



# VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

April 2025

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PLANTAR FASCIITIS  
EXERCISE

## TRIBUTE TO THE LOVED ONES WHO LOST THEIR LIVES AT PAHALGAM

*Pahalgam's Darkest Hour: A tragedy that will forever be told*

In Pahalgam's valley, serene and bright  
Terrorism struck, with deadly might  
Lives were lost, and hope did fade  
A tragedy, that the valley would parade

The pilgrims' journey, ended in pain  
Their memories, forever to remain  
The terrorists' hate, a wound so deep  
A grief, that the survivors must keep

The valley's beauty, marred by strife  
A peaceful haven, lost to life  
The echoes of terror, still linger on  
A memory, that will forever be known

May the departed souls find peaceful rest  
And may their loved ones find the strength to be blessed  
May memories of them forever shine bright  
A tribute to courage, in the darkest night

In the aftermath, the valley stands tall  
A memory etched, of lives that gave their all  
May their sacrifice, never be forgot  
A lesson learned, of peace that's sought

The valley's resilience, a story to tell  
Of courage and strength, that will forever dwell  
A testament to peace, that will rise above  
A beacon of hope, in the face of hate and love

Rahul Rajeev  
Director, Anchor Physiotherapy &  
Sports Fitness Studio



# PRAYERS TO POPE FRANCIS

HIS HOLINESS  
**Pope Francis**



We at Anchor Physiotherapy & Sports Fitness Studio are deeply saddened by the passing of Pope Francis. Our hearts go out to the global community as we mourn the loss of a spiritual leader who embodied compassion, love, and service.

May his legacy continue to inspire us all to live with kindness, empathy, and devotion. May his remarkable life and ministry be a guiding light for us, as we strive to make a positive impact in our communities and bring hope, healing, and love to those around us.

May Pope Francis rest in eternal peace, and may his memory continue to inspire us to be beacons of love, kindness, and compassion.

Sincerely,  
Anchor Physiotherapy & Sports Fitness Studio



**ANCHOR**  
PHYSIOTHERAPY &  
SPORTS FITNESS STUDIO



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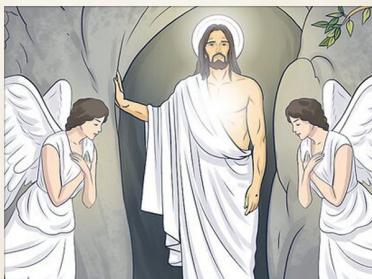


RAHUL RAJEEV

DIRECTOR, CHIEF SPORTS PHYSICAL THERAPIST,  
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

## MESSAGE FROM THE DIRECTOR

### VISHU, BAKRID, AND EASTER MESSAGE



Dear valued readers,

As we celebrate the vibrant traditions of Vishu and the joyous spirit of Easter, and look forward to the sacred month of Bakrid, I want to express my heartfelt gratitude to our team and our wonderful community. Your support and trust mean the world to us.

This season, let's cherish the values of hope, renewal, and togetherness. May the blessings of Vishu bring you prosperity, happiness, and new beginnings. May the resurrection spirit of Easter fill your lives with joy, peace, and love. And as we approach Eid al-Bakrid, may the spirit of sacrifice and compassion guide us all.

May these festive seasons bring you closer to your loved ones and fill your heart with joy, peace, and happiness.

As Director, I'm excited to share our team's latest initiatives and updates, designed to empower and support you. As Chief Physiotherapist, I'm passionate about helping you prioritize your physical and mental well-being, so you can live life to the fullest.

In this issue, you'll find:

- Informative articles on maintaining physical and mental well-being
- Inspiring stories of resilience and hope
- Upcoming events to enhance your skills and knowledge

I hope you find our content helpful, engaging, and enriching. Thank you for being part of our journey.

Wishing you and your loved ones a joyous Vishu, Easter, and Bakrid, filled with love, laughter, cherished moments, and unforgettable experiences.

