

Wellness Window

Welcome to Hamsa Rehab E-Newsletter

Dear readers,

Greetings from Hamsa rehab. It is a proud moment for India to have won 2 Bronze medals in the Paris Olympics so far. As we celebrate the victory, we must remember the amount of hard work and practice both of them must have put in to get to this level. There are many people who may not have won at the competition but still have put in a lot more effort. The challenges of modern life are aplenty, our bodies and minds can be pushed to the limit. We face competition at every level in our life, be it a small play school kid or an 80-year-old. At HAMSAREHAB, we believe that everyone deserves to thrive and reach their full potential. Our rehabilitation programs are designed to empower younger ones to overcome physical, emotional and cognitive challenges, the adults to overcome the daily physical and mental exertion and the geriatrics to maintain their gait and practice fall prevention methods. We applaud and celebrate the resilience and strength of all the people who are overcoming challenges every day. Welcoming August with a throwback of events of July and blog by Ms. Preethi, Physiotherapist from HAMSAREHAB on Stages of motor learning & neuroplasticity gives an insight on the benefits of constant practice and adaptation of brain to various learning experiences. From dependence to independence is the motto of HAMSAREHAB and with Independence day round the corner on August 15, we would be extremely happy to see more people attain independence in their day to day life.

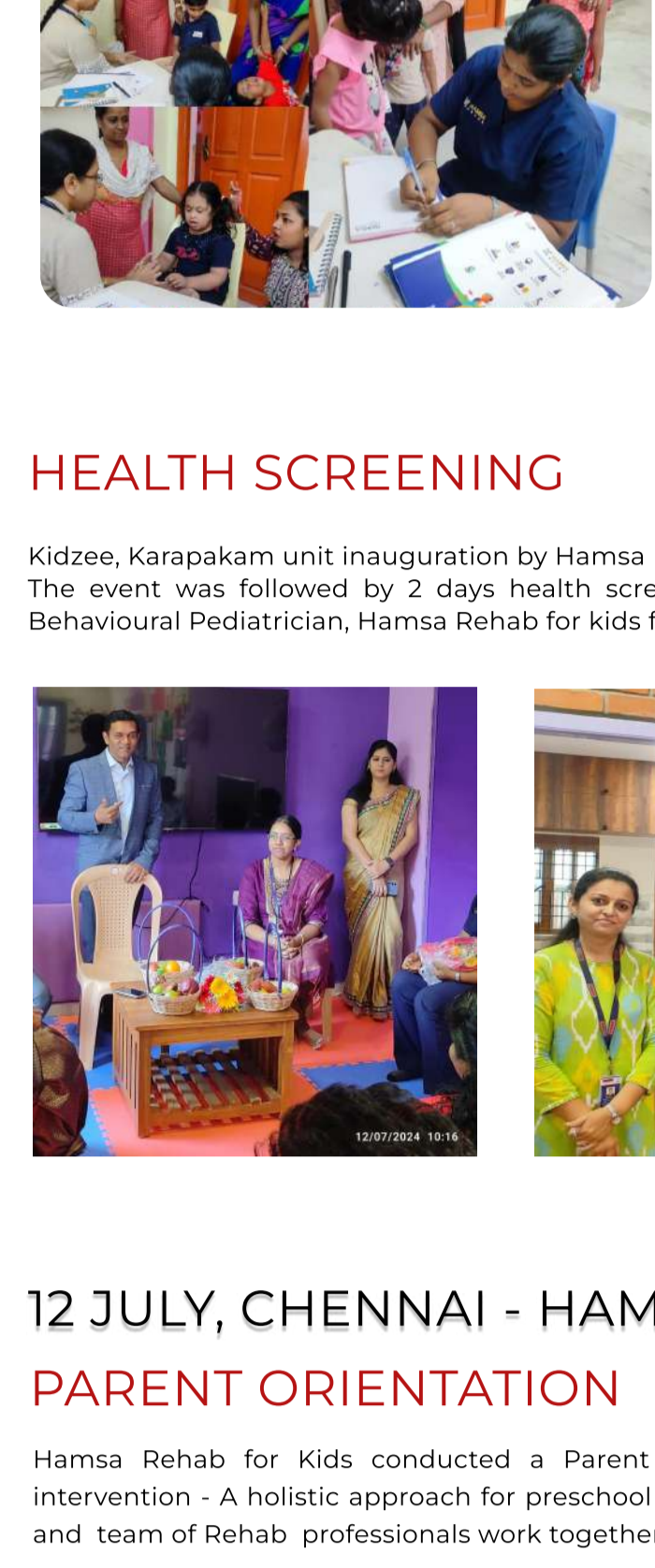
Happy August

Geetha S. Kumar
(Editor)

EVENT HIGHLIGHT

03 JULY, TRICHY

Senior Physiotherapist Mr. Sheik's article published in our Kauvery hospital- Tamil magazine. "VAZHKA VALAMUDAN"



10 JULY, CHENNAI - HAMSAREHAB FOR KIDS, OMR HEALTH SCREENING

A two-day health screening was conducted by Dr. Abirami MD Pediatrics. Trained in developmental behavioural pediatrics and Ms. Janani Speech therapist, Hamsa Rehab at i2 Global School in Pallikarnai, identifying 48 children in need of assistance with developmental delays. The therapy sessions will commence on 5th August.



HEALTH SCREENING

Kidzee, Karapakam unit inauguration by Hamsa Managing Director, Dr G Balamurali. The event was followed by 2 days health screening by Dr. Abirami Meenakshi, Developmental Behavioural Pediatrician, Hamsa Rehab for kids for the students along with their parents.



12 JULY, CHENNAI - HAMSAREHAB FOR KIDS, OMR PARENT ORIENTATION

Hamsa Rehab for Kids conducted a Parent orientation program and inauguration of " Early intervention - A holistic approach for preschool readiness" at OMR centre. Developmental pediatrician and team of Rehab professionals work together focusing on intensive therapy session for kids.



CHENNAI - HAMSAREHAB FOR KIDS - OMR GROUP THERAPY

Hamsa Kids celebrate group therapy with different colored themes to make children more engaged learn different skills & ofcourse have a lot of fun.



