

WELLNESS WINDOW

APR 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,

The recent terrorist attack in Pahalgam is a stark reminder of the senseless violence that affects humanity, regardless of race, religion or nationality. Social media is filled with heart wrenching stories of those who have lost loved ones and those who narrowly escaped the tragedy. The impact on public health is profound and it is challenging to comprehend the mindset of those who perpetrate such acts.

At Hamsa Rehab, we recognize the need for a comprehensive approach to addressing the physical and emotional trauma experienced by survivors, their loved ones and the general public. Our multidisciplinary team of experts works closely with patients and their families to develop personalized treatment plans that promote optimal recovery and wellbeing.

We understand that rehabilitation needs vary across different age groups. Our services cater to a wide range of conditions, including back and neck pain, stroke, post-operative care, brain injury and physical pain management for expectant mothers. Our geriatric care programs address the unique challenges faced by older adults, while our pediatric services cater to the specific needs of children.

As we navigate the summer months, our experts offer valuable tips on managing heat related illnesses, staying hydrated and maintaining a healthy lifestyle.

At Hamsa, we are dedicated to advancing the field of rehabilitation through research, education and community outreach. Our team is passionate about delivering exceptional care and support to our patients and we are committed to making a positive impact in their lives.

Life continues despite challenges and it is essential to prioritize our health and wellbeing. We are here to support you on your journey to better health.

Cheers to life!



Geetha S. Kurner

General Manager



**MENTAL WELLNESS IS NOT A DESTINATION;
IT'S A JOURNEY. IT'S ABOUT HOW YOU
REACT TO THE WORLD AROUND YOU
AND HOW YOU COPE WITH THE
CHALLENGES THAT LIFE THROWS
YOUR WAY.**

MANAGING TEMPOROMANDIBULAR DISORDERS (TMD)

CAUSES, SYMPTOMS & SOLUTIONS



Do you experience jaw pain, clicking, or headaches? You might be dealing with Temporomandibular Disorder (TMD)—a condition affecting the jaw muscles and joints, often linked to stress, posture, or teeth grinding.

What Causes TMD?

TMD can develop due to:

- Inflammation (Synovitis, Retrodiscitis)
- Joint issues (Disc displacement, arthritis)
- Muscle strain (Bruxism, spasms)
- Poor posture & habits (Neck misalignment, teeth clenching)
- Stress & lifestyle factors

Signs You Shouldn't Ignore

- Jaw pain or soreness (especially in the morning/evening)
- Clicking, popping, or locking of the jaw
- Headaches, ear pain, dizziness
- Neck, shoulder, and back discomfort
- Difficulty opening your mouth or chewing

Are You Making It Worse?

- Using teeth as tools (ripping tags, biting nails)
- Poor posture (hunching over screens)
- Chewing on pens, ice, or excessive gum
- Taking large bites of food
- Grinding or clenching your teeth

Effective Ways to Relieve TMD

Self-Care & Lifestyle Adjustments

- Rest your jaw & apply warm compresses
- Take pain relievers or muscle relaxants as needed
- Reduce stress through relaxation techniques
- Adjust habits (avoid chewing on hard items, improve posture)

Professional Treatment

- Mouthguards to prevent teeth grinding
- Posture training to relieve jaw strain
- Dietary changes (softer foods to reduce jaw tension)
- Physiotherapy: A highly effective approach using soft tissue release, intra-oral myofascial release, joint mobilization, and pain management techniques.

If TMD symptoms are affecting your daily life, don't ignore them! Early intervention can prevent chronic pain and complications. Consult a healthcare professional or physiotherapist for personalized treatment.

Stay healthy and take care of your jaw!



Ms Celsia C
Physiotherapist,
Trichy

ARTHRITIS PAIN: DO'S AND DON'TS

Will physical activity reduce or increase your arthritis pain?

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management. But how do you know what's best for you?

Here are some do's and don'ts to help you figure it out.

- #### Basics
- Learn all you can about your condition, including the type of arthritis you have and any existing joint damage.
 - Involve your healthcare professional, friends and family in your pain management plan.
 - Tell your healthcare professional of any changes in your pain.