Warm regards,

**Rahul Rajeev**

Director & Chief Physiotherapist



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## DIRECTOR'S DESK



### RAHUL RAJEEV

RAHUL RAJEEV  
DIRECTOR AND CHIEF SPORTS PHYSICAL THERAPIST (MPT  
SPORTS), KINETIC CONTROL MOVEMENT THERAPIST (UK),  
FELLOWSHIP PROGRAM IN PODIATRY REHABILITATION, &  
LONDON SHOULDER CLINIC CERTIFIED PRACTICIONER (LSCCP)  
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

# HELPING KIDS MANAGE STRESS AND ANXIETY: A COMPREHENSIVE GUIDE FOR PARENTS

As a parent, it's natural to feel concerned when your child is struggling with stress and anxiety. However, with the right approach and support, you can help your child develop healthy coping mechanisms and build resilience.

### Creating a Supportive Environment

A supportive environment is crucial for helping your child manage stress and anxiety. Here are some tips to create a nurturing space:

**Listen without judgment:** Allow your child to express their feelings and concerns without interrupting or judging them. This will help them feel heard and understood.

**Validate their feelings:** Acknowledge your child's emotions and let them know that their feelings are normal. This can help them feel more secure and less alone.

**Encourage open communication:** Create opportunities for your child to talk about their feelings and concerns. Ask open-ended questions and show genuine interest in their life.



### Teaching Relaxation Techniques

Relaxation techniques can help your child manage stress and anxiety. Here are some techniques to try:

**Deep breathing exercises:** Encourage your child to take slow, deep breaths in through their nose and out through their mouth. This can help calm their nervous system.

**Progressive muscle relaxation:** Have your child tense and then relax different muscle groups in their body. This can help release physical tension.

**Visualization techniques:** Encourage your child to imagine a peaceful, relaxing scene or activity. This can help distract them from stressful thoughts and feelings.

### Encouraging Physical Activity

Regular physical activity can help reduce stress and anxiety in kids. Here are some tips to encourage physical activity:

**Find activities they enjoy:** Support your child in finding physical activities they enjoy, such as sports, dance, or yoga. This can help make exercise feel more fun and engaging.

**Make it a routine:** Encourage your child to engage in physical activity regularly, such as daily or several times a week.

**Be a role model:** Engage in physical activity with your child and show them the benefits of regular exercise.



## Promoting Healthy Habits

Healthy habits can help support your child's mental health and well-being. Here are some tips to promote healthy habits:

**Establish a consistent sleep schedule:** Encourage your child to go to bed and wake up at the same time every day, including weekends.

**Encourage healthy eating habits:** Provide your child with a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein sources.

**Limit screen time:** Encourage your child to engage in activities that don't involve screens, such as reading, drawing, or outdoor play.

## Seeking Professional Help When Needed

If your child's stress or anxiety is impacting their daily life, it may be helpful to seek professional help. Here are some signs that your child may need additional support:

**Persistent feelings of anxiety or worry:** If your child is consistently feeling anxious or worried, and it's affecting their daily life.

**Avoidance behaviours:** If your child is avoiding certain activities or situations due to anxiety or fear.

**Impact on daily life:** If your child's stress or anxiety is affecting their relationships, schoolwork, or overall well-being.

A mental health professional can provide personalized guidance and support to help your child manage stress and anxiety.

## You Are Not Alone

As a parent, it's easy to feel overwhelmed when your child is struggling with stress and anxiety. But you're not alone:

**Many parents face similar challenges:** Stress and anxiety are common experiences for kids, and many parents are facing similar challenges.

**Seek support from family and friends:** Don't be afraid to reach out to family and friends for support and guidance.

**Take care of yourself, too:** Remember to prioritize your self-care and seek help when you need it.

By working together with your child and seeking support when needed, you can help them develop the skills and confidence they need to manage stress and anxiety.

**Rahul Rajeev**  
CEO & Chief Physiotherapist

# Congratulations

## TO RAHUL RAJEEV!

On April 17, 2025, Rahul Rajeev, Director of Anchor Physiotherapy & Sports Fitness Studio, was honoured with the prestigious BNI Notable Network Award - Green Pin Achiever! This recognition is a testament to his outstanding performance and consistent contributions to the growth and strength of the business network.