13 JULY BLUE THEME



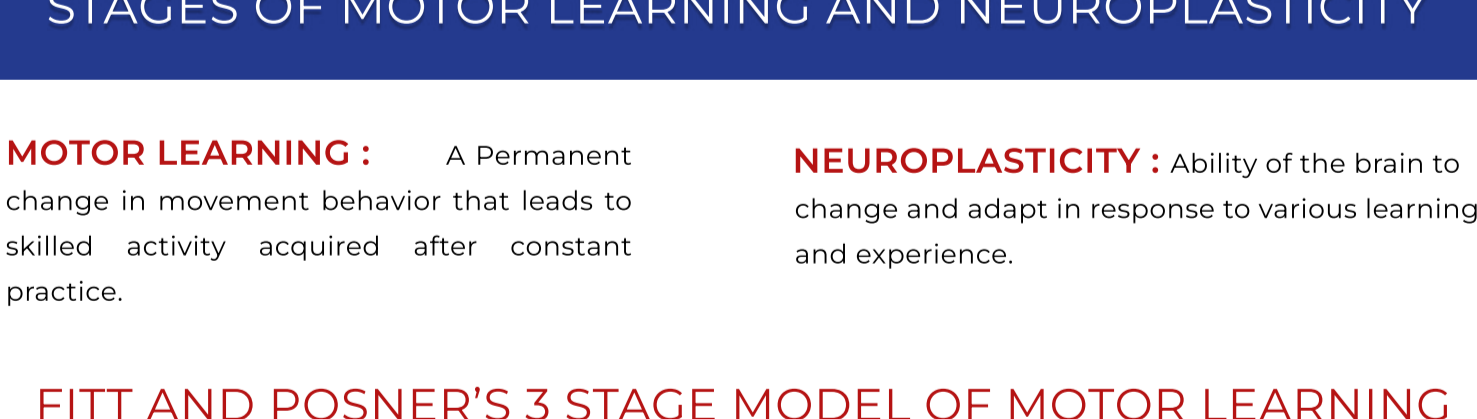
27 JULY YELLOW THEME



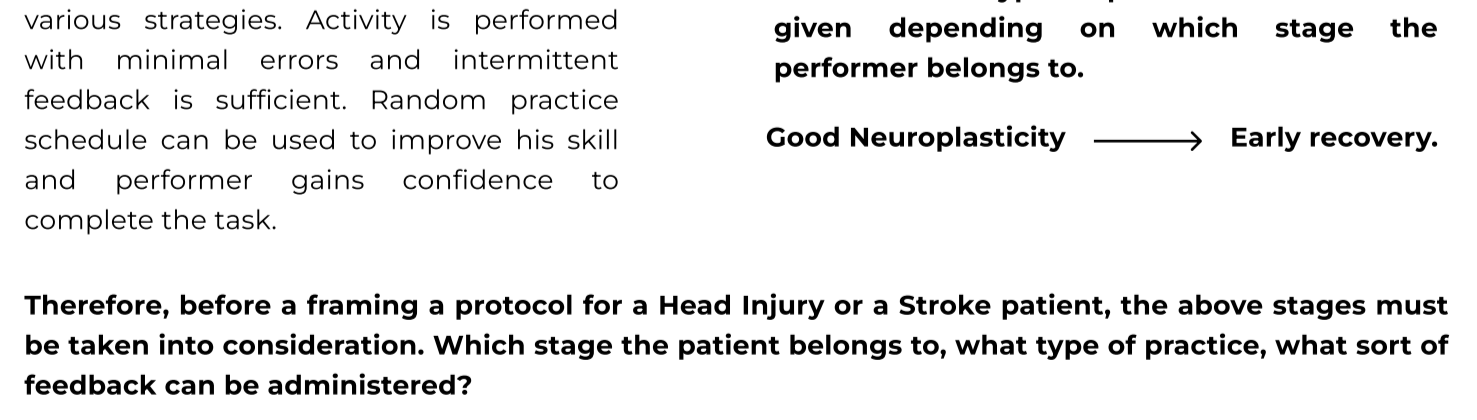
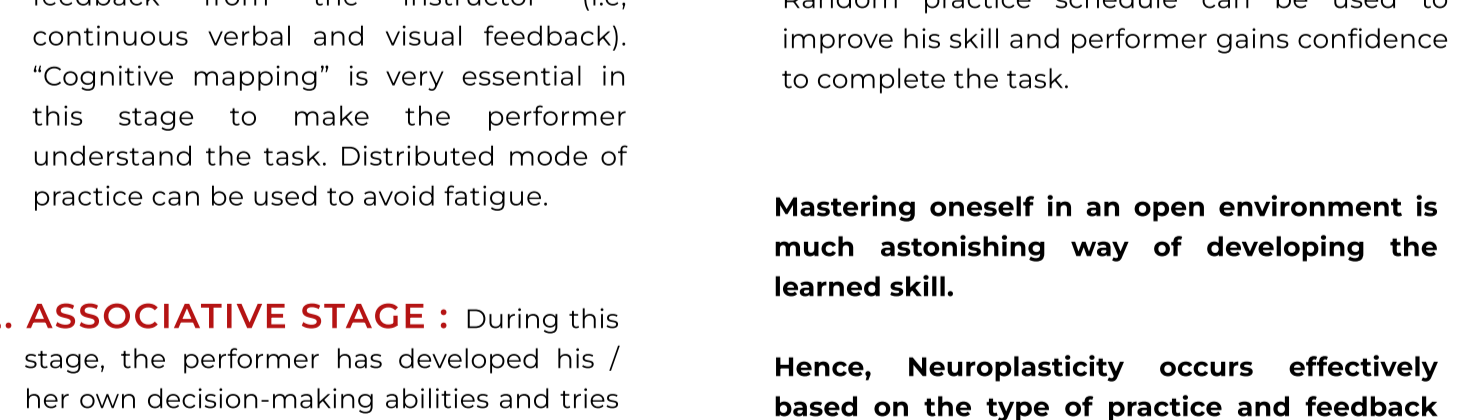
RECREATIONAL ACTIVITIES

Recreational group sessions filled with fun, laughter, music, games etc... are conducted at every centres of Hamsa to make the inpatient unwind themselves socialize and get a feeling of a part of the community.

