



WELLNESS WINDOW

OCT

2025 | Welcome to Hamsa Rehab Newsletter



INSIDE

Ergonomics & Neck Pain in adults

Muscular Dystrophy (MD)

Get Fit Delight

Kids Corner

Geriatric Corner

4 CITIES

10+ DOCTORS

100+ BEDS

150+ STAFFS

1000+ IN PATIENTS

HAMSA TEAM

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



Dear Readers,

October was a month of celebrations for us at HAMSA Rehab. As we celebrated Gandhi Jayanthi, Cerebral Palsy Day, 6 years of HAMSA's Royapettah launch, 2 years of HAMSA's Vellore launch, Spine Day, Occupational Therapy Day, Osteoporosis Day, stuttering day, Stroke Day, Mental health day and Diwali, we reflected on how far we have come in our journey, our core values, ethical work, compassion, empathy and resilience of our staff. Rehabilitation is not just physiotherapy where we give therapy for back or neck pain, it is a separate entity with trained Physiotherapists, Occupational Therapists, Speech therapists, Nutritionist, psychologist and the Physical Medicine and Rehabilitation doctors. 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 recovery, post-operative care and physical pain management for expectant mothers. Our geriatric care programs address the unique challenges faced by older adults, while our pediatric services are tailored to meet the specific needs of children.

We are dedicated to advancing the field of rehabilitation through research, education and community outreach. Our team of therapists and nurses participate in weekly training sessions and activities to stay updated on the latest advances, backed by our experienced physiatrists.

HAMSA Rehab organized the 25th International Spine & Spinal Injury Conference (ISSICON 2025) in Chennai along with Kauvery Hospital, iSpine Foundation, AO Spine and Spinal Cord Society. The conference brought together 420 delegates and 160 faculty members from around the world. The event was a grand success, facilitating valuable exchanges of information and knowledge sharing among participants. It was a fantastic opportunity to connect with experts and share knowledge on the latest advancements in spinal care. We conducted workshops on wheelchair sports, nursing and adaptive equipment.

We join hands in congratulating to Mr Saravanan, Hamsa's Peer counsellor Mr Saravanan, who received the Lifetime achievement award during the 25th International Spine & Spinal Injury Conference (ISSICON 2025) for his remarkable accomplishments and excellence in the field of sports, overcoming physical barriers with unmatched determination. The award was presented to him by Minister Dr. Palanivel Thiagarajan at HYATT Regency, Chennai. He is a very active member of the wheelchair sports across the nation and has bagged many prizes. We wish him the very best and we are proud of his achievements.

To learn more about HAMSA and our services, visit our website www.hamsarehab.com or watch our YouTube videos featuring our clinical staff. Our blogs, carefully written by our therapists, provide valuable insights and information on rehabilitation.

Cheers to life!



Geetha S. Kumar

General Manager



**LET'S WORK TOGETHER TO BREAK
DOWN BARRIERS AND EMPOWER
LIVES THROUGH REHABILITATION**

ERGONOMICS & NECK PAIN IN ADULTS

Neck pain affects nearly 70% of adults, commonly resulting from long hours of computer use and poor posture. Prolonged screen time, stress, and weak core muscles often contribute to musculoskeletal strain and stiffness.

Key Causes

- Stress and tight neck muscles
- Disc herniation and cervical spondylosis
- Obesity and weak core stability
- Overuse and poor sitting posture

Manual Therapy Techniques

Myofascial release, Maitland & Mulligan mobilization, cervical traction, and muscle energy techniques help to relieve stiffness and restore joint motion.

Simple Exercises

- Chin Tucks and Neck Rotations for posture
- Shoulder Shrugs and Rows for upper back strength
- Side Neck and Levator Scapulae stretches for tension
- Child's Pose for full-body relaxation

Prevention Tips

Adjust screen angles, sit upright with back support, and take short breaks every hour.



