



VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

March 2025

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**CELEBRATING A MILESTONE
GLOBAL ARTICLE PUBLICATION!**

**EXERCISE FOR THE MONTH
PELVIC FLOOR EXERCISE**

**DIRECTOR'S VOICE
WOMEN'S HEALTH
AND WORKING LIFE:
A SCOPING REVIEW**

**EMPOWERING WOMEN THROUGH SPORTS
ADANI FOUNDATION HOSTS WOMEN'S
BEACH FOOTBALL TOURNAMENT**

**PHYSIOTHERAPY MYTH
BUSTING
(IDIOPATHIC SCOLIOSIS)**

HAPPY
*Women's
Day*



THIS IS ONLY THE BEGINNING. CONGRATULATIONS!

THE ART OF MASTERING PROFESSIONALISM IN DIGITAL AGE

We are thrilled to announce that Rahul Rajeev, CEO & Director of Anchor Physiotherapy & Sports Fitness Studio, has been featured in the prestigious **InnoHEALTH** magazine!

Thought Leadership in Action

Rahul's latest blog, 'The Future of Rehabilitation: Leveraging Digital Health Solutions,' showcases his expertise and vision for innovative healthcare solutions. This article solidifies his position as a thought leader in the industry, highlighting the potential of digital health solutions to transform rehabilitation.

Read the Full Article

Click the link to read Rahul's insightful blog and discover the future of rehabilitation:

<https://innohealthmagazine.com/2025/blog/the-future-of-rehabilitation-leveraging-digital-health-solutions/>

About Rahul Rajeev

As the CEO & Director of Anchor Physiotherapy & Sports Fitness Studio, Rahul Rajeev has been at the forefront of innovative healthcare solutions. His expertise in physiotherapy and sports fitness has enabled him to develop cutting-edge rehabilitation programs.

About Anchor Physiotherapy & Sports Fitness Studio

At Anchor Physiotherapy & Sports Fitness Studio, we are committed to providing exceptional rehabilitation services, leveraging the latest advancements in digital health solutions. Our team of experts, led by Rahul Rajeev, is dedicated to helping patients achieve optimal health and wellness.

Stay Updated

Follow us for the latest updates, insights, and innovations in healthcare and rehabilitation!

Congratulations

to Rahul Rajeev on this outstanding achievement!



Please scan the QR code



VOICE OF ANCHOR 02



RAHUL RAJEEV

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

MESSAGE FROM THE DIRECTOR

“

As we celebrate International Women's Day, I want to acknowledge the incredible women who make our community stronger, healthier, and more resilient. As a physiotherapist, I've seen firsthand the impact that movement, exercise, and self-care can have on women's lives.

At Anchor Physiotherapy & Sports Fitness Studio, we're committed to supporting women's health and wellness, from addressing personalised wellness to empowering women to take control of their fitness and nutrition.

Today and every day, let's celebrate the women who inspire us, support us, and uplift us. Let's honour their strength, resilience, and determination.

Thank you for trusting us with your care.

Warm regards,

Rahul Rajeev

Director & Chief Physiotherapist

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happy
women's
day!



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 PRACTITIONER (LSCCP)
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

WOMEN'S HEALTH AND WORKING LIFE: A SCOPING REVIEW

For working women in contemporary times, the challenges of balancing work and home are as intense as ever. While domestic partnerships and parenting are becoming more equitable than they once were, working women still take on a more significant share of household and childcare responsibilities. The stress of juggling work, parenthood, and other personal commitments can easily cause or exacerbate mental health issues, such as anxiety and depression, reproductive problems like irregular cycles, musculoskeletal issues like back pain and neck pain, and other health issues.

Even though the percentage of women workforce in corporate India has increased significantly over the last two decades, there is still a dearth of tailored healthcare provisions in the workplace for them. Consequently, women employees have to compromise on the quality of personal and professional lives alike.

The major five health problems working women face are:

Physical health: Several women nowadays experience significant physical health issues, such as a variety of muscle aches and pains, postural dysfunctions such as slouched posture, joint pain, arthritis, and a lack of fitness that makes them tired during daily activities.

Mental health: Anxiety, despair, a lack of excitement, and feelings of loneliness are brought on by not being able to maintain a healthy work-life balance, decreasing productivity at work, and not having enough "me time." Studies also indicate that relationships with coworkers and the work environment contribute to psychological suffering among married working women. For working women, having children, having sick family members, and not having a support system heighten any mental health problems already present.