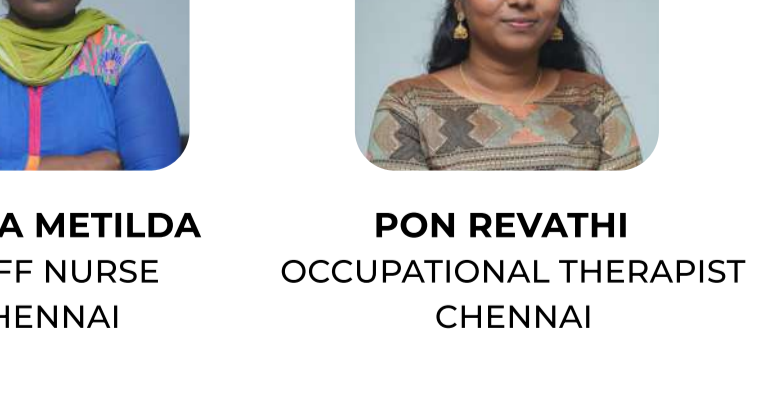
13 JULY VELLORE



13 JULY ROYAPETTAH

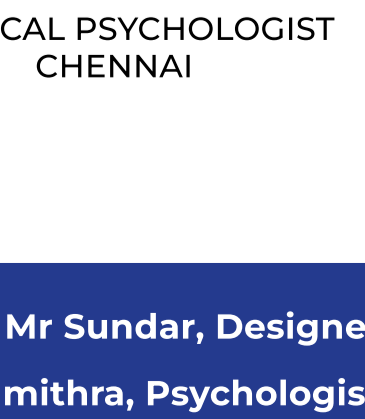
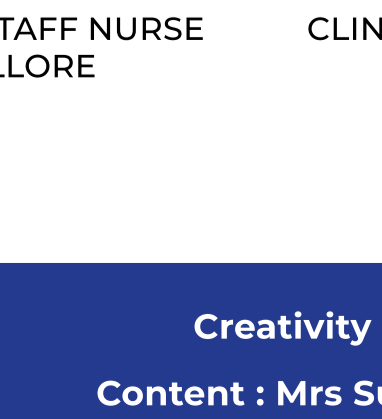


20 JULY VALASARAVAKKAM



20 JULY, TRICHY NATIONAL LEVEL TENNIS TOURNAMENT

Physiotherapy services for more than 20 players in the National level Tennis Tournament along with Kauvery hospital.



BLOG

STAGES OF MOTOR LEARNING AND NEUROPLASTICITY

MOTOR LEARNING : A Permanent change in movement behavior that leads to skilled activity acquired after constant practice.

NEUROPLASTICITY : Ability of the brain to change and adapt in response to various learning and experience.

FITT AND POSNER'S 3 STAGE MODEL OF MOTOR LEARNING

1. COGNITIVE STAGE : In this stage, the learner performs the t4 activity without understanding the nature or purpose of the movement. Activity is performed with so many errors and requires maximal feedback from the instructor (i.e, continuous verbal and visual feedback). "Cognitive mapping" is very essential in this stage to make the performer understand the task. Distributed mode of practice can be used to avoid fatigue.

3. AUTONOMOUS STAGE : During this stage, the performer has developed his / her own decision-making abilities and tries various strategies. Activity is performed with minimal errors and intermittent feedback is sufficient. Random practice schedule can be used to improve his skill and performer gains confidence to complete the task.