## A Well-Deserved Honour

Rahul Rajeev's dedication and hard work as a BNI Green Member have earned him this recognition. He has demonstrated his commitment to the principles of "Givers Gain" and has worked tirelessly to support his fellow members and grow the network.

## A Message of Gratitude

Rahul Rajeev expressed his heartfelt gratitude to BNI and his fellow members, saying, "Together we grow. Together we succeed." This message resonates with the spirit of BNI, where collaboration and mutual support are key to achieving success.

## Best Wishes from Anchor Physiotherapy & Sports Fitness Studio

We congratulate Rahul Rajeev on this achievement and wish him continued success in his endeavors. His recognition as a BNI Green Pin Achiever reflects his commitment to excellence and his passion for building strong business relationships.



# TRAVANCORE EXCELLENCE AWARDS 2025: A NIGHT TO REMEMBER

The Travancore Excellence Awards 2025, organized by Business Insight, took place on April 23, 2025, at Hotel Dimora in Thiruvananthapuram. The event was a grand success, bringing together distinguished individuals and organizations from various industries to recognize and celebrate excellence in business, sports, and community service.

## A Stellar Lineup of Winners

The awards ceremony saw a competitive lineup of nominees, with winners being chosen based on their outstanding contributions and achievements in their respective fields. The winners were announced and awarded during the ceremony, which was attended by prominent industry leaders and dignitaries.

## Anchor Physiotherapy & Sports Fitness Studio's Role

Anchor Physiotherapy & Sports Fitness Studio, as the Event Partner, played a significant role in making the event a success. Their support and contribution were instrumental in bringing together the best of the industry to celebrate excellence.

## Jury Members' Insights

The esteemed jury members, comprising industry experts and thought leaders, deliberated on the nominations and selected the winners. Their insights and expertise were invaluable in identifying the best in the industry.

## A Night of Celebration and Networking

The Travancore Excellence Awards 2025 were not just about recognizing achievements but also about celebrating excellence and innovation. The event provided a platform for industry leaders to network and share their experiences, making it a truly enriching experience for all attendees.

## Congratulations to the Winners!

We congratulate all the winners and nominees for their outstanding achievements and contributions to their respective fields. The Travancore Excellence Awards 2025 have set a high standard for excellence and innovation, and we look forward to seeing more outstanding achievements in the future.



TRIVANDRUM'S LARGEST  
BUSINESS & LEADERSHIP  
EXCELLENCE AWARDS IN 2025



Award selection only by merit based with the final decision of expert jury.

9946180605

Business Insight, EVRA 185, Cottonhill - Edapazhingal Road, Vazhuthacaud, Thiruvananthapuram - 695014



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# TRAVANCORE EXCELLENCE AWARD 2025: A TOKEN OF APPRECIATION FOR RAHUL RAJEEV

We were thrilled to announce that Rahul Rajeev, the esteemed director of Anchor of Physiotherapy & Sports Fitness Studio, received a token of appreciation at the prestigious Travancore Excellence Awards 2025. This recognition was a testament to his dedication and commitment to excellence in the field of physiotherapy and sports fitness.

## About the Event

The Travancore Excellence Awards 2025 was a grand ceremony organized by Business Insight, the ultimate business magazine. The event honoured outstanding achievements in various business categories, and it was an esteemed gathering of business leaders and dignitaries.

## Event Details

**Date:** April 23, 2025

**Time:** 4:00 PM - 9:00 PM

**Venue:** Hotel Dimora, Thiruvananthapuram

Congratulations to Rahul Rajeev. We extend our heartfelt congratulations to Rahul Rajeev on this well-deserved recognition. His passion for physiotherapy and sports fitness made a significant impact, and this award was a testament to his hard work and commitment.



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**Instructions:****1. Towel Stretch**

1. Sit on the floor with your legs straight out in front of you.
2. Loop a towel around the ball of your foot and gently pull your toes back toward your shin.
3. Hold for 15-30 seconds and repeat 3 times.

**2. Calf Stretch**

1. Stand facing a wall with one hand on the wall for balance.
2. Step one foot back about a foot, keeping your heel on the ground.
3. Bend your front knee and lean forward, stretching your calf muscle.
4. Hold for 15-30 seconds and repeat 3 times.

