate of Publication

The Board of PhysioZine is hereby awarding this certificate to

*Rahul Rajeev*

in recognition of the publication of the article entitled

**PREVENTING TENNIS ELBOW: SIMPLE MEASURES FOR A PAIN-FREE GAME**

published in Volume 2, Issue 1, Feb. 2025 with doi: **10.5281/zenodo.14810653**



Ministry of MSME, Govt. of India  
Reg No.: GJ-01-0443513

*[Signature]*

**Dr. Darshan Parmar**  
Founder

*[Signature]*

**Dr. Jaspreet Kaur Kang**  
Chief Editor



Website

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# A Year of Growth, Learning, Service, and Recognition - Our Journey in 2025

## February — Knowledge in Action

An article on “Preventing Tennis Elbow: Simple Measures for a Pain-Free Game” by Rahul Rajeev was published in the February edition of PHYSIOZINE- Volume 2, Issue 1 (February 2025), sharing practical prevention strategies for athletes and active individuals.



Additionally, Anchor Physiotherapy proudly restarted its Functional Training Cross-Fit area, offering upgraded performance-focused fitness services.





# MARCH - 2025

## March - Beyond the Clinic

Rahul Rajeev was featured in the international health e-magazine, InnoHEALTH Magazine (March 2025), with his blog "The Future of Rehabilitation: Leveraging Digital Health Solutions" published in the March 2025 edition, highlighting innovation and digital transformation in rehabilitation care.

### Wearable Technology in Physiotherapy and Rehabilitation

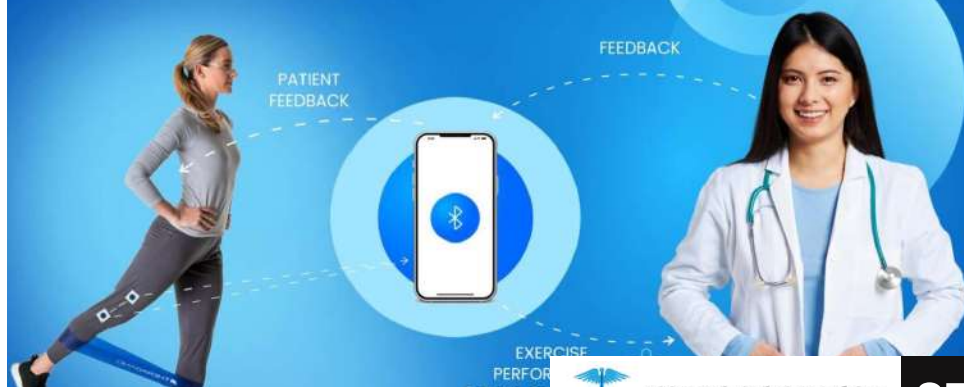
#### How AI Wearable Technology in Healthcare Helps Serve Patients Better



We're thrilled to announce that Rahul Rajeev , CEO & Director of Anchor Physiotherapy & Sports Fitness Studio, has been featured in InnoHEALTH, India's leading health and medical e-magazine. His latest blog, ' The Future of Rehabilitation: Leveraging Digital Health Solutions,' showcases innovative healthcare solutions and solidifies Rahul's position as a thought leader in the industry.

Inno Health Magazine

## DIGITAL MEDICAL DEVICE



# APRIL - 2025

## April — Excellence Recognised

17 April 2025

Rahul Rajeev was honoured with the BNI Notable Network Award – Green Pin Achiever, recognising consistent professional contribution and leadership.



23 April 2025

Anchor Physiotherapy & Sports Fitness Studio received a Token of Appreciation at the Travancore Excellence Awards 2025, held at Hotel Dimora, Thiruvananthapuram, celebrating excellence in physiotherapy and sports fitness.

THE ULTIMATE BUSINESS MAGAZINE  
**BUSINESS INSIGHT**  
**TRAVANCORE EXCELLENCE AWARDS 2025**

23 APRIL 2025 | 04:00 PM - 09:00 PM | HOTEL DIMORA | THIRUVANANTHAPURAM

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# JUNE - 2025

# Growing Stronger Together

## OSHIRO '25 Osteopathic Workshop

14-15 June 2025

SPINAL & JOINT MANIPULATION  
INCLUDING OSTEOPATHIC,  
CHIROPRACTIC & VISCERAL  
MANIPULATION TECHNIQUES

### KEY HIGHLIGHTS

- ✓ ANATOMY OF SPINE, VISCERA, JOINTS & OTHER STRUCTURES
- ✓ POSTURAL ASSESSMENT & CORRECTION TECHNIQUES
- ✓ HVLA THRUSTS
- ✓ JOINT & SPINAL MANIPULATION TECHNIQUES
- ✓ OSTEOPATHIC & CHIROPRACTIC APPROACHES
- ✓ VISCERAL MANIPULATION TECHNIQUES
- ✓ CRANIO-SACRAL TECHNIQUES

