



VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

NEWS LETTER, Volume 02 | Issue 05 | www.anchorphysiotherapy.com. 📍 Pattom, Trivandrum

**THANAL: INVESTING IN
THE FUTURE OF YOUNG MINDS**

**A REFRESHING YOGA
SESSION**

**ADDITION OF NEW MEMBER
TO ANCHOR FAMILY**

DIRECTOR'S DESK
AVITOM THIRUNAL ADITYA VARMA:
A PRINCE WITH A HEART OF GOLD
A PERSONAL REFLECTION

EXPERT INSIGHT
GRIP LIFE AGAIN: EFFECTIVE
TREATMENT FOR WRIST PAIN



Dear Readers,

THANAL: INVESTING IN THE FUTURE OF YOUNG MINDS

Anchor Physiotherapy & Sports Fitness Studio is proud to sponsor 11 students from GMGHSS, Pattom, as part of a community service initiative named 'Thanal.' This program aims to support students in need and provide them with opportunities for growth and development. By offering sponsorship, the studio seeks to empower students to achieve their academic goals, foster a sense of social responsibility, and promote education as a key driver of positive change in society.

Through this initiative, Anchor Physiotherapy & Sports Fitness Studio demonstrates its commitment to giving back to the community and making a meaningful impact on the lives of young individuals. The studio's values of compassion, empathy, and community involvement are reflected in this sponsorship program, which is expected to have a lasting and positive effect on the students and the community at large.

By investing in the education and well-being of these students, Anchor Physiotherapy & Sports Fitness Studio is helping to shape the future of the community and promote a culture of giving and social responsibility.

Best regards,

Anchor Physiotherapy & Sports Fitness Studio
Marappalam, Pattom



WELCOME
BACK TO
SCHOOL



DIRECTOR'S DESK



RAHUL RAJEEV

RAHUL RAJEEV
DIRECTOR AND CHIEF SPORTS PHYSICAL THERAPIST (MPT
SPORTS), KINETIC CONTROL MOVEMENT THERAPIST (UK),
FELLOWSHIP PROGRAM IN PODIATRY REHABILITATION, &
LONDON SHOULDER CLINIC CERTIFIED PRACTITIONER (LSCCP)
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

AVITTOM THIRUNAL ADITYA VARMA: A PRINCE WITH A HEART OF GOLD A PERSONAL REFLECTION

In a world often obsessed with power, spectacle, and noise, true nobility has become a rare thing—quiet, steady, and almost forgotten. But once in a while, you encounter someone who reminds you of what dignity looks like. Not through grand declarations or ceremonial pomp, but through the way they carry themselves when no one's watching.

That someone, for me, is Avittom Thirunal Aditya Varma—the present Prince of the Travancore Royal family. A man whose very presence evokes legacy, but whose true strength lies in the simplicity of his being.

Yes, he is royalty. Born into a lineage that has carried the weight of dharma, tradition, and leadership for generations. But what makes him truly extraordinary is not the throne he represents—it's the man he chooses to be every single day. Grounded. Gracious. And quietly luminous with an aura that doesn't need to be proclaimed.

I first met him in the most unceremonious of ways—treating a minor elbow injury. On paper, a routine clinical case. In reality, a rare window into character. From the beginning, there was something unmistakable: an authenticity that radiated through every gesture, every word, every quiet smile. Whether speaking with a senior consultant or a junior therapist, he extended the same level of warmth and regard. There was no hierarchy in his manner—only humanity.

And yet, his aura was undeniable. The kind you can't fabricate. It was in the way he listened—with full attention. In the way he walked through the palace grounds, with a calm presence that seemed to command respect without ever asking for it. It was regal, yes—but never distant. He didn't just meet people; he connected with them, across age, status, or setting.

Around children, he transformed—playful, spontaneous, making them laugh with ease. Around elders, he listened deeply, honouring their stories with patience and care. He had that rare gift: the ability to make you feel like you mattered.

One memory lingers, almost like a parable. As part of the pain treatment, I had advised him to rest his arm for a few days. The next morning, I found him cheerfully playing badminton. "Didn't we agree on rest?" I respectfully teased. He laughed and replied, "We did. I'm resting on the right. This is the left." Then, casually, he mentioned being ambidextrous—not to impress, just stating a fact, like it was no big deal. A true Kshetriya blood. He kept his word. That, in essence, is him. Quietly capable. Effortlessly disciplined. Endearingly playful.





DIRECTOR'S DESK

AVITOM THIRUNAL ADITYA VARMA:
A PRINCE WITH A HEART OF GOLD
A PERSONAL REFLECTION

To many, he remains a symbol of a glorious heritage. But to those who've worked with him closely, he represents something even more profound. He is a Kshatriya in the truest sense—not just by birth, but by action. A protector, not of land or title, but of values. Of kindness. Of integrity. Of the rare grace that elevates everyone around him.

I may have stepped into his world as a physician. But I walked away humbled, as a student of grace, humility, and quiet strength. In an age that often mistakes noise for power, Avittom Thirunal Aditya Varma is proof that real royalty still walks among us.

**NOT IN CROWN OR COMMAND,
BUT IN CHARACTER.**



Congratulations

TO RAHUL RAJEEV!

On April 17, 2025, Rahul Rajeev, Director of Anchor Physiotherapy & Sports Fitness Studio, was honoured with the prestigious BNI Notable Network Award - Green Pin Achiever! This recognition is a testament to his outstanding performance and consistent contributions to the growth and strength of the business network.



A REFRESHING YOGA SESSION

On May 10, 2025, Anchor Physiotherapy & Sports Fitness Studio and the Institute of Nirvana Yoga joined forces to promote a healthy lifestyle through a rejuvenating yoga session. The session took place at the Anchor Physiotherapy & Sports Fitness Studio at 6.30 a.m. The event drew 25 enthusiastic participants who immersed themselves in poses, breathing techniques, and meditation practices.

A Perfect Blend

The session seamlessly blended physical postures (asanas), conscious breathing (pranayama), and mindfulness exercises, creating a holistic experience that nurtured both body and mind. Participants left feeling refreshed, relaxed, and rejuvenated.

Partnership for Wellness

This collaborative effort between Anchor Physiotherapy & Sports Fitness Studio and Nirvana Yoga, led by Mr Anish Vamadevan, underscored their shared commitment to promoting physical and mental well-being. By combining their expertise, they created a unique and enriching experience for all attendees.

Looking Ahead

The success of this yoga session sets the stage for future wellness initiatives, inspiring individuals to prioritize self-care and adopt healthier habits. As both studios continue to innovate and collaborate, their efforts are sure to positively impact the lives of many.



A Perfect Blend

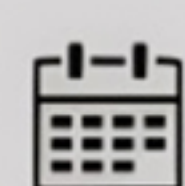
pranayama

BNI
MAGICIANS

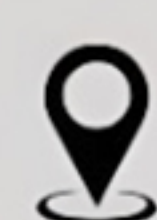
STRETCH 1

stretch/breathe/
balance/peace

Revitalize your mind and body with our refreshing stretch sessions. Improve flexibility, release tension, and find balance as you move through energizing stretches designed for all fitness levels.



10 | May | 2025
06:30 AM



Anchor Physiotherapy &
Sports Fitness Studio



Anish Vamadevan
Institute of Nirvana Yoga
Yoga/Pilates/Qi-gong Trainer





EXPERT INSIGHT

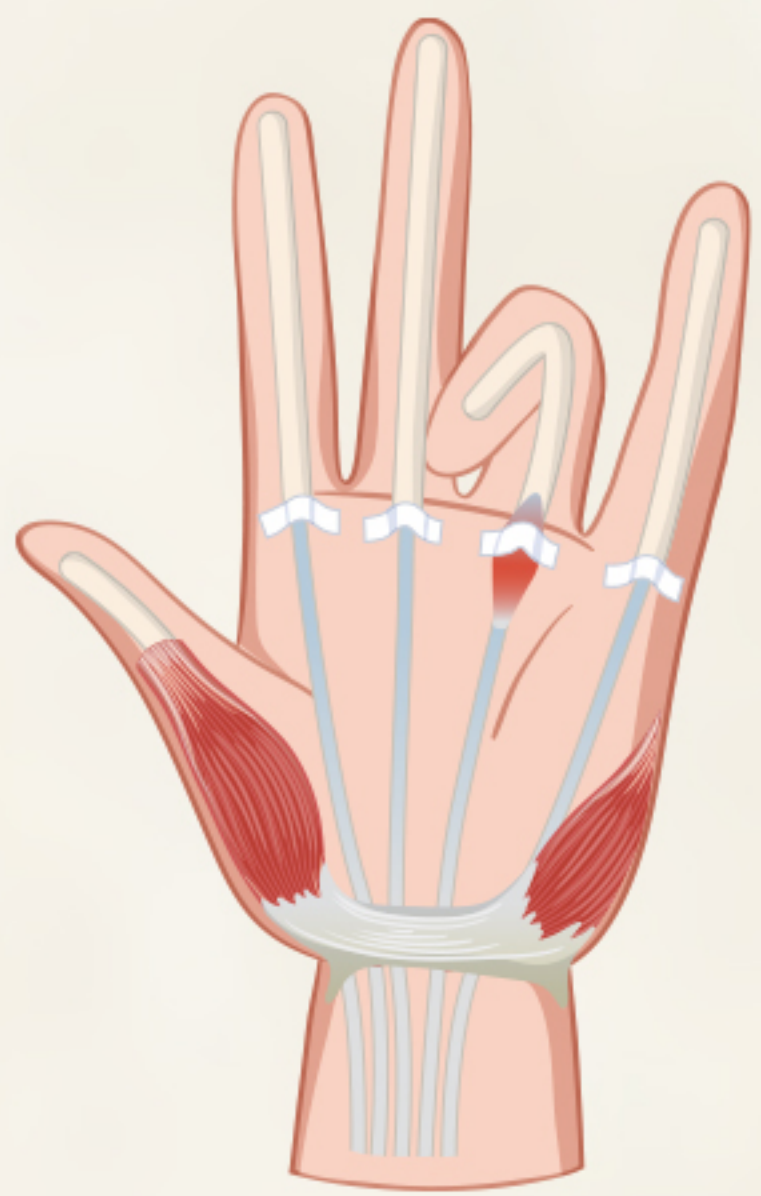


RAHUL RAJEEV

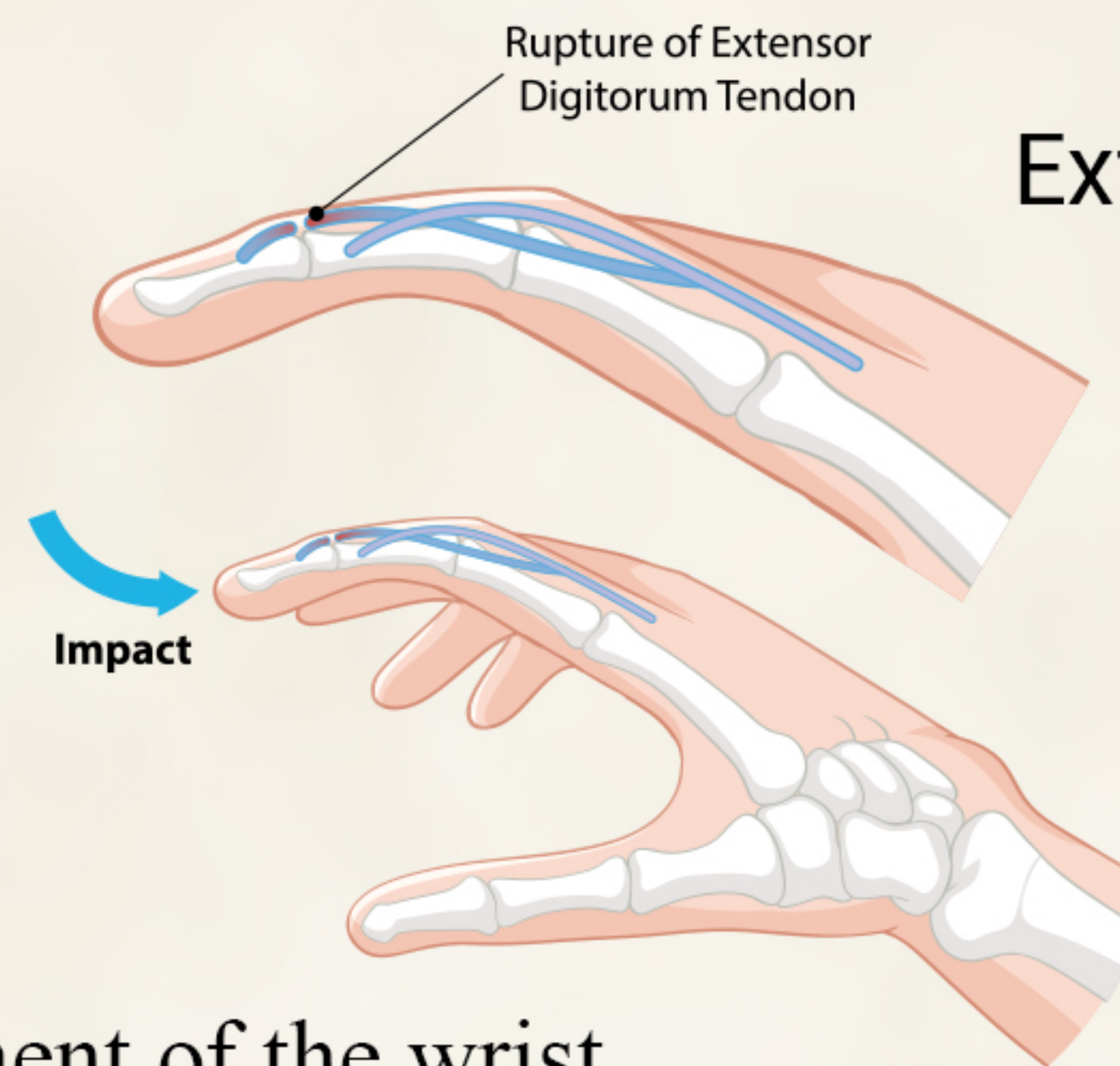
DIRECTOR, CHIEF SPORTS PHYSICAL THERAPIST,
ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

GRIP LIFE AGAIN EFFECTIVE TREATMENT FOR WRIST PAIN

De Quervain's Tenosynovitis is an inflammation of the tendon sheath affecting two key tendons:



Abductor Pollicis Longus (APL)



Extensor Pollicis Brevis (EPB)

These tendons run through the first dorsal compartment of the wrist.

Causes

Repetitive wrist/thumb movements (texting, lifting, gaming)
Postpartum hormonal changes – often seen in new mothers
Rheumatoid arthritis or direct trauma

Key Symptoms

Key Symptoms
Pain/ swelling at the base of the thumb
Pain with gripping, lifting, or wrist motion
Tenderness over the radial styloid
Positive Finkelstein's Test (pain when ulnarly deviating the wrist with the thumb tucked in)

WELCOME!

ADDITION OF NEW MEMBER TO ANCHOR FAMILY

Dr. Amritha is a dedicated Ayurvedic practitioner with expertise in managing various health conditions, including lifestyle disorders, musculoskeletal issues, respiratory problems, mental stress, anxiety, cosmetic concerns, and gynecological problems.

Educational Qualifications

- BAMS (Bachelor of Ayurveda, Medicine, and Surgery) from Amrita School of Ayurveda
- PGD (Swasthavritta and Yoga) – DPH (Ayu) (Post-graduate Diploma in Swasthavritta and Yoga - Diploma in Public Health Ayurveda) from Government Ayurveda College, Thiruvananthapuram



welcome

Work Experience

Dr. Amritha has gained diverse clinical experience across esteemed Ayurvedic institutions, including:

- Amrita Ayurveda Hospital, Vallikavu, where she deepened her hands-on expertise in holistic Ayurvedic care
- Vaidya Vrindavanam, Haripad, where she served as a Consultant Physician, offering personalized treatment plans and wellness consultations
- Government Ayurveda College, Thiruvananthapuram, where she further enriched her clinical and academic exposure in the field of Ayurvedic medicine



Approach

Dr. Amritha's approach blends traditional Ayurvedic medicine with the clinical application of yoga, dietetics, wellness practices, and meditation, offering holistic, personalized care for lasting well-being.

EXERCISE OF THE MONTH

WRIST EXTENSION EXERCISES

Benefits

1. Strengthens wrist extensor muscles
2. Improves wrist stability and flexibility
3. Helps alleviate wrist pain and stiffness

How to Perform

1. Hold a lightweight (0.5-1 kg) or resistance band in your hand with your palm facing down.
2. Slowly lift your wrist, keeping your forearm still.
3. Hold for a few seconds, then lower your wrist back down.
4. Repeat for 10-15 reps, 2-3 sets.

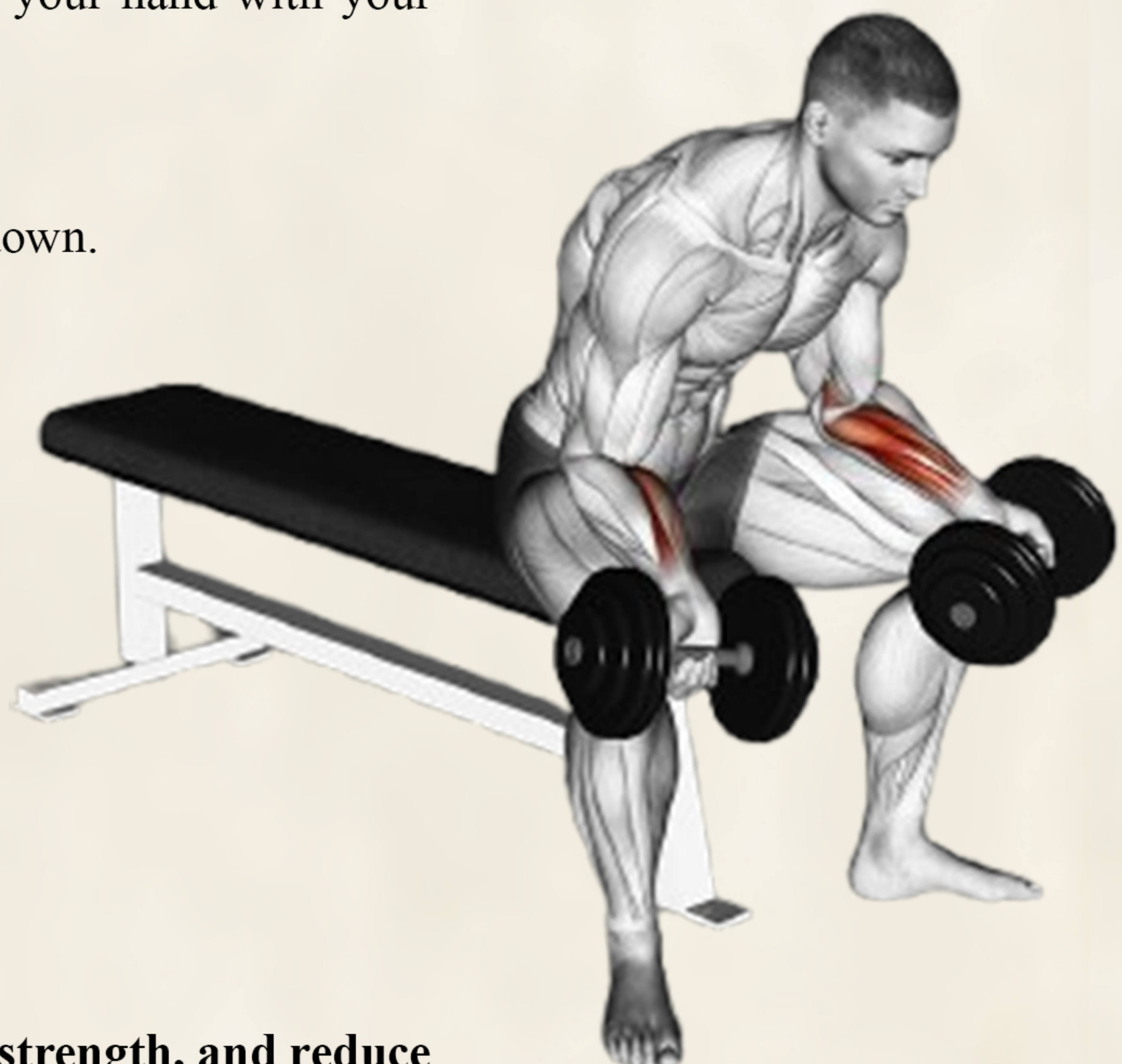
Variations

1. Wrist Flexion Exercise (palm up)
2. Wrist Rotations (circular motions).

Tips

1. Start with light weights and progress gradually.
2. Focus on slow, controlled movements.
3. Stretch your wrists after exercising.

Regular wrist exercises can help improve flexibility, strength, and reduce the risk of injury.



PHYSIOTHERAPY MYTH BUSTING

MYTHS	FACTS
De Quervain's tenosynovitis only affects new mothers	While it's common in new mothers due to lifting and caring for babies, anyone can develop De Quervain's tenosynovitis, especially those with repetitive hand or wrist movements.
Wearing a splint will cure De Quervain's tenosynovitis	Splinting can help reduce symptoms, but it's often just one part of a comprehensive treatment plan that may include physical therapy, exercises, and lifestyle modifications.
Corticosteroid injections are a last resort	Corticosteroid injections can be an effective treatment option for De Quervain's tenosynovitis, and they may be recommended early in the treatment process, especially for severe cases.
Surgery is a quick fix	Surgery is typically considered a last resort after other treatments have been tried. Even after surgery, patients may need physical therapy to regain strength and mobility.
Rest is the best treatment for De Quervain's tenosynovitis	While rest can help reduce symptoms, complete immobilization isn't always necessary. A balanced approach combining rest, exercises, and physical therapy under medical guidance is often more effective.
De Quervain's tenosynovitis is a temporary condition that will resolve on its own	Some mild cases may improve with rest, but more severe or chronic cases require specific treatment. Without prompt intervention, the condition can worsen, leading to chronic pain and functional limitations



CASE STUDY

EFFECTIVE PHYSIOTHERAPY MANAGEMENT OF IDIOPATHIC SCOLIOSIS IN A 35-YEAR-OLD FEMALE

A 35-year-old homemaker presented with pain and swelling on the thumb side of her wrist, difficulty grasping or twisting. Diagnosed with De Quervain's tenosynovitis, her frequent lifting of heavy flower pots while gardening was identified as a contributing factor. As an avid gardener, she enjoyed spending time outdoors, nurturing her plants, and tending to her garden. However, the repetitive strain from lifting heavy pots had taken a toll on her wrists.



CASE STUDY

EFFECTIVE PHYSIOTHERAPY MANAGEMENT OF IDIOPATHIC SCOLIOSIS IN A 35-YEAR-OLD FEMALE

Key Findings

1. Positive Finkelstein's test: Confirmed De Quervain's tenosynovitis diagnosis.
2. Repetitive strain from gardening: Frequent lifting of heavy flower pots likely caused the condition.
3. Impact on daily activities: Pain and limited mobility affected her ability to perform daily tasks, including gardening.

Treatment and Outcome

The patient underwent a multifaceted treatment approach including:

1. **Rest and ice:** Reduce inflammation and pain.
2. **Wrist and thumb exercises:** Stretching and strengthening to improve mobility and function.
3. **Splinting:** Immobilize the wrist and thumb to reduce strain.
4. **Physiotherapy:** Manual therapy and modalities to promote healing and relaxation.

The patient experienced:

1. **Reduced pain and inflammation**
2. **