Mr Ebin Shiji
Physiotherapist



MUSCULAR DYSTROPHY (MD)

What it is: Muscular Dystrophy is a genetic condition that makes the muscles weak and thin over time. It usually starts in childhood and slowly gets worse as the child grows.

Common Type – Duchenne Muscular Dystrophy (DMD)

- Seen mostly in boys (3–5 years)
- Caused by a missing muscle protein called dystrophin
- Weakness starts in the legs and hips, later affects arms and neck
- Children may walk on toes, fall often, or use hands to stand up
- May need a wheelchair by 12 years
- Breathing and heart muscles can also become weak

Main Symptoms

- Muscle weakness
- Trouble walking or climbing stairs
- Toe-walking or waddling gait
- Big-looking calves
- Gets tired easily

Treatment & Care

- Medicines (steroids) to protect muscles
- Physiotherapy for stretching & easy movement
- Braces or wheelchair for support
- Healthy diet, breathing & heart care

Role of Physiotherapy

- Gentle stretching
- Light exercises like swimming or cycling
- Avoid hard or heavy workouts
- Breathing exercises for chest strength

Physiotherapy keeps the child comfortable, active, and independent.



Ms Pithavath Jyothi Bai
MPT ortho



CREAMY CHICKEN PROTEIN SOUP



Servings - 1

INGREDIENTS

- ▶ Boneless chicken breast – 75 g
- ▶ Onion (chopped) – 20 g
- ▶ Garlic (chopped) – 5 g
- ▶ Ginger (chopped) – 5 g
- ▶ Carrot (chopped) – 25 g
- ▶ Skim milk – 1/2 cup (or 100 ml)
- ▶ Chicken stock – 3/4 cup
- ▶ Whole wheat flour or oats powder – 1 tsp (for thickening)
- ▶ Olive oil or ghee – 5 g
- ▶ Pepper powder – 1/4 tsp
- ▶ Cumin powder – a pinch
- ▶ Turmeric powder – a pinch
- ▶ Salt – to taste

PREPARATION

- ▶ Boil chicken in 3/4 cup water until tender. Shred the chicken and reserve the stock.
- ▶ In a pan, heat olive oil or ghee. Add garlic and ginger; sauté until fragrant.
- ▶ Add onion and carrot; cook till soft.
- ▶ Sprinkle wheat flour or oats powder and mix well for 30 seconds.
- ▶ Slowly add the reserved chicken stock and stir to avoid lumps.
- ▶ Add shredded chicken, milk, turmeric, pepper, and salt.
- ▶ Simmer for 5–7 minutes until creamy.
- ▶ Finish with a pinch of cumin powder. Adjust consistency as you like.



Ms Lizia
Clinical Dietitian,
Chennai

Get Fit
Delight

NUTRITIVE VALUE

Energy

160 Kcal

Protein

20–22 g

Carbohydrate

8 g

Fat

6 g



Kids Corner



SENSORY INTEGRATION THERAPY IN AUTISM

A PHYSICAL MEDICINE & REHABILITATION PHYSICIAN'S PERSPECTIVE

Understanding Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that impacts social interaction, communication, behaviour, and especially sensory processing. Many children with ASD experience oversensitivity or under sensitivity to everyday sensations such as sounds, touch, movement, textures, or lights. These sensory challenges can affect their ability to participate in daily activities and learning.



What is Sensory Integration Therapy?

Sensory Integration Therapy (SIT) is a play-based approach developed to help children with ASD process sensory input more effectively. The therapy uses movement, touch, and play to improve the way the brain responds to sensory stimulation from the surrounding environment.

As PMR physicians, the focus is on how SIT supports overall participation and functional abilities, promoting independence and quality of life in children with autism.

Targeted Sensory Systems

- **Tactile System (Touch):** Activities to help children feel comfortable with different textures, improving hand use and self-care skills.
- **Vestibular System (Movement):** Swinging & balance exercises to aid postural control and coordination.
- **Proprioceptive System (Body Awareness):** Push/pull and jumping activities to regulate energy, help with calmness, and enhance body awareness.
- **Visual & Auditory Input:** Games that encourage tracking, listening, and responding to sights and sounds for better classroom performance.