20 SEATS left

Contact:

9447824164

7012812103

Early Bird offer ends soon

4500/- till 31/05/2025

5500/- till 05/06/2025

Registration closes on 5th June



RESOURCE PERSON  
Dr. SHAILENDRA MEHTA (PT, PH.D.)  
Professor in Physiotherapy,  
Diploma in Osteopathic Manual Therapy,  
Certified Spinal & Joint Manipulation Physiotherapist  
Certified Lymphedema Management Physiotherapist

Venue:  
SSB Seminar Hall  
Govt. Medical College  
Trivandrum  
9 am to 5 pm

### Course Transcript

## OSHIRO '25

### OSTEOPATHY AND CHIROPRACTIC WORKSHOP

#### Resource Person

Dr. Shailendra Mehta  
Principal & Professor, Department of Physiotherapy  
JRN Rajasthan Vidyapeeth University,  
Udaipur, Rajasthan, India

RAHUL . R.

#### Day 1: June 14, 2025 (Saturday)

Theme: Introduction to Osteopathic Principles & Techniques

Session	Description
Foundations of Osteopathy	Understanding the philosophy, principles, and history of osteopathy
Biomechanics in Osteopathy	Applied biomechanics in spinal & peripheral joints manipulation
Spinal Manipulation Techniques	Demonstration & hands-on practice: cervical, thoracic, lumbar
Case-Based Discussion	Clinical applications, indications, contraindications, Q&A

#### Day 2: June 15, 2025 (Sunday)

Theme: Chiropractic Techniques & Visceral Manipulation

Session	Description
Chiropractic Approach to Joint Dysfunction	Evidence-based techniques for joint realignment and neuro-musculoskeletal optimization
Visceral Manipulation Techniques	Theory and practice of osteopathic visceral manipulation
Integrated Clinical Management	Combining osteopathic and chiropractic techniques for holistic care
Advanced Techniques & Participant Practice	Supervised hands-on session with individual feedback

#### Key Learning Outcomes

- Gain practical skills in osteopathic spinal and joint manipulations
- Understand the biomechanical and neuro-physiological basis of techniques
- Develop competence in visceral manipulation and its therapeutic roles
- Integrate evidence-based chiropractic approaches into clinical practice
- Learn directly from a global leader in physiotherapy and manual therapy

#### For Further Details Contact

Course Coordinator: Binu James, Physiotherapy in Charge,  
Department of Neurosurgery, Govt. Medical College, Trivandrum, Kerala  
Email Address: anphyioacademy@gmail.com

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Neurosurgery Dept.  
Govt. Medical College  
Trivandrum

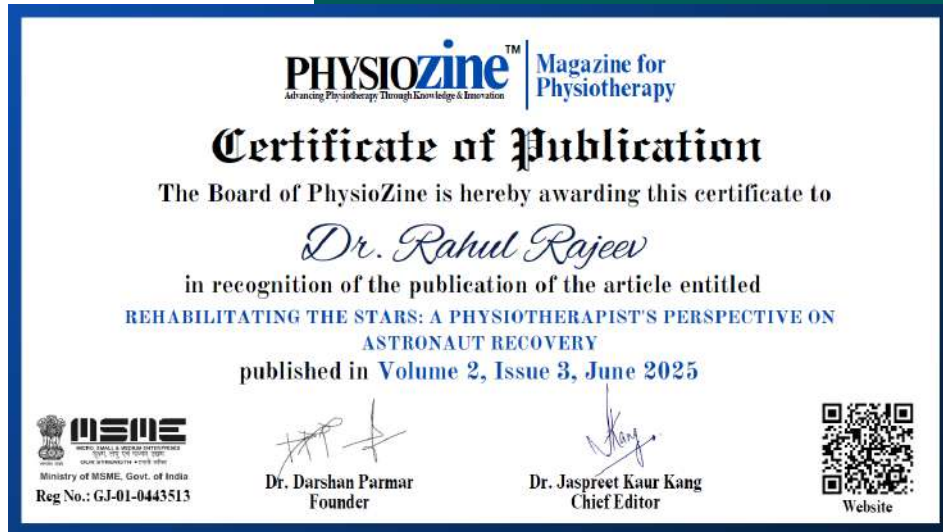


14-15 June 2025

Rahul Rajeev successfully participated in OSHIRO '25, a two-day advanced workshop on Osteopathy and Chiropractic Techniques, conducted by the Department of Neurosurgery, Govt. Medical College, Thiruvananthapuram.