2. ASSOCIATIVE STAGE : During this stage, the performer has developed his / her own decision-making abilities and tries various strategies. Activity is performed with minimal errors and intermittent feedback is sufficient. Random practice schedule can be used to improve his skill and performer gains confidence to complete the task.

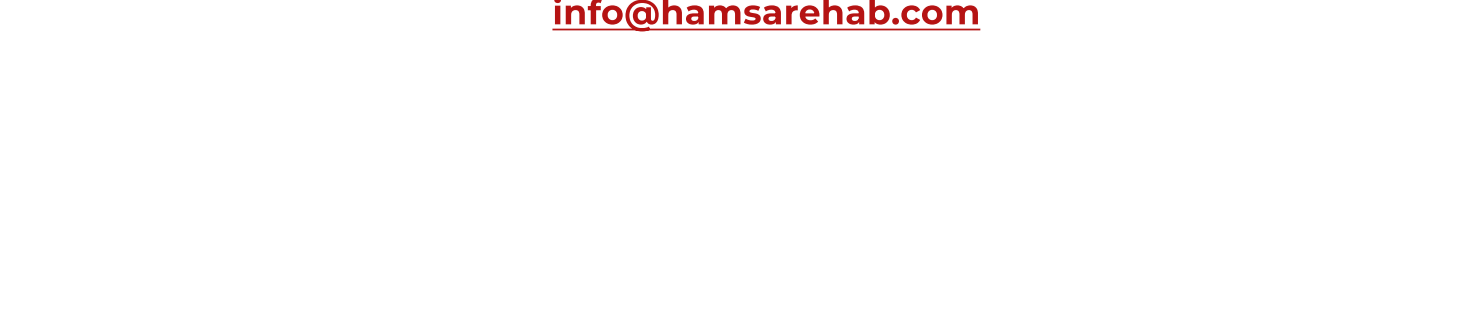
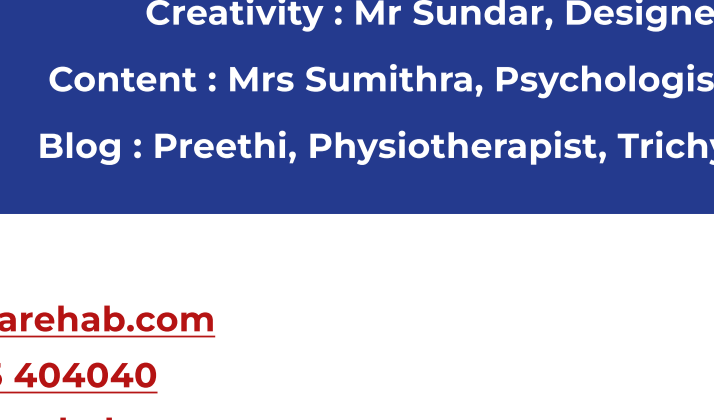
Mustering oneself in an open environment is much astonishing way of developing the learned skill.

Hence, Neuroplasticity occurs effectively based on the type of practice and feedback given depending on which stage the performer belongs to.

Good Neuroplasticity → Early recovery.

Therefore, before a framing a protocol for a Head Injury or a Stroke patient, the above stages must be taken into consideration. Which stage the patient belongs to, what type of practice, what sort of feedback can be administered?

"Anyone who has never made a mistake has never tried anything new" -



- JOTHIKA** PATIENT CARE ASSISTANT TRICHY
- MARIA METILDA** STAFF NURSE CHENNAI
- PON REVATHI** OCCUPATIONAL THERAPIST CHENNAI
- KOUSICK** PHYSIOTHERAPIST TRICHY
- MAGESH** SENIOR PHYSIOTHERAPIST TRICHY
- ANANDAN** ASSISTANT MANAGER TRICHY
- SUMITHRA** PSYCHOLOGIST CHENNAI
- DEEPA** SENIOR STAFF NURSE VELLORE
- GAYATHIRI** CLINICAL PSYCHOLOGIST CHENNAI

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