- #### Everyday routines
- **Keep your joints flexible-** Do gentle daily stretches to move your joints through their full range of motion.
 - **Maintain good posture-** A physical therapist can teach you proper ways to sit, stand and move.
 - **Know your limits-** Balance activity and rest, and don't overdo.
 - Manage your weight, Quit smoking, Exercise.

What to do: Select activities that strengthen the muscles around your joints without causing harm. A physical or occupational therapist can help you create an exercise program that's right for you. Focus on stretching, range-of-motion exercises and gradual strength training. Include low-impact aerobic activities, such as walking, cycling and water exercises, to improve your mood and help control your weight.

What to avoid: Avoid activities that involve high impact and repetitive motion, such as: Running, Jumping, Tennis, High-impact aerobic exercises, Repeating the same movement, such as a tennis serve.



Mr Jacob Ranjith Kumar D
Physiotherapist,
Vellore



FROZEN YOGHURT WITH BERRIES

Servings - 10

INGREDIENTS

- › Unflavored Greek Yogurt - 200 g
- › Cranberries - 100 g

PREPARATION

- › Combine yogurt and berries thoroughly.
- › Pour the mixture into a mold of your choice.
- › Freeze overnight until fully set.



Ms Lizia
*Clinical Dietitian,
Chennai*

**Get Fit
Delight**

NUTRITIVE VALUE

Energy

19.1 Kcal

Protein

2 g

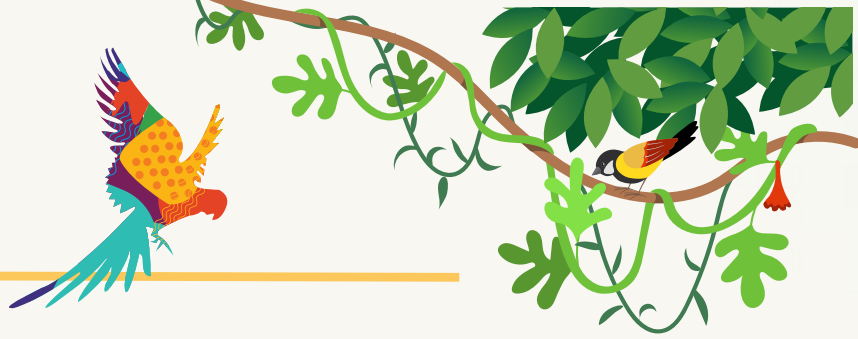
Carbohydrate

2 g

Fat

0.4 g





DO'S AND DON'TS IN CEREBRAL PALSY?

When managing Cerebral Palsy (CP),

DO prioritize early intervention, seek professional guidance, encourage independence, and maintain a positive and supportive environment.

DON'T push a child beyond their limits, assume limitations based on CP, or neglect their overall health and well-being.

DON'Ts:

- **Push the child beyond their limits:** Respect individual capabilities and avoid causing injury or excessive fatigue.
- **Assume limitations based on CP:** Every child with CP is unique, and their abilities and limitations will vary.
- **Neglect overall health and well-being:** Prioritize physical, mental, and emotional health.
- **Focus solely on academic achievements:** Encourage a balanced approach to development that includes play, socialization, and other activities.
- **Avoid seeking professional guidance:** Consult with specialists to address individual needs and challenges.
- **Give up on the child's independence:** Continue to encourage and support them in developing skills and participating in daily life.
- **Neglect mental health:** Be aware of potential emotional challenges and seek professional support if needed.



Mr Jacob Ranjith Kumar D
Physiotherapist,
Vellore



LATE TALKER VS LANGUAGE DELAY

A few myths that revolve around speech development include
*“boys talk later than girls”, “late talkers eventually grow out of it”,
“A little honey in the morning helps with speech development”* etc.

An early identification of a speech and language disorder can help in early intervention which in turn results in main stream schooling at the right age.

