

MAY 2026

HAMSA
R E H A B

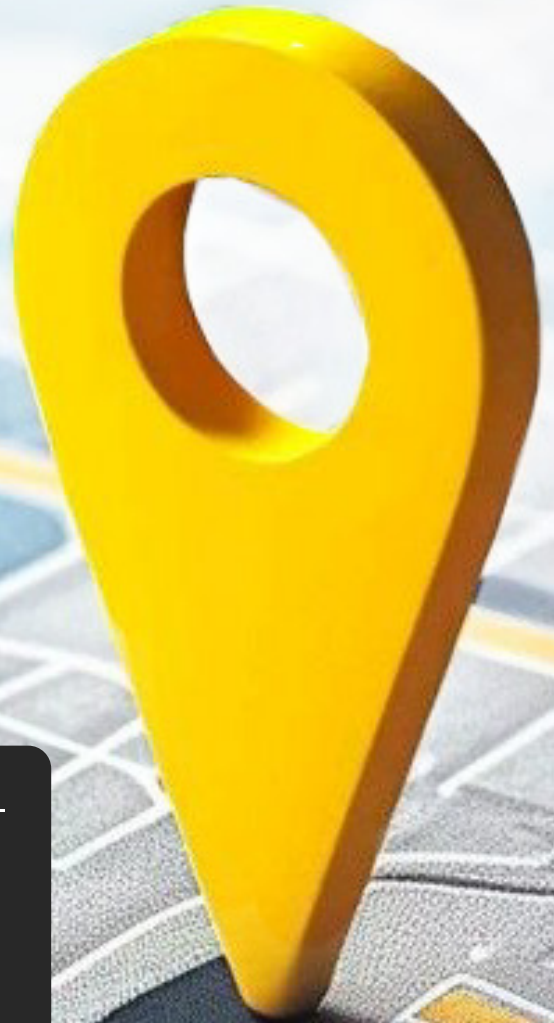
WELLNESS WINDOW

Welcome to Hamsa Rehab
Newsletter

SATE-OF-THE-ART REHAB SERVICES COMES TO AMBATTUR

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HAMSA TEAM

Rehab Doctors

Developmental Paediatrician

Psychologist

Occupational Therapist

Speech & Language Pathologist

Nutritionist

Physiotherapist

Rehab Nurse

Special Educator



Dear Readers,

As summer reaches its peak in Chennai and Vellore, the intense heat may slow many aspects of daily life, but at HAMSA Rehab, our commitment to patient care continues with energy and dedication. Our doctors, therapists, nurses, and rehabilitation teams work tirelessly to ensure that every patient experiences comfort, positivity, and steady progress in recovery despite the demanding summer months.

May is an important month for physiotherapists, and this is a fitting opportunity to acknowledge the many physiotherapists who have contributed significantly to the growth of HAMSA over the years. Their efforts have helped establish strong rehabilitation protocols, systems, and standards of care that continue to benefit patients every day. Rehabilitation is always a multidisciplinary effort, but physiotherapists play a central role in mobility restoration, functional recovery, strength training, and improving overall patient outcomes.

We are also delighted to announce the launch of our new purpose-built rehabilitation centre at Ambattur, our first large-scale rehabilitation project in Chennai. Designed to provide advanced and accessible rehabilitation services, the centre features 40 beds, including 35 private air-conditioned rooms, spacious therapy halls, hydrotherapy facilities, pharmacy and laboratory services, round-the-clock food support, and a calm residential environment that promotes healing and recovery.

This new facility represents an important step in HAMSA's vision of expanding rehabilitation services across multiple locations within Chennai and making quality rehabilitation care more accessible to surrounding communities including Anna Nagar, Ambattur, Mogappair, and nearby areas.

We also warmly welcome the new team members who have recently joined the HAMSA family and started their journey in rehabilitation care with us. We wish the entire team continued success as we work together to transform lives through compassionate and advanced rehabilitation services.



Dr G Balamurali
Founder & Managing Director
Hamsa Rehab



IDDSI in Dysphagia Care: Why It Matters for Safety and Speech Therapy Practice

What is IDDSI and why is it important?