Goals of SIT in PMR Practice

- Improve self-regulation and attention.
- Enhance motor planning and coordination.
- Support participation in daily routines and school activities.
- Encourage communication, social interaction, and independence.

Benefits Noted in Clinical Practice

- Reduces sensory overload and meltdowns often seen in ASD.
- Improves focus and performance in class and therapy sessions.
- Boosts coordination, balance, and physical confidence.
- Facilitates participation in feeding, sleep, and everyday tasks.
- Promotes independence and self-esteem.

The PMR Physician's Role in SIT

- **Assessment:** Identifying sensory challenges and functional impacts in ASD.
- **Interdisciplinary Collaboration:** Working with occupational therapists, physiotherapists, and speech & language pathologists to design individualized therapy plans.
- **Family Education:** Training parents to implement sensory "diets" (daily routines) at home and recognize triggers or signs of distress.
- **Goal Setting:** Focusing on participation, independence, and functional skills essential for daily life.
- **Tracking Progress:** Regularly measuring changes in sensory responsiveness, behaviour, and participation in activities.

Involving Parents and Caregivers

Parents are essential partners in the therapeutic journey. They help by continuing sensory exercises at home, observing triggers, and celebrating small milestones that indicate growing sensory comfort and independence. Encouraging parental involvement ensures interventions go beyond the clinic and create positive changes in daily life.

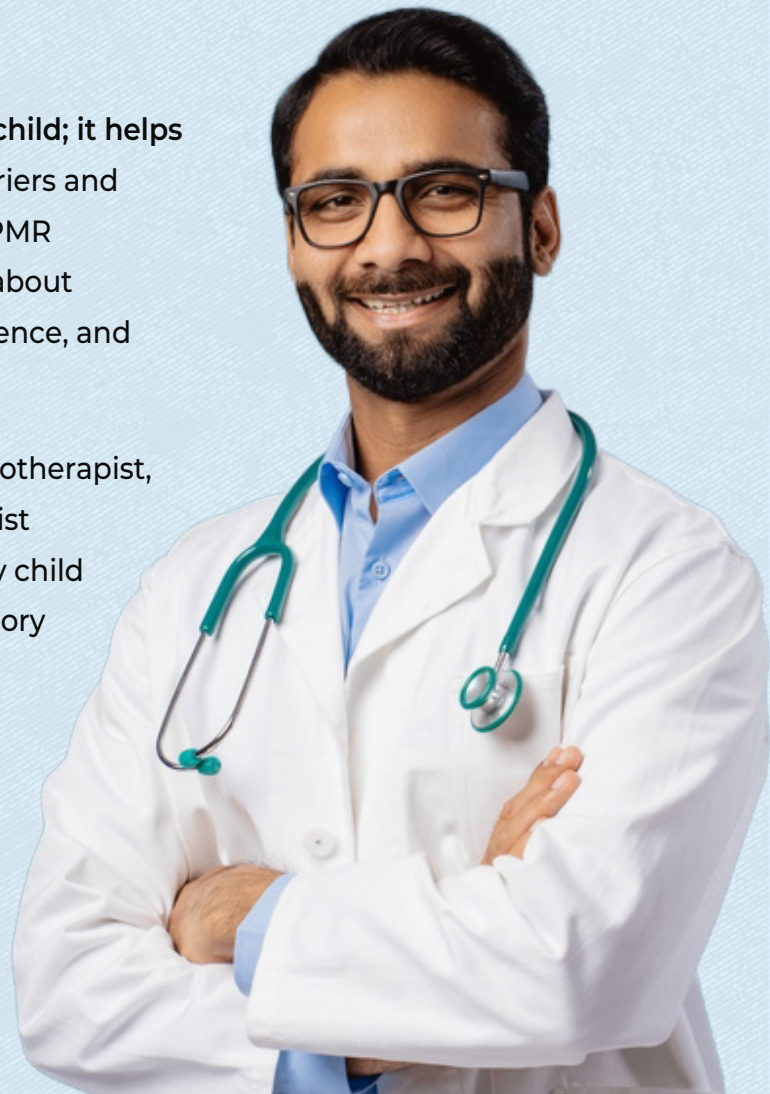
Key Takeaway

Sensory Integration Therapy does not "change" the child; it helps open up the world for them by reducing sensory barriers and enhancing participation in meaningful activities. As PMR physicians, supporting sensory integration in ASD is about improving engagement, enabling skills for independence, and boosting confidence in each child.