Sleep disturbances: Maintaining a healthy lifestyle requires getting enough sleep. Unbalanced work-life and family obligations lead to sleep disorders such as insomnia, delayed sleep onset and wakefulness, drowsiness during the day, and anxiety at night. Sleep disorders lower productivity and efficiency at work. Their problems are exacerbated by their husband's and in-laws' lack of empathy.

Heart problems: Heart diseases among working women are on the rise. Researchers have identified a trend in the prevalence of heart disease that is specific to women, especially those who work. Stress and depression are two major factors that contribute to this convergence in working women. Spontaneous Coronary Artery Dissection has been identified as the most prevalent heart condition affecting working women. Heart attacks are the result of a ripped artery that supplies blood to the heart in an emergency. A lack of physical activity can also cause women's cardiac problems.





Gynecological issues: It has been discovered that working women experience problems with their periods, such as heavy bleeding, painful periods, and discomfort. The most prevalent ailment is Polycystic Ovarian Syndrome (PCOS).- To add to these woes, working women are also prone to lifestyle disorders like Obesity, Thyroid issues, Anaemia, Vitamin D deficiency, Infertility, Diabetes, and Blood Pressure issues.

To all the women out there: *Pay attention to your health!*

Multitasking brings in productivity and a myriad of health problems listed above. Most women tend to ignore initial warning signs of any distress to their bodies, leading to worsening of symptoms, absence from work, disputes within the family, and lack of social interaction within the community. Research highlights the fact that very few women with physical and mental health issues seek medical attention.

As a woman, one must understand that rest and care for oneself is equally important as is work. A healthy work-life balance will go a great way in improving one's quality of life in the personal space as well as efficiency in the workspace.

Improving Women's Health and Well-being through Physiotherapy

Physiotherapy for women extends beyond just pregnancy-related care. It includes a broad spectrum of health concerns that impact women across their lifespan. Physiotherapy empowers women to understand their bodies and take charge of their well-being regardless of their stage in life. It offers assessments, exercise programs, and specialized treatments to address various conditions, such as muscle training, pelvic floor strengthening, and pain reduction. Women of all ages can benefit from women's health physiotherapy to improve their physical condition, regain function, and enhance their overall quality of life.

Anchor Physiotherapy and Sports Fitness Studio provides comprehensive physiotherapy services that cater to the diverse needs of women across different life stages. Experience the benefits of women's health physiotherapy with Anchor Physiotherapy and Sports Fitness Studio. Take charge of your well-being today. Contact us for specialized assessments, tailored exercise programs, and personalized treatments.

Rahul Rajeev
CEO & Chief Physiotherapist

EMPOWERING WOMEN THROUGH SPORTS: ADANI FOUNDATION HOSTS WOMEN'S BEACH FOOTBALL TOURNAMENT

On International Women's Day, March 8, 2025, Adani Foundation proudly hosted the Women's Beach Football Tournament at Valiyakadappuram, Vizhinjam. This exciting event was organized in association with the Women's Day organization and aimed to promote women's empowerment through sports.

The tournament saw enthusiastic participation from women's teams, who showcased their skills and teamwork on the beach football field. The event was supported by Anchor Physiotherapy & Sports Fitness Studio, who provided expert physio services throughout the tournament.



Highlights of the Event:

- Participation from women's teams
- Expert physio support from Anchor Physiotherapy & Sports Fitness Studio
- Celebration of women's empowerment and inclusive development.

BNI INTER CHAPTER LEAGUE 2025: WHERE CHAMPIONS ARE MADE

The BNI Inter Chapter League 2025 got off to an exciting start with a thrilling badminton tournament at the Jimmy George Stadium. The Cricket League followed closely at Oval Turf on February 27-28 and March 1-2, 2025.

Rahul Rajeev, Chief Physiotherapist, played a vital role in ensuring the players' well-being throughout the tournament. Additionally, he had the honour of presenting the trophies to the winners, making the event even more memorable.

The BNI Inter Chapter League 2025 embodies the spirit of sportsmanship, teamwork, and healthy competition, promoting a positive and supportive environment for athletes to thrive.

