

# VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

NEWSLETTER, ISSUE 2 | VOLUME 11

## CONGRATULATIONS TO SREENATH V

We are delighted to celebrate the remarkable achievements of Sreenath V, a dedicated freelance personal trainer who continues to inspire many through his discipline and determination.

Sreenath secured the Mr. Trivandrum 3rd place (2nd runner-up) in the Open Category at the IPC Natural Fitness Championship 2025-26. Adding to this accomplishment, he also earned the title of Mr. Kerala (Runner-up), achieving 2nd place in the 80+ kg weight category at the same prestigious event.

These achievements reflect his hard work, consistency, and passion for fitness. We are especially proud to share that Sreenath was once a patient at Anchor Physiotherapy Sports Fitness Studio, and seeing him reach new heights brings us immense joy.



# KERALA PIRAVI CELEBRATED ON NOVEMBER 1



**On November 1**, we joyfully celebrated Kerala Piravi, the birth of our beautiful state. The day reminded us of Kerala's rich culture, language, and heritage, and allowed our students to connect with the history that shaped our homeland.

The celebration began with a brief introduction on the significance of Kerala Piravi, highlighting how the state was formed on November 1, 1956. Students learned about the values Kerala is known for unity, literacy, cultural diversity, and its unique traditions.

The event featured vibrant presentations, traditional attire, and enthusiastic participation from students and teachers. Through songs, speeches, and cultural displays, the children proudly showcased their love for Kerala. The atmosphere was filled with excitement and respect as we honoured the spirit of our state.

Overall, the celebration was a wonderful reminder of our roots and an opportunity for students to appreciate the beauty and diversity of **God's Own Country**.





# Message from the Director & Chief Physiotherapist

Dear Readers,

At Anchor Physiotherapy & Sports Fitness Studio, we believe that every child deserves a foundation of strong physical and mental well-being. In today's fast-paced world, children are exposed to challenges that affect their posture, mobility, confidence, and overall health. As caregivers, a few small yet consistent steps can make a lasting difference.



## Children's Health

Healthy children are active children. Encouraging regular play, adequate sleep, and balanced nutrition helps strengthen muscles, support bone development, and improve immunity. Simple routines like daily stretching and outdoor activities can build lifelong wellness habits.

## Mental Health and Stress

Academic pressure, social expectations, and busy schedules can often lead to stress in children. Early signs may appear as irritability, fatigue, headaches, or withdrawal. Creating a supportive environment at home, allowing open conversations, and ensuring time for rest and hobbies helps children feel secure and emotionally balanced.

## Bag Weight

One of the most common causes of back and shoulder pain in school-aged children is carrying heavy bags. A child's school bag should ideally be no more than 10 percent of their body weight. Encourage children to use both straps, avoid unnecessary books, and maintain good posture while lifting and carrying their bags.

These simple practices prevent posture-related issues that may worsen over time.

## Mobile Usage

Excessive screen time can affect eyesight, posture, concentration, and sleep. Setting healthy boundaries such as limiting usage, encouraging screen-free meals, and promoting physical play can prevent long-term musculoskeletal problems. Teach children to hold devices at eye level and take breaks every 20 minutes to reduce neck and eye strain.

As parents and educators, our combined efforts can nurture healthier, happier, and more resilient children. Let's work together to build a generation that grows strong physically, mentally, and emotionally.

Warm regards,

**Rahul Rajeev**

Director & Chief Physiotherapist  
Anchor Physiotherapy & Sports  
Fitness Studio

# Lions International Peace Poster Contest

The Lions Club of Tvm Rajadhani and Anchor Physiotherapy & Sports Fitness Studio hosted the Lions International Peace Poster Contest on November 12, 2025, at Kannasa mission High School, Peyad. This event aimed to promote peace through art among students.

## Key details:

**Date:** November 12, 2025

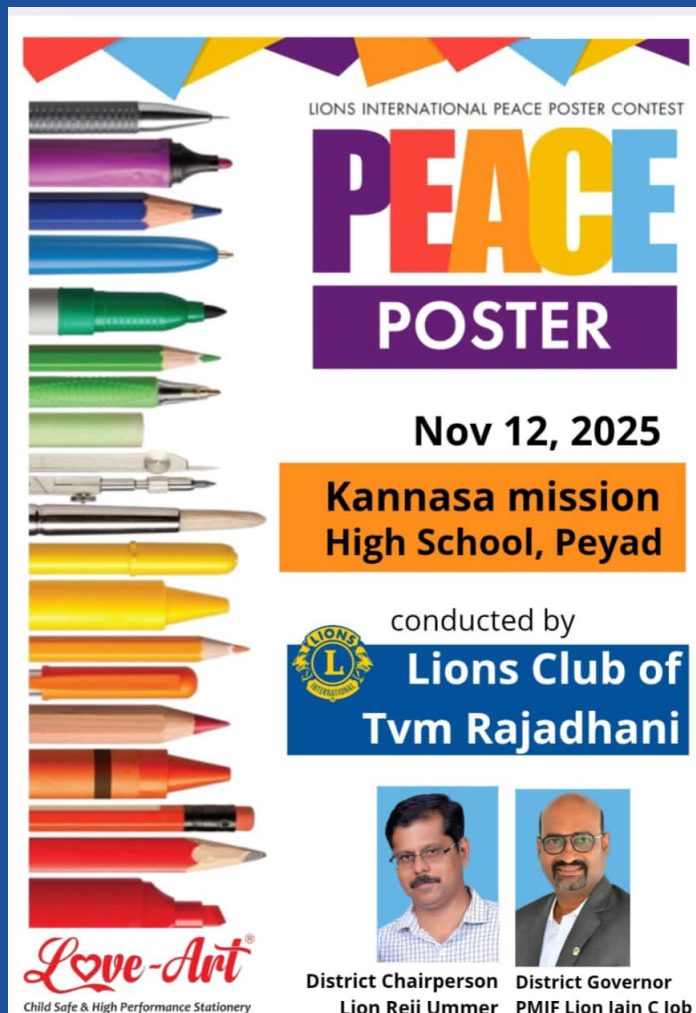
**Venue:** Kannasa mission High School, Peyad

