



WELLNESS WINDOW

Feb 2025

Welcome to
Hamsa Rehab
Newsletter



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3 CITIES

10+ DOCTORS

100+ BEDS

150+ STAFFS

1000+ IN PATIENTS

HAMSA TEAM

Rehab Doctors | Developmental Pediatrician
Psychologist | Occupational Therapist
Speech & Language Pathologist | Nutritionist
Physiotherapist | Rehab Nurse
Special Educator



Dear Readers,

Welcoming March and bidding February goodbye, we realize that time passes too soon. Wasn't it only recently we celebrated the new year and already 2 months are gone. HAMSA has conducted Spinal Cord Injury conference at Trichy, Caregivers program at Chennai and a lot more events to help individuals with Stroke, Spine and Brain injury / conditions unlocking their full potential and achieve their goals, not to forget celebrating Valentines Day, spreading love and hope among our inmates.

In the midst of all the chaos, we ignore the caregivers who are the most important people in the lives of our patients. Their support is immense, from physical to emotional, apart from managing their own life with all the struggles and livelihood. HAMSA believes in holistic care and therefore, we have programs for caregivers giving emotional support and forming a group where they can share their problems or issues and get support in handling the situation through the experience of others. Our psychologists and therapists also conduct activities for caregivers to help them relieve their stress and tensions.

We have also introduced Robotic gamified therapy for individuals with back and Neck pain and other similar conditions which can be done at home monitored remotely by the therapists.

As we celebrate the progress our patients have made, we are reminded of the importance of collaboration, creativity and compassion in rehabilitation. We're grateful for the trust our patients and families have placed in us, and we look forward to continuing our mission to empower and inspire.

Cheers to our lives,



Geetha S. Kumar

General Manager



A BIG SALUTE TO CAREGIVERS

"Caregiving is not just a responsibility, it's a privilege. You are the unsung heroes, the quiet strength and the compassionate hearts that hold families together. Your selflessness, patience and love make a difference in the lives of those you care for.

Keep shining, keep caring, and know that you are appreciated, valued and loved."

EARLY SIGNS OF STUTTERING AND WHEN TO SEEK HELP: A GUIDE FOR PARENTS

Stuttering is a speech disorder that disrupts the flow of speech with repetitions, prolongations, and pauses. While normal non-fluency is common in young children, persistent or severe disfluencies may indicate stuttering and require attention.

Early Signs Of Stuttering

Normal non-fluency involves repetition of words or phrases but typically does not bother the child. In contrast, stuttering may include:

- Repetition of parts of words, like "s-s-s-sun."
- Stretching sounds, like "sssssun."
- Difficulty starting words, appearing "stuck."
- Visible tension in the face, neck, or shoulders.
- Frustration, upset behavior, or avoiding speech.
- Stuttering that worsens with stress or excitement.

When To Seek Help

Consult a speech-language pathologist (SLP)

- The child avoids speaking or shows frustration.
- Stuttering persists for several months.
- A family history of stuttering exists.
- Stuttering begins after age 3½.

The Role Of Early Intervention

Early therapy can prevent worsening, build confidence, and reduce emotional strain. Children who receive therapy within a year of onset have better chances of achieving normal fluency.

What To Expect In Speech Therapy

An SLP evaluates speech patterns and emotional responses, then creates a customized therapy plan. Early support significantly improves speech fluency and confidence.

If you notice signs of stuttering, seek help early-timely intervention makes a big difference.



Ms Shalini S

Msc Speech Language Pathology, Speech, Language & Swallow Therapist,
Chennai



OCCUPATIONAL THERAPY & SELF-CARE FOR ADULTS

Self-care is essential for well-being, but neurological conditions like stroke, Parkinson's, MS, and dementia can make daily tasks challenging. Occupational therapy (OT) helps individuals regain independence through personalized strategies.

Challenges in Self-Care for Neurology Patients

Cognitive impairments – Memory loss, trouble focusing

Physical limitations – Weakness, paralysis, or pain

Emotional changes – Anxiety, depression, or lack of motivation

Fatigue & medication effects – Low energy, side effects

How OT Supports Self-Care

- **Adaptive equipment** – Tools for dressing, eating, & bathing
- **Cognitive training** – Improving memory & focus
- **Energy conservation** – Managing fatigue effectively
- **Emotional support** – Stress management techniques
- **Caregiver training** – Educating families for better care

Occupational therapy empowers individuals to live more independently and improve their quality of life. If self-care is a challenge, consider consulting an OT professional for support.

Stay well and take care!

Benefits of OT in Self-Care

- Greater independence in daily tasks
- Increased confidence & well-being
- Reduced caregiver burden

Ms Inthu Mathi
Occupational Therapist,
Trichy



NOISE INDUCED HEARING LOSS (NIHL)

Noise Induced Hearing Loss (NIHL) refers to the damage of auditory sensory Hair cells due to repeated or sudden exposure to loud noise. NIHL stands as second most common cause of Sensorineural Hearing Loss.

Stages of NIHL

- A sound/Noise >70 dB entering the ears causes damage to the Outer Hair Cells (OHCs) in the Inner Ear which in turn results in Temporary Threshold shift (TTS).
- On continuous noise exposure, TTS becomes Permanent Threshold Shift (PTS) which is called as Permanent Noise Induced Hearing Loss affecting the high frequency regions of the Cochlea.