**3. Toe Stretch**

1. Sit on the floor with your legs straight out in front of you.
2. Use your hands to gently pull your toes back toward your shin.
3. Hold for 15-30 seconds and repeat 3 times.

**4. Heel Raises**

1. Stand on the edge of a stair or curb with your heels hanging off the edge.
2. Slowly raise onto your tiptoes and then lower back down.
3. Repeat for 3 sets of 10-15 repetitions.

**5. Foot Rolls**

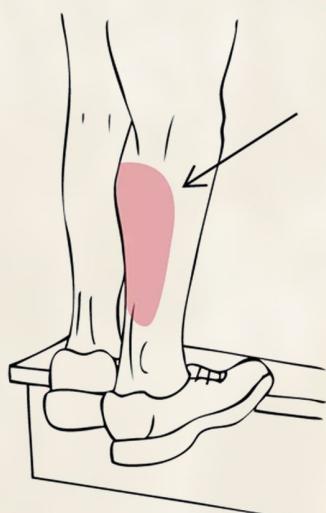
1. Place a tennis ball or foam roller on the floor.
2. Roll your foot over the ball or roller, applying gentle pressure.
3. Repeat for 3-5 minutes.

**Tips**

Start with gentle stretches and gradually increase the intensity.  
Avoid overexertion or pain.

Consult a physiotherapist or healthcare professional for personalized guidance.

These exercises can help alleviate plantar fasciitis symptoms. However, if you experience persistent pain or discomfort, seek medical attention.





EXPERT INSIGHT



RAHUL RAJEEV  
DIRECTOR, CHIEF SPORTS PHYSICAL THERAPIST,  
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

# UNDERSTANDING PLANTAR FASCIITIS: CAUSES, SYMPTOMS, TREATMENT, AND PREVENTION

Plantar fasciitis is a common and often painful condition that affects the heel and bottom of the foot. It occurs when the plantar fascia, a band of tissue supporting the foot arch, becomes inflamed or irritated. This condition can make everyday activities like walking, running, or even standing a challenge.

## Causes of Plantar Fasciitis

**Overuse:** Repetitive strain on the plantar fascia can lead to inflammation and pain. This is common in athletes, runners, and individuals who engage in high-impact activities.

**Poor Foot Mechanics:** Abnormal walking or running patterns, such as overpronation or supination, can put additional stress on the plantar fascia, leading to irritation and pain.

**Age:** Plantar fasciitis is more common in people over 40, as the plantar fascia loses elasticity and becomes more prone to injury. This natural aging process can make it more challenging for the plantar fascia to absorb shock and support the foot.

**Obesity:** Excess weight puts additional stress on the plantar fascia, increasing the risk of developing plantar fasciitis. This is because the plantar fascia has to work harder to support the foot and absorb shock.

## Symptoms of Plantar Fasciitis

**Heel Pain:** Sharp, stabbing pain, especially in the morning, is a common symptom of plantar fasciitis. This pain can be intense and may feel like a knife stabbing into the heel.

**Pain After Rest:** Pain may decrease with activity but return after rest, making it challenging to manage. This is because the plantar fascia can become inflamed and irritated after periods of inactivity.

**Pain With Activity:** Pain may worsen with prolonged standing or walking, making it essential to take regular breaks. This can be especially challenging for individuals who have jobs that require standing or walking for long periods.



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## Treatment Options for Plantar Fasciitis

**Rest:** Avoid activities that aggravate the condition, and give your foot time to heal. This can involve taking a break from high-impact activities or reducing the frequency and intensity of workouts.

**Stretching:** Stretch the plantar fascia, calf, and Achilles tendon to improve flexibility and reduce pain. This can involve gentle stretching exercises, such as toe curls and heel raises.

**Orthotics:** Custom shoe inserts or arch supports can help redistribute pressure and alleviate pain. These can be especially helpful for individuals with poor foot mechanics or abnormal walking patterns.

**Pain Relief:** Over-the-counter pain medications or corticosteroid injections can provide temporary relief. However, it's essential to consult with a healthcare professional before using any medication or treatment.