Multidisciplinary team consisting of Psychiatrist, Physiotherapist, Occupational therapist, Speech & language pathologist collaboration with families is required to ensure every child with ASD receives personalized, evidence-based sensory interventions that meet their unique needs.



Dr Deepak Prasad J
PMR



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

Events@HAMSA

CHENNAI



6th Anniversary Celebration @ Royapettah



Chits Of Cheers Mental Health Day @ Royapettah



Stroke Day Camp



Diwali Celebration @ Royapettah



Recreational Activities @ Royapettah



Mental Health Day Awareness Program For Students



Recreational Activities @ Royapettah



Early Intervention Kids Diwali Celebration @ Hamsa Kids - Radial Road



Group therapy @ Hamsa Kids - Radial Road



Group Therapy Diwali Theme @ Hamsa Kids - Radial Road



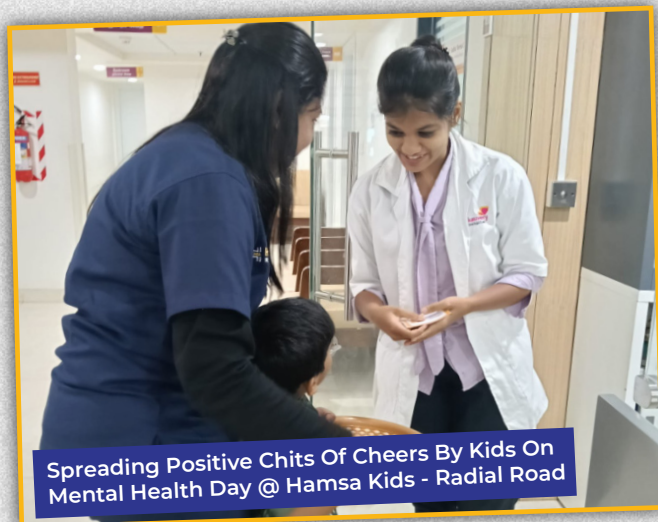
Occupational Therapy Day Screening Camp @ Hamsa Kids - Radial Road



Parent Workshop @ Hamsa Kids - Radial Road



Corporate Wellness Program For Mental Health Day @ Hamsa Kids - Radial Road



Spreading Positive Chits Of Cheers By Kids On Mental Health Day @ Hamsa Kids - Radial Road



Spreading Positive Chits Of Cheers By Kids On Mental Health Day @ Hamsa Kids - Radial Road



ISSION 2025 @ Chennai



ISSION 2025 @ Chennai

TRICHY



Mental Health Day Caregiver Awareness Camp



Diwali Celebration



Table Tennis Tournament



Physiotherapy Support For TOSS Charitable Trust



Ergonomic Awareness Session



Cancer Awareness Marathon

VELLORE



Diwali Celebration



Diwali Celebration



Food Carnival



Food Carnival



Recreational Activities



Recreational Activities

TESTIMONIAL

I recovered very quickly with in a span of a month, because of excelent co-operation by entire organisation and support from Hamsa group and therapist, thank you



Shakuntala iyer

I'm very thankful to share my feedback. Initially, I had some confusion about joining EI and therapy, but after joining, I've seen a lot of improvement and positive changes within a month. All the therapists are doing great work, and they're handling the kids with kindness and care. Now, I'm confident that the therapists will surely bring out the best in my child. Thank you,



Sharniya Srinivasan