Food textures and liquid thickness are standardized into several levels (0–7) by the International Dysphagia Diet Standardization Initiative (IDDSI). It improves safety and clarity in both home and healthcare settings by substituting consistent definitions for ambiguous terminology.

In what ways does IDDSI enhance patient safety?

IDDSI lowers the risk of aspiration, choking, and malnutrition by matching meal consistency to swallowing capacity. Proper texture modification is crucial in the treatment of dysphagia since evidence suggests that it can reduce complications like aspiration pneumonia.

For speech and swallow therapists, why is it so important?

IDDSI provides therapists with an unbiased, evidence-based platform for dietary recommendations and assessment. It enhances clinical accuracy during assessments and lessens subjective decision making.



How does it help the planning & progress of therapy?

As patients become better, it offers an organized approach to change and progress diet levels. This helps therapists in establishing precise objectives, tracking progress, and successfully modifying interventions.

Which role does it play in caregiver training & team communication?

IDDSI uses effective testing methods to simplify caregiver education and provide a uniform language across professionals. This ensures safe feeding and nutrition preparation in all environments.

Conclusion

IDDSI improves care quality, safety, and consistency. It is an essential tool for speech and swallow therapists that enhances patient outcomes and quality of life while supporting clinical decision making.



Vyshnavi S
Speech & Swallowing Therapist,
Chennai

Life After Neurological Injury: Small Functional Wins That Matter Most

Recovery after a neurological injury is rarely about dramatic breakthroughs; it's about meaningful, everyday progress.

For individuals living with Stroke or Spinal Cord Injury, even the simplest tasks can feel overwhelming at first. Something as routine as sitting up without support becomes a milestone worth celebrating.

Holding a toothbrush again is not just a motor skill, it's a step toward independence. In occupational therapy, these small functional wins are at the heart of neuro rehabilitation. Each activity is carefully designed to rebuild strength, coordination, and confidence. But more importantly, it reconnects individuals with their daily roles and identity.

A successful bed-to-chair transfer can mean less dependence on a caregiver. Buttoning a shirt may take time, but it restores dignity and self-reliance. These moments may seem small to others, but for the individual, they are life-changing. Progress is not always linear, and setbacks are part of the journey. Yet, consistent practice and meaningful engagement drive recovery forward.

We Occupational therapists focus on what truly matters to the person, not just movement, but purpose.

Because in the end, **rehabilitation is not just about function it's about living life again.** And every small win is a powerful step toward that goal.



Danasree S M
Occupational Therapist,
Chennai



Revolutionizing Physiotherapy Rehabilitation With Virtual Reality

Most people think physiotherapists mainly help restore movement after injury, reduce pain, and improve quality of life. But in recent years, an unexpected technology has begun to change rehabilitation—Virtual Reality—and is now transforming how it is delivered to patients.

Patient Motivation: Interactive and engaging virtual environments make therapy sessions more enjoyable.

Motor Learning: Repetitive, task-oriented activities in VR promote neuroplasticity and improve motor recovery.

Safe and Controlled Environment: Patients can practice movements and tasks without real-world risks, reducing fear and improving confidence.

Personalised Rehabilitation: Therapy programs can be customised based on the patient's condition, progress, and tolerance levels.

Conditions That Benefit from VR Rehabilitation

- Stroke rehabilitation
- Parkinson's disease
- Orthopaedic injuries (e.g., ACL tears, fractures)
- Chronic pain conditions
- Balance and vestibular disorders

Common activities include

- Reaching and grasping virtual objects
- Walking through simulated environments
- Balance training exercises
- Coordination-based interactive games

What a Typical VR Rehab Session Looks Like!

A session typically begins with a clinical assessment by the therapist. Based on the patient's needs, VR-based exercises are introduced using a headset.