## The event was led by:

District Chairperson: **Lion Reji Ummer**

District Governor: **PMJF Lion Jain C Job**

We appreciate the support of Love-Art, providing child-safe and high-performance stationery for the contest.




LIONS INTERNATIONAL PEACE POSTER CONTEST



# PEACE POSTER

Nov 12, 2025

Kannasa mission High School, Peyad

conducted by

 **Lions Club of Tvm Rajadhani**

District Chairperson: **Lion Reji Ummer** District Governor: **PMJF Lion Jain C Job**

*Love-Art*  
Child Safe & High Performance Stationery



## WINNERS:

1<sup>st</sup>

**Revathy Vinod, 7A**

2<sup>nd</sup>

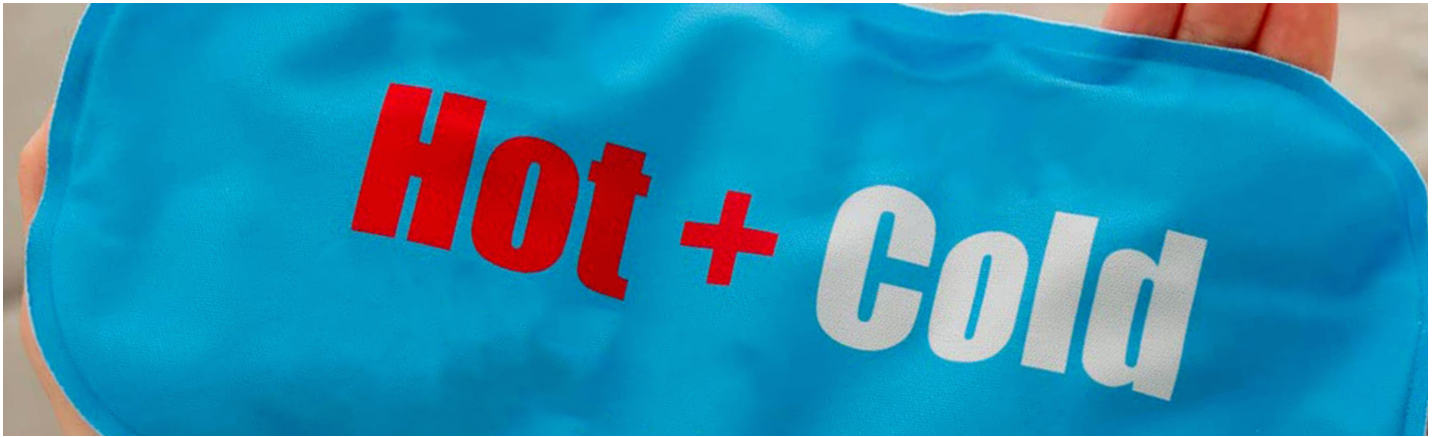
**Vaiga VM, 7A | Viswajith V S, 7C**

3<sup>rd</sup>

**Arjun Krishna S, 6E**



# Hot & Cold Compression, Their Usage, and Benefits:



## Hot Compression (Heat Therapy)

### Best used for:

- Long-standing pain or stiffness
- Muscle tightness or spasms
- Joint pain without swelling
- Chronic conditions (arthritis, back pain, neck stiffness)

### How it works:

Heat increases blood circulation, relaxes muscles, and improves flexibility.

### Benefits:

- Relaxes tight muscles
- Decreases pain
- Reduces stiffness
- Improves blood flow
- Promotes healing
- Decreases muscle spasms

### How to use:

- Apply a warm pack for 15–20 minutes
- Ensure the temperature is comfortable
- Avoid using heat on swollen or inflamed areas

## Cold Compression (Ice Therapy)

### Best used for:

- Recent injuries (within 24–48 hours)
- Swelling, inflammation
- Sprains, strains, bruises
- Joint pain after activity

### How it works:

Cold reduces blood flow to the area, helping control swelling and numb pain.