**Physical Therapy:** Strengthening exercises and manual therapy can help improve foot mechanics and reduce pain. A physical therapist can work with you to develop a customized exercise program and provide manual therapy to improve foot function.

## Prevention Strategies for Plantar Fasciitis

**Wear Supportive Shoes:** Choose shoes with good arch support to reduce stress on the plantar fascia. This can involve selecting shoes with a sturdy heel counter and a comfortable, cushioned insole.

**Maintain a Healthy Weight:** Reduce stress on the plantar fascia by maintaining a healthy weight. This can involve a combination of diet and exercise, such as cardio and strength training.

**Stretch Regularly:** Stretch the foot, calf, and Achilles tendon to improve flexibility and reduce pain. This can involve gentle stretching exercises, such as toe curls and heel raises.

**Gradually Increase Activity:** Avoid sudden changes in activity level to prevent overuse and stress on the plantar fascia. This can involve gradually increasing the frequency and intensity of workouts over time.

## Conclusion

Plantar fasciitis can be a challenging condition to manage, but with the right approach, you can reduce pain and prevent further injury. You can take the first step towards healing and recovery by understanding the causes, symptoms, and treatment options. If you're experiencing persistent heel pain, consult a healthcare professional for proper diagnosis and treatment. With a combination of rest, stretching, and supportive care, you can overcome plantar fasciitis and get back to your daily activities with confidence.

# PHYSIOTHERAPY MYTH BUSTING

MYTHS	FACTS
Plantar fasciitis is caused by poor footwear.	Footwear can contribute to the condition, it's often a combination of factors, including overuse, poor foot mechanics, and age.
Plantar fasciitis only affects athletes.	Anyone can develop plantar fasciitis, regardless of activity level or age.
Plantar fasciitis is a minor condition.	Untreated plantar fasciitis can lead to chronic pain, limited mobility, and increased risk of further injury.
FACTS	
Plantar fasciitis is inflammation of the plantar fascia.	The plantar fascia is a band of tissue supporting the arch of the foot.
Common causes include overuse, poor foot mechanics, and age.	Other factors, such as obesity, footwear, and certain medical conditions, can also contribute.
Treatment options vary.	Rest, ice, stretching, physical therapy, orthotics, and medication can help alleviate symptoms.
Prevention is key.	Wearing supportive shoes, stretching regularly, and maintaining a healthy weight can help reduce the risk of developing plantar fasciitis.
<u>Additional Tips</u>	
<ol style="list-style-type: none"> <li><b>1. Stretch regularly:</b> Stretch your calf and Achilles tendon to reduce tension on the plantar fascia.</li> <li><b>2. Wear supportive shoes:</b> Choose shoes with good arch support and cushioning.</li> <li><b>3. Maintain a healthy weight:</b> Excess weight can put additional stress on the plantar fascia.</li> <li><b>4. Seek medical attention:</b> If you experience persistent heel pain or discomfort, consult a healthcare professional for proper diagnosis and treatment.</li> </ol>	



# CASE STUDY

## SUCCESSFUL MANAGEMENT OF PLANTAR FASCIITIS WITH CONSERVATIVE INTERVENTIONS

### Patient Profile

Age: 45

Occupation: Office worker

Symptoms: Sharp pain in the heel and bottom of the foot, particularly in the morning

Duration: 6 weeks

Medical History: Overweight, sedentary lifestyle

### Assessment and Findings

Physical Examination: Tenderness and swelling in the plantar fascia

Pain Pattern: Pain increased with activity and relieved with rest

Gait Analysis: Excessive pronation contributing to plantar fasciitis development

### Treatment Plan

1. Rest and Ice: Reduce inflammation and alleviate pain
  - ✓ Apply ice packs to the affected area for 15-20 minutes, 3-4 times a day
2. Stretching and Exercises: Improve flexibility and strength in the foot and ankle
  - ✓ Calf stretches
  - ✓ Toe curls
  - ✓ Heel raises
3. Custom Orthotics: Support the arch and reduce stress on the plantar fascia
  - ✓ Custom-made shoe inserts to address excessive pronation
4. Physical Therapy: Manual therapy, strengthening exercises, and gait training
  - ✓ Massage and mobilization to reduce pain and inflammation
  - ✓ Strengthening exercises for foot and ankle muscles
  - ✓ Gait training to improve walking mechanics
5. Footwear Modifications: Ensure proper support and cushioning
  - ✓ Wear shoes with good arch support and cushioning
  - ✓ Avoid flat shoes or those with poor support
6. Gradual Return to Activity: Prevent re-injury
  - ✓ Gradually increase activity levels
  - ✓ Avoid sudden changes in activity or intensity