Challenges and Considerations

While VR offers significant benefits, certain limitations should be considered:

- High initial setup costs
- Possibility of motion sickness in some patients
- Requirement of trained professionals for safe & effective use



Madhan G
*HeadTherapist,
Chennai*





COOLING CUCUMBER MINT BOWL



Servings - 1

INGREDIENTS

- ▶ Cucumber (chopped) – 150 g
- ▶ Low-fat hung curd – 200 g
- ▶ Roasted chana powder – 1 tbsp (15 g)
- ▶ Paneer (crumbled, low-fat) – 40 g
- ▶ Mint leaves (finely chopped) – 1 tbsp
- ▶ Jeera powder – ¼ tsp
- ▶ Black pepper – ¼ tsp
- ▶ Salt – to taste

PREPARATION

- ▶ Whisk hung curd until smooth and thick.
- ▶ Add roasted chana powder, paneer crumble, mint leaves, jeera powder, pepper, and salt.
- ▶ Mix well to form a creamy base.
- ▶ Fold in chopped cucumber.
- ▶ Chill for 10-15 minutes before serving.



Ms Lizia A
*Clinical Dietitian,
Chennai*

**Get Fit
Delight**

NUTRITIVE VALUE

Energy

260 Kcal

Protein

16 g

Carbohydrate

18 g

Fat

10 g



Kids Corner



Why Early Intervention Matters in Child Development.

It's a developmental difference that affects how a child understands the world, communicates, and connects with others. Every child with autism is unique, with their own strengths, preferences, and ways of expressing themselves.

From a psychologist's point of view, the focus is n't on "changing the child," but on understanding their actions, feelings, and experiences, and helping them make meaningful chops for everyday life.

Autism isn't an illness or entity that needs to be "fixed." It's a different way of seeing and interacting with the world. Children on the autism spectrum may see, hear, feel, and respond to effects in ways that are unique to them.

What Do We Look At?

In psychological work with children on the spectrum, we concentrate on areas similar as

- Actions patterns – Why a child may engage in certain behavior(e.g., avoiding tasks, repetitious behaviours, difficulty with transitions)
- Emotional regulation – Helping children understand and manage feelings like frustration, anxiety, or excitement
- Attention and engagement – Supporting the capability to sit, attend, and share in exercise
- Social connection – Encouraging eye contact, turn- taking, shared play, and responding to others

Each action is seen as a form of communication. When a child struggles to express requirements verbally, their conduct frequently "speaks" for them.

We can guide by

- Breaking skills into small, attainable path
- Using positive reinforcement to encourage positive behaviours
- Creating predictable routines to reduce anxiety
- Supporting parents with strategies to continue learning at home

The aim is to make education natural, engaging, and meaningful for the child.

A Gentle Reminder

Children with autism are n't "lower", they simply witness the world else. With the right support, tolerance, and understanding, they can make skills, form connections, and thrive in their own unique way.



Kids Corner



Awareness begins when we shift from asking “What’s wrong?” to “What might this child be feeling?” And it is n't just about knowing the signs, it's about constructing acceptance because every child deserves to be understood, included, and supported in ways that respect who they are. When we produce space for differences, we also produce openings for children to grow, connect, and feel valued.



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



Hamsa Team Panel Discussion at CAHOCON 26 @Vadapalani



Community stall at Chithirai Sangamam event @Anna nagar



Chithirai Kondattam - Kids Group Therapy @Kovilambakkam



EI kids Graduation Ceremony @kovilambakkam



Autism Awareness week @kovilambakkam



Recreational Activity for In patients @Royapettah



World Voice day - Voice awareness for teachers @KRM school, Perambur



Tamil New year Pooja @Royapettah



EI kids Excursion @kovilambakkam

VELLORE



Kids Group Therapy



Pooja @vellore



Caregiver Awareness Program on Various topics



Vellore Team Trip to Velagiri

TESTIMONIAL

I had surgery at Kauvery Hospital by Dr. Balamurali for a lumbar spine issue. Post-operative treatment was done at Hams Rehab, where I had wonderful treatment from the physiotherapist, nurses, and caretakers too.



Mohana Chandra Sekar

I have admitted my mother in Hamsa rehab. During her stay all has given excellent treatment and care to my mother. Special thanks to doctor, therapists, nurses and house keeping staffs.



Devi Veerakumnar