### Benefits:

- Reduces swelling and inflammation
- Decreases pain
- Prevents further tissue damage
- Helps control bleeding in fresh injuries

### How to use:

- Apply ice pack for 10–15 minutes
- Repeat every 2–3 hours, if needed
- Avoid direct contact with skin (wrap in a cloth)



# Sprain vs Strain

## What It Means and What You Should Do First

By Rahul Rajeev, Director and Chief Physiotherapist

*Dear Readers,*

*I often meet people who get confused between a sprain and a strain. And honestly, it's very common. Both hurt, both cause swelling, and both happen suddenly. But they're actually two different injuries and knowing the difference helps you take the right first step when it happens.*

### What Is a Sprain?

A sprain happens when a ligament gets stretched or torn. Ligaments are like small seatbelts inside your joints, keeping everything stable.

Most sprains occur when you twist your ankle, slip while walking, or land awkwardly during sports.

#### You may notice:

1. Swelling
2. Bruising
3. Pain when you move or stand
4. The joint feeling a little shaky

### What Is a Strain?

A strain is an injury to a muscle or tendon basically a pulled muscle.

It usually happens if you stretch too far, lift something heavy the wrong way, or overuse a muscle without warming up.

#### You may feel:

1. Sharp muscle pain
2. Tightness or spasm
3. Swelling
4. Pain when you try to move the muscle again

### What to Do Immediately

If someone suddenly twists their ankle or pulls a muscle, here's what you should do right away.

1. Stop the activity
2. Don't try to walk it off or "shake it out."  
More movement can worsen the injury.
3. Follow the R.I.C.E method

#### Rest

Keep weight off the injured area.

#### Ice

Apply a cold pack wrapped in a cloth for 10–15 minutes.

Repeat every 2–3 hours to reduce swelling.

#### Compression

Use a crepe bandage to gently support the area.

Light pressure is enough not too tight.

#### Elevation

Raise the injured limb above heart level. This reduces swelling quickly.



# RELAX

## What to Avoid in the First 48 Hours

Stay away from anything that adds heat or strain to the area:

1. No hot packs
2. No massages
3. No steam or hot showers
4. No alcohol

## Heat increases swelling in fresh injuries.

### When to See a Physiotherapist

1. You should get help if:
2. Pain is severe
3. Swelling keeps increasing
4. You can't put weight on the joint
5. There's numbness or tingling

Early physiotherapy makes healing smoother and prevents long-term issues like weakness or repeated injuries.

## Simple Way to Remember

**Sprain = Ligament injury (joint issue)**

**Strain = Muscle or tendon injury (movement issue)**

## Rahul Rajeev

Director and Chief Physiotherapist

Anchor Physiotherapy and Sports Fitness Studio

## Patient Spotlight:



"I visited Anchor Physiotherapy & Sports Fitness Studio with severe neck pain that had been bothering me for several days. From the moment I walked in, Dr. Rahul made me feel comfortable. He patiently listened to all my concerns, asked the right questions, and took the time to understand how the pain was affecting my day-to-day routine.

What really stood out to me was how accurately he identified the root cause of my problem. He explained everything in a simple, clear manner—what had gone wrong, what needed to be done, and how the treatment would help. That clarity itself gave me a lot of confidence.

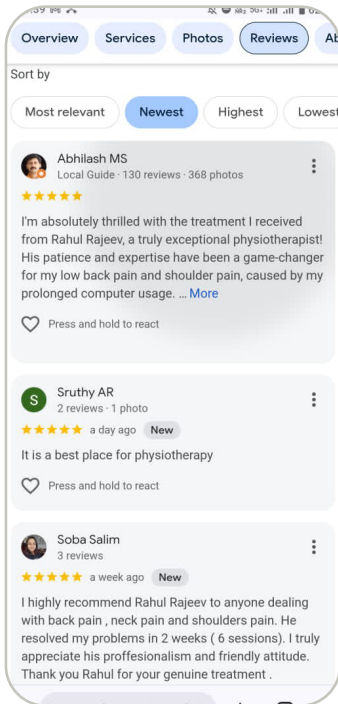
With just two focused treatment sessions, my neck pain was completely cured. I walked out feeling lighter, relieved, and extremely grateful.

I truly appreciate Dr. Rahul's expertise, his positive approach, and the personal attention he gives his patients. I would highly recommend Anchor Physiotherapy & Sports Fitness Studio to anyone looking for effective, honest, and compassionate physiotherapy care."

**by Mr. Arun**



# Every recovery. Every Smile. Every 5★ Review Proof that Anchor Physiotherapy Makes a Difference.



**Abhilash M S**

Search Engine Optimisation



I'm absolutely thrilled with the treatment I received from Rahul Rajeev, a truly exceptional physiotherapist! His patience and expertise have been a game-changer for my low back pain and shoulder pain, caused by my prolonged computer usage. He took the time to listen to my concerns and provided top-notch care. After just two visits, I feel revitalized and active again! Thanks, Rahul, for your incredible services and for helping me get back to my best self!



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**rahul rajeev (anchor physiotherapy)**



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