Event Highlights:

- Badminton tournament at Jimmy George Stadium on February 27-28
- Cricket League on March 1-2, 2025
- Rahul Rajeev, Chief Physiotherapist, ensures players' well-being and presents trophies to winners

About the Event:

The BNI Inter Chapter League 2025 is an annual sporting event that brings together teams from different chapters to compete in various sports. The event aims to foster camaraderie, teamwork, and healthy competition among participants.

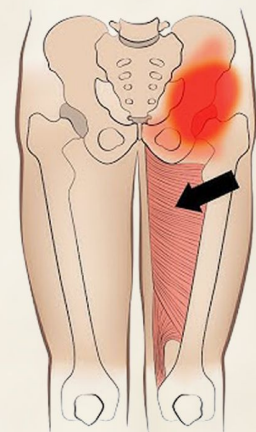


RECENT ADVANCEMENTS IN GROIN PAIN MANAGEMENT: INSIGHTS FROM A WEBINAR

Our Director and Chief Physiotherapist, Rahul Rajeev, recently attended a webinar on "Recent Advancements in Management of Groin Pain in Athletes." Dr Hari Rajan's online session, held on February 27, 2025, at 7:30 p.m. via Google Meet, provided valuable insights into the latest developments in managing groin pain in athletes.

This webinar is part of our ongoing efforts to stay updated on the latest physiotherapy and sports medicine advancements. We aim to enhance our knowledge and skills by attending such sessions, ultimately benefiting our patients and clients.

Stay tuned for more updates from our team!



1. Starting position:

Lie on your back with your knees bent and feet flat on the floor.

2. Tilt your pelvis:

Tilt your pelvis upwards and then back down again, repeating the motion for 10-15 repetitions.

3. Breathing

Breathe naturally and smoothly while performing the exercise.

4. Frequency:

Perform the exercise 2-3 times a day, ideally after waking up and before bedtime.

Benefits:

- Helps to improve spinal flexibility and alignment
- Strengthens core muscles, which support the spine
- Enhances pelvic mobility and stability

**EXPERT INSIGHT****RAHUL RAJEEV**

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

UNLOCKING THE SECRETS OF IDIOPATHIC SCOLIOSIS: A PHYSIOTHERAPIST'S PERSPECTIVE

Idiopathic scoliosis, a complex and multifaceted condition, has long been a topic of interest and concern for healthcare professionals, particularly physiotherapists. As a physiotherapist, I have had the privilege of working with numerous individuals affected by this condition, and I have come to realize that idiopathic scoliosis is more than just a spinal deformity – it is a nuanced and dynamic entity that requires a comprehensive and multidisciplinary approach.

The Enigma of Idiopathic Scoliosis

Idiopathic scoliosis is a three-dimensional deformity of the spine that affects apparently healthy children and adolescents, with girls being more commonly affected than

adolescents, with girls being more commonly affected than boys. The condition is characterized by a lateral curvature of the spine, which can range from mild to severe. Despite its prevalence, the exact causes of idiopathic scoliosis remain unknown, and researchers continue to unravel the mysteries surrounding this condition.boys. The condition is characterized by a lateral curvature of the spine, which can range from mild to severe. Despite its prevalence, the exact causes of idiopathic scoliosis remain unknown, and researchers continue to unravel the mysteries surrounding this condition.





The Role of Physiotherapy in Managing Idiopathic Scoliosis

As a physiotherapist, my primary goal is to help individuals with idiopathic scoliosis manage their condition, alleviate symptoms, and improve their overall quality of life. To achieve this, I employ a range of physiotherapeutic interventions, including specific scoliosis exercises (PSSEs), which are designed to address the unique needs of each individual. I focus on McKenzie Method.

PSSEs are a crucial component of physiotherapeutic management, as they help to enhance neural mechanisms involved in motor and postural control, thereby influencing the proper development of the spine. By incorporating PSSEs into a comprehensive treatment plan, individuals with idiopathic scoliosis can experience significant improvements in their spinal alignment, reducing the risk of curve progression and associated complications.

What is the McKenzie Method?

The McKenzie Method is a non-surgical, exercise-based approach developed by Robin McKenzie, a New Zealand-born physiotherapist. It focuses on identifying and addressing the underlying mechanical causes of pain and dysfunction.