# JUNE - 2025



VOL. 2 | ISSUE 3 | JUNE 2025



22 June 2025

Anchor Physiotherapy & Sports Fitness Studio celebrated its 3rd Anniversary, marking three years of dedicated patient care and community impact under the motto "Empowering Movement, Enhancing Lives." The celebration included gifting yoga mats and badminton kits to patients and staff, reflecting the studio's commitment to wellness and sports excellence.

June 2025

The article "Rehabilitating Stars: A Physiotherapist's Perspective on Astronaut Recovery" was published in PHYSIOZINE- Volume 2, Issue 3 (June 2025), exploring rehabilitation challenges in space medicine.



# Growing Stronger Together



# JULY - 2025



## July — Health Where Work Happens

July 2025

Rahul Rajeev (PT) was featured in the July 2025 edition of PHYSIOTIMES with the article "Reboot Your Health: Prioritizing Mental Health & Physical Well-being among IT Professionals."

The article highlighted the mind-body connection, workplace-related physical strain, mental health challenges among IT professionals, and the role of physiotherapy in improving productivity and long-term health.





## August Service with Purpose

15 August 2025 The 79th Independence Day was celebrated at Araiz International School, Kochulloor, in association with the Trivandrum Rajadhani Lions Club. Rahul Rajeev, Director & Chief Physiotherapist of Anchor Physiotherapy and Treasurer of the Lions Club, addressed the gathering on patriotism, education, and community service.



### 30-31 August 2025

Rahul Rajeev (PT) attended an advanced 2-day Shoulder Rehabilitation Workshop led by Dr. Sumit Gupta (PT) at Windsor Rajadhani, Thiruvananthapuram, strengthening evidence-based shoulder rehabilitation skills.





## September — Learning, Leadership, and Community Care

8 September 2025

Anchor Physiotherapy celebrated World Physiotherapy Day with a free medical camp focused on healthy ageing, fall prevention, joint & muscle health, nutrition, and mind-body wellness.



The article "A Surprising Link Between Wallet Placement and Health Issues" was published in PHYSIOTIMES – Volume 2, Issue 2 (September 2025), highlighting posture-related musculoskeletal concerns.



29 September 2025

In connection with World Heart Day, the physiotherapy team completed a Certification in Cardio-Respiratory Rehabilitation, strengthening cardiac and pulmonary recovery expertise.





# OCTOBER - 2025

## October — Awareness in Action

### October 2025

During the Centurion BNI Networking Meet, Rahul Rajeev was honoured with the Centurion Badge, recognising professional excellence and collaboration.