Symptoms of NIHL

- Tinnitus – Ringing sensation in the Ears
- Difficulty in Hearing High Frequency Sounds (/f/, /s/, /th/)
- Difficulty in understanding speech in Noise

Risks factors of NIHL

- Industrial Noise (> 85 dBA)
- Impact Noise (Drilling sounds, construction Jackhammer sounds)
- Impulsive Noise (Gunshots, Explosives, Horns, aircraft Flyovers)
- Recreational Noise (Concerts, Disco)
- Personal Devices (MP3 players at high volumes)

Precautions to prevent NIHL

- Wearing Ear protection devices (Ear plugs, Ear muffs) during Occupational Noise Exposure
- Avoid/Limit exposing to excessively loud sounds
- Taking breaks from the Noise
- Turning down the volume on personal devices such as Headphones
- Getting tested once in a year by an Audiologist



Ms Elshi Jenifur
*Audiologist &
Speech Pathologist,
Trichy*



BASIL GARLIC CHICKEN

Servings - 1

INGREDIENTS

- ▶ Chicken Breast - 100 g
- ▶ Basil Chopped - 2 tbsp
- ▶ Onions Chopped - 30 g
- ▶ Garlic Minced - 5 g
- ▶ Coriander Chopped - 1 tbsp
- ▶ Fennel Seeds - 1/2 tsp
- ▶ Butter - 1 tsp
- ▶ Salt & Pepper - to taste

PREPARATION

- ▶ In a pan, melt butter and sauté minced garlic, fennel seeds, and onions until the onions become translucent.
- ▶ Grind onions, pepper, and salt into a smooth paste. Add this paste to the sautéed onions in the pan.
- ▶ Pour in water and cook, stirring occasionally, until the mixture reaches a soupy consistency.
- ▶ Add chicken breast, basil, and coriander leaves to the pan.
- ▶ Cook until the chicken is fully cooked and tender.

NUTRITIVE VALUE

Energy

222 Kcal

Protein

23 g

Carbohydrate

5 g

Fat

13 g



Ms Lizia
Nutritionist,
Chennai



Kids Corner



CHILDHOOD APRAXIA OF SPEECH

Apraxia of speech is caused when there is a disruption in the child's brain functioning to send appropriate signals to speech muscles. The brain struggles to plan and coordinate the movements which leads to motor speech disorder. This condition is purely not due to muscle weakness.



Causes

DEVELOPMENTAL ISSUES

GENETIC FACTORS

PREMATURE BIRTH

ENVIRONMENTAL FACTORS

NEUROLOGICAL CONDITIONS

BRAIN INJURY DAMAGE

FAMILY HISTORY

IDIOPATHIC

Symptoms

Fluctuation in pattern of speech errors | Difficulty sequencing sounds
Misplacement of oral structures | Speech imitation deficit | Unclear speech

How do speech therapist help?

They initiate with detailed assessment and provide diagnosis. Individualized treatment plans are designed to improve speech clarity, motor planning and coordination. Therapy focus to enhance the child's speech ability through techniques and targeted exercises.



Ms Thrikshaa J
Speech Therapist,
Chennai



Events@HAMSA

CHENNAI



K10K Marathon Expo



K10K Cancer Awareness Marathon



Pediatric Group Therapy



Caregiver Support Activity @ Royapettah



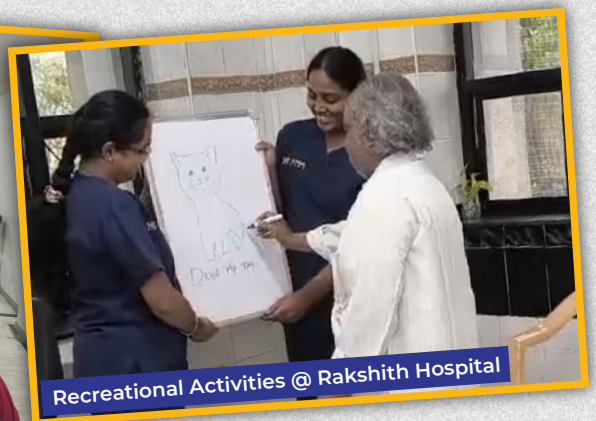
Tracheostomy Care Workshop For Nurses @ Royapettah



Hobby Workshop @ Royapettah



Tracheostomy Care Workshop For Nurses @ Rakshith Hospital



Recreational Activities @ Rakshith Hospital



Caregiver Support Activity @ Rakshith Hospital



Caregivers Program



Spinal Cord Injury Rehab Conference



Stress Management Program



Group Exercise For Ortho In-Patient



Recreational Activity



Group Activities Art & Craft For Ortho In-Patient



K-Fest 2025 Badminton Competition

VELLORE



Recreational Activity



Recreational Activity



Sponsorship At Vellore Fashion Week

TESTIMONIAL

My dad suffered a SCI and was admitted in Hamsa Rehab as an in patient post surgery. The staff was incredibly professional and attentive to our needs. They provided an excellent care and support throughout the rehab process. I met a bunch of amazing physio and occupational therapists over here. I would highly recommend Hamsa Rehab to anyone looking for quality SCI rehabilitation services.



Vikash Kumar Singh

Hamsa Rehab for kids provides an exceptional care for kids and is one of the best center in Chennai. The staff are caring and professional, and the facilities are very updating and welcoming. The therapist are knowledgeable and having a developmental peditriarian on site adds great value. They keep families well-informed throughout the process. If you are looking for rehab for your child, this is a fantastic choice.



Jaya Sree A