### Outcome

- ✓ Pain Reduction: Significant reduction in pain and improvement in function
- ✓ Improved Gait Mechanics: Reduced pronation and improved walking mechanics
- ✓ Return to Daily Activities: Patient is able to perform daily activities without discomfort

### Conclusion

A comprehensive treatment approach addressing underlying biomechanical issues and incorporating conservative treatments can be effective in managing plantar fasciitis. By combining rest, stretching, orthotics, physical therapy, and footwear modifications, patients can experience

**Treatment:**

I recently visited Anchor Physiotherapy & Sports Fitness Studio for elbow pain, and I'm so grateful for the exceptional care I received from Rahul Rajeev! His expertise, compassion, and dedication to his patients are truly remarkable.

From the initial assessment to the treatment plan, Rahul was thorough, professional, and communicative. He listened to my concerns, explained everything clearly, and provided personalized guidance throughout my recovery. His approach was holistic, addressing not just the symptoms but also the underlying causes of my elbow pain.

The clinic is well-equipped, clean, and welcoming. The staff is friendly and supportive, making you feel at ease during your visit. The atmosphere is calm and professional, which helped me relax and focus on my treatment.

Thanks to Rahul's expert care, I've seen significant improvement in my elbow pain. He's helped me regain strength, flexibility, and range of motion, and I'm now able to perform daily activities without discomfort. The exercises and stretches he taught me have been incredibly helpful in maintaining my progress.

I appreciate Rahul's attention to detail, his willingness to answer questions, and his commitment to ensuring I understood my treatment plan. His passion for physiotherapy is evident in the way he works with his patients, and I feel fortunate to have had him as my therapist.

**Rating: 5/5 stars****Key Highlights**

Exceptional care and expertise from Rahul Rajeev and the Team

Thorough assessment and personalized treatment plan

Welcoming and well-equipped clinic

Friendly and supportive staff

Significant improvement in elbow pain and function

Effective exercises and stretches

Attentive and communicative therapist

Holistic approach to treatment

Patient-centered care

**Mr Rony**

IT Professional, Technopark

(As per patient privacy)

**Recommendation**

I highly recommend Anchor Physiotherapy & Sports Fitness Studio and Rahul Rajeev to anyone seeking top-notch physiotherapy services. Whether you're dealing with sports injuries, chronic pain, or post-operative rehabilitation, I'm confident you'll receive exceptional care and attention.

**Personal Touch**

Rahul's care and dedication went above and beyond my expectations. He genuinely cared about my well-being and was invested in my recovery. I appreciate the time he took to explain everything and answer my questions.

**Overall Experience**

My experience at Anchor Physiotherapy & Sports Fitness Studio was outstanding. I'm grateful for Rahul's expertise and care, and I highly recommend him to anyone seeking physiotherapy services.

**Long-Term Impact**

The treatment I received has had a lasting impact on my overall health and well-being. I'm able to enjoy activities without pain, and I feel more confident in my ability to manage my health.

**Final Thoughts**

If you're looking for a physiotherapist who truly cares about your well-being, look no further than Rahul Rajeev at Anchor Physiotherapy & Sports Fitness Studio. He's made a significant difference in my life, and I'm sure he'll do the same for you.



# HISTORIC MILESTONE FOR PHYSIOTHERAPISTS IN INDIA!

- The National Commission for Allied and Healthcare Professions has officially declared:
- From now on, Physiotherapists shall carry the prefix "Dr." and the suffix "PT" as part of their professional title.**
- This recognition affirms our vital role in healthcare and our responsibility in patient management and rehabilitation.
- Let's wear our title with pride and continue making a difference.



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