### 21–28 October 2025

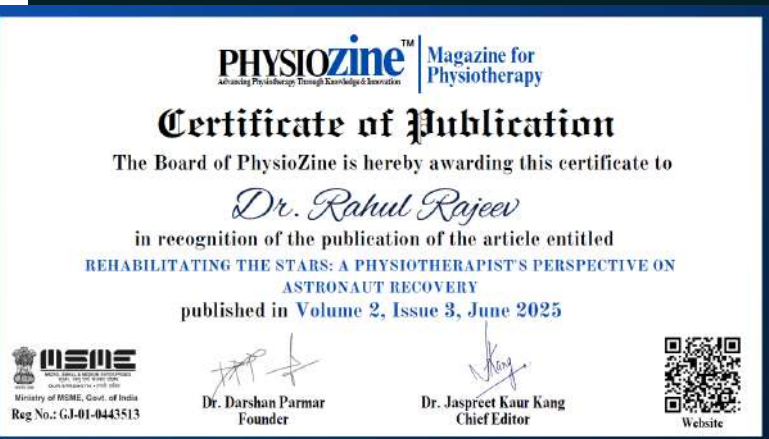
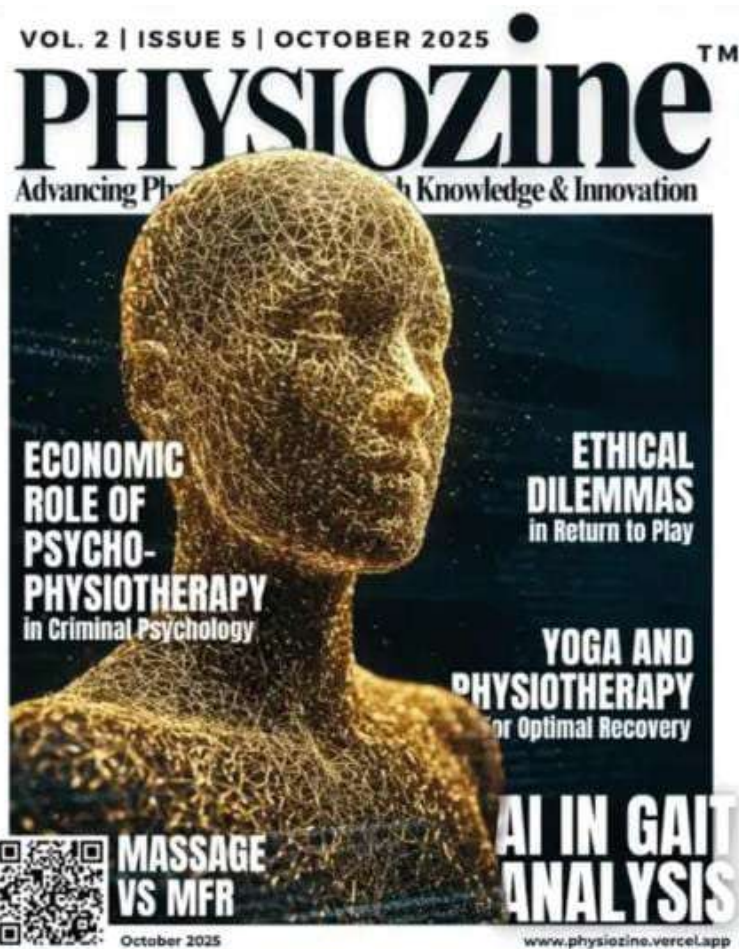
Anchor Physiotherapy served as part of the physiotherapy team for the 67th Kerala School Sports Meet, conducted across 12 venues in Thiruvananthapuram.

### 3 October 2025

As part of Cerebral Palsy Day, Rahul Rajeev (PT) was featured on Aakashvani for a special physiotherapy awareness program.

### October 2025

The article "Massage vs Myofascial Release: A Physiotherapist's Perspective on Hands-on Healing" was published in PHYSIOZINE- Volume 2, Issue 5 (October 2025), comparing manual therapy approaches in clinical practice.







## SPORTS

### December — Recognition Beyond the Clinic

25 December 2025

Rahul Rajeev was featured in The Hindu newspaper's December Supplement, recognising his professional journey, contributions to physiotherapy, and impact in sports and community health.





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**GLOBAL ARTICLE PUBLICATION!** **PELVIC FLOOR EXERCISE**

**DIRECTOR'S VOICE** **EMPOWERING WOMEN THROUGH SPORTS**

**DIRECTOR'S VOICE**  
**WOMEN'S HEALTH**  
**AND WORKING LIFE:**

PHYSIOTHERAPY MYTH BUSTING



**PHYSIOTHERAPY IN SPACE EXPLORATION:**

- Effective rehabilitation for astronauts involves collaboration with:
- Medical professionals

- Neuromuscular
- Occupational therapists
- Model/build specialists

<p><b>Neurologically-Related Challenges Include:</b></p> <ul style="list-style-type: none"> <li><b>Muscle Atrophy:</b> Loss of strength and endurance</li> <li><b>Muscle Atrophy:</b> Loss of strength and endurance</li> <li><b>Bone Density Loss:</b> Increased risk of fractures and osteoporosis</li> </ul>	<p>Psychiatrists are at the forefront of helping astronauts regain physical function, independence, and overall well-being. Through tailored programs, experts like Rabe's Rajcevic ensure that space travelers return home stronger – ready to take on whatever life throws at them.</p> <p>This article is a summary of Rabe's detailed findings.</p>
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**Long Disruptions:** Affects cognition and mood

**Physiotherapy's Role in Recovery:**  
 Critical evidence a comprehensive rehab approach that includes:

- Strength & resistance training
- Weight-bearing & mobility exercises
- Balance & coordination work
- Vision and cardiovascular conditioning
- Sleep hygiene strategies
- Functional training for daily tasks

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**FLORAL CARPETS, FESTIVE  
HEARTS, AND TIMELESS  
TRADITION**

Onam was celebrated with great pomp and splendor at Anchor Physiotherapy & Sports Fitness Studio on September 2, 2025. The event turned into a joyful family gathering that strengthened the bond among everyone present.

A full-fledged Onasadya was served, offering the traditional flavors of Kerala, while

Onakutikal (traditional Onam games) added fun, energy, and laughter to the occasion. The celebrations beautifully reflected the spirit of Onam togetherness, happiness, and cultural richness.

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