A few tips to help parents differentiate between a late bloomer and language delay include

BIRTH TO 5 MONTHS

- Coos
- Vocalizes pleasure and displeasure
- Makes noise when talked to

6 TO 11 MONTHS

- Understands “no”
- Babbles (says ba-ba, or ma-ma)
- Tries to communicate by gesture
- Tries to repeat your sounds
- Says their first word

12 TO 17 MONTHS

- Answers simple questions nonverbally
- Says 2 to 3 words to label a person or object
- Tries to imitate simple words
- Has a vocabulary of 4 to 6 words

18 TO 23 MONTHS

- Vocabulary of 50 words, pronunciation is often unclear
- Asks for common foods by name
- Makes animal sounds
- Starts combining words e.g. “more milk”
- Uses 2-word phrases

You don't have to wait and see if you think there might be a problem, you don't have to guess if you think your child will catch up, you can have your child assessed by an Speech Language Pathologist who will assess how well your child understands, speaks and uses gestures. Trust your instincts its always better to be sooner than sorry.



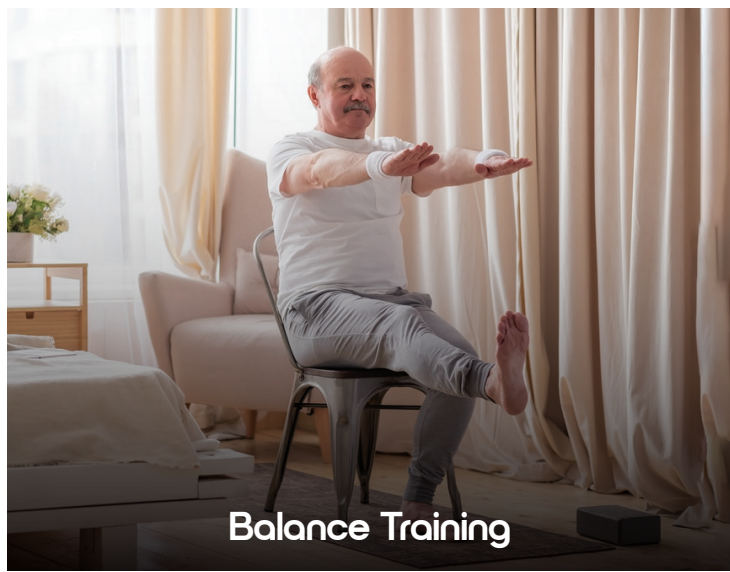
Ms Merlin
Speech Therapist,
Vellore

Geriatric Corner



Factors That Increase Your Risk Of Fall

- Risk Of Fall Increases With Age
- Home Hazards
- Weak Leg Muscles
- Lack Of Vitamin D
- Difficulties With Walking & Balance
- Certain Medications
- Vision Problems
- Improper Intake Of Protein
- Poor Intake Of Calcium
- Fear Of Fall
- Improper Usage Of Assistive Device
- Urinary Incontinence



Balance Training



Strength Training



Coordination Training



Home Modifications



Dietary Modifications



Appropriate Footwear



Coping Mechanism



Appropriate Assistive Devices

FALL PREVENTION STRATEGIES



Paediatric Neurodiversity Conference



Paediatric Neurodiversity Conference



Group Therapy @ Hamsa Kids - Radial Road



Group Therapy @ Hamsa Kids - Radial Road



Parent Workshop @ Hamsa Kids - Radial Road



Parent Workshop @ Hamsa Kids - Radial Road

TRICHY



Recreational Activity



Antenatal Exercise



Exercise Regimen

VELLORE



Behavior & Stress Management Program



Recreational Activity

TESTIMONIAL

Very good place for kids therapy. My kid is going for ST and OT for 3 months and I can see the changes in him. The therapist are very good.

★★★★★

Shanker Ramanathan

All my therapy sessions went off in a very professional manner - speech therapy, mental health therapy and the extended physio therapy sessions. The therapists Ms. Shalini, Ms. Gayathri and Mr. Vivek Sharma took great pains to conduct the therapy to my utmost satisfaction and in achieving the desired goals and I am thankful to them for this. Thank you Hamsa!!

★★★★★

Prabhakar Krishnaswamy