Application to Scoliosis Treatment

In the context of scoliosis, the McKenzie Method aims to:

- 1. Improve spinal mobility:** Through specific exercises, patients can increase flexibility and range of motion, reducing stiffness and discomfort.
- 2. Reduce pain:** By addressing mechanical issues, patients can experience a decrease in pain and discomfort.
- 3. Improve posture:** Exercises can help improve spinal alignment, reducing the curvature of the spine.
- 4. Enhance core strength:** Strengthening the core muscles can help stabilize the spine, reducing the progression of scoliosis.

Key Principles

The McKenzie Method for scoliosis treatment is based on the following principles:

- 1. Mechanical diagnosis:** Identifying the underlying mechanical causes of scoliosis.
- 2. Directional preference:** Determining the specific directions of movement that alleviate or exacerbate symptoms.

3. Centralization: Focusing on exercises that promote centralization of pain, reducing discomfort and improving function.

Benefits

The McKenzie Method for scoliosis treatment offers several benefits, including:

- 1. Non-invasive:** No surgery or medication required.
- 2. Patient empowerment:** Patients learn exercises to manage their condition.
- 3. Improved function:** Enhanced mobility, strength, and posture.
- 4. Reduced pain:** Decreased discomfort and improved quality of life.

Conclusion

The McKenzie Method is a valuable approach to treating scoliosis, focusing on mechanical diagnosis, exercise, and patient empowerment. By addressing the underlying causes of scoliosis, patients can experience improved mobility, reduced pain, and enhanced overall well-being.

The Importance of Early Intervention

Early detection and intervention are critical in managing idiopathic scoliosis. Unfortunately, approximately 70% of children with idiopathic scoliosis are diagnosed too late, which can significantly impact treatment outcomes. As a physiotherapist, I emphasize the importance of regular check-ups and screenings, particularly during periods of rapid growth, to ensure that any potential issues are identified and addressed promptly.

Conclusion

Idiopathic scoliosis is a complex and multifaceted condition that requires a comprehensive and multidisciplinary approach. As a physiotherapist, I am committed to helping individuals with idiopathic scoliosis manage their condition, alleviate symptoms, and improve their overall quality of life. By working together with healthcare professionals, families, and individuals affected by idiopathic scoliosis, we can unlock the secrets of this condition and provide the best possible care for those who need it.



PHYSIOTHERAPY MYTH BUSTING

MYTHS	FACTS
Idiopathic scoliosis is caused by poor posture.	Idiopathic scoliosis is a complex condition, and its exact cause is still unknown. Poor posture may be a result of scoliosis, but it is not the cause.
Idiopathic scoliosis only affects children and adolescents.	While idiopathic scoliosis typically develops during childhood and adolescence, it can also affect adults. Adult-onset scoliosis can occur due to degenerative changes or other underlying conditions.
Exercise can correct idiopathic scoliosis	While exercise and physical therapy can help alleviate symptoms, improve flexibility, and strengthen muscles, they cannot correct the spinal curvature itself. Treatment typically involves observation, bracing, or surgery.
All cases of idiopathic scoliosis require surgery	Only a small percentage of people with idiopathic scoliosis require surgery. The decision to operate depends on the severity of the curve, the patient's age, and other individual factors.
Idiopathic scoliosis is a result of weak back muscles	Idiopathic scoliosis is not caused by weak back muscles. While strengthening exercise can help alleviate symptoms, the underlying cause of scoliosis is still unknown.
Bracing is only effective for young children	Bracing can be effective for adolescents and even some adults with idiopathic scoliosis. The goal of bracing is to slow or stop curve progression, and it can be used in conjunction with other treatments
Surgery for idiopathic scoliosis is always a last resort	While surgery is typically considered for severe cases or when other treatments have failed, it may be recommended earlier in some cases, such as when the curve is rapidly progressing or causing significant symptoms.
Idiopathic scoliosis is a lifelong disability.	With proper treatment and management, many people with idiopathic scoliosis can lead active, normal lives without significant limitations.



CASE STUDY

EFFECTIVE PHYSIOTHERAPY MANAGEMENT OF IDIOPATHIC SCOLIOSIS IN A 19-YEAR-OLD FEMALE

Patient Profile

- Name: Miss X (Confidential)
- Age: 19 years
- Diagnosis: Idiopathic Scoliosis
- Cobb Angle: 35 degrees
- Primary Concerns: Postural asymmetry, cosmetic concerns, mild discomfort

Assessment & Findings

- Visible spinal curvature with right thoracic prominence
- Asymmetry in shoulder and waist contours
- Mild muscular imbalances in the paraspinal and core muscles
- No significant respiratory or neurological deficits

Physiotherapy Intervention

1. McKenzie Method-Based Exercises

- Directional preference exercises to encourage spinal alignment
- Extension-based movements to improve posture and reduce discomfort

2. Physiotherapeutic Scoliosis-Specific Exercises (PSSEs)

- Postural Training: Mirror exercises for self-correction
- Core Strengthening: Focused exercises for deep spinal stabilizers
- Breathing Exercises: Diaphragmatic breathing to enhance thoracic mobility

3. Manual Therapy & Soft Tissue Release

- Myofascial release for tight paraspinal muscles
- Joint mobilization to improve spinal mobility

4. Home Exercise Program & Patient Education

- Daily exercises tailored to maintain posture and flexibility
- Ergonomic advice to prevent postural strain

Results (After 12 Weeks of Physiotherapy)

Cobb Angle Improvement: Noticeable reduction in curvature progression

Postural Enhancement: Significant improvement in spinal alignment

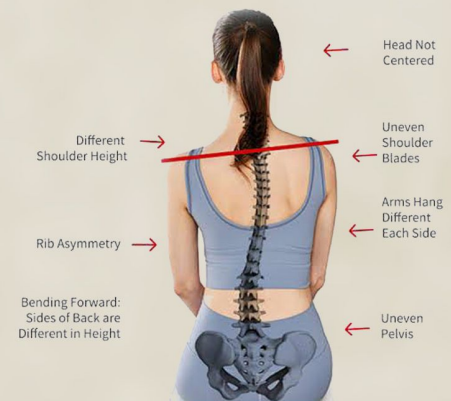
Cosmetic Concerns: Reduced asymmetry, improved body confidence

Symptom Relief: No residual discomfort, enhanced mobility

Client Satisfaction: Highly motivated and confident in self-care

Conclusion

This case highlights the effectiveness of physiotherapy, particularly the McKenzie Method and PSSEs, in managing idiopathic scoliosis. Through structured intervention and patient compliance, remarkable postural improvements and symptom relief were achieved. Early physiotherapy intervention remains crucial in scoliosis management to prevent progression and enhance overall well-being.





PATIENT SPOTLIGHT

Condition: Trapezius

Treatment:

I recently visited Mr. Rahul Rajeev at Anchor Physiotherapy & Sports Fitness Studio for a trapezoid issue that had been causing me discomfort and stiffness. From the moment I met him, I felt at ease with his professional and friendly demeanour.

During the session, Mr. Rajeev performed a thorough assessment to identify the root cause of my issue, which included a postural analysis and movement screening. He then proceeded to do a muscle release treatment, utilizing techniques such as soft tissue mobilization and myofascial release, which was incredibly effective in loosening up the tight muscles in my trapezius area.

In addition to the muscle release, Mr. Rajeev also worked on posture alignment, utilizing exercises such as scapular stabilization and thoracic extension, which has made a huge difference in how I feel. He explained the importance of maintaining good posture and provided me with practical tips on how to improve my daily habits, including ergonomic adjustments and exercise prescriptions.

What I appreciated most about the session was the personalized attention and care that Mr. Rajeev provided. He took the time to listen to my concerns, answer my questions, and tailor the treatment to my specific needs, utilizing a patient-centered approach.

As a result of the session, I feel significantly more flexible and relaxed, with an improved range of motion and reduced muscle tension. The exercises that Mr. Rajeev prescribed, including strengthening exercises for my shoulder stabilizers and stretching exercises for my trapezius, have also been incredibly helpful in maintaining the progress we made during the session.

Overall, I'm thoroughly impressed with the level of care and expertise that Mr. Rajeev provided. His knowledge of musculoskeletal physiology and his ability to apply evidence-based practice to his treatment approach are truly exceptional. I would highly recommend him to anyone seeking relief from musculoskeletal issues. Rating: 10/10!



Ms Ajila Antony
Physiotherapist
Malta





JUST AROUND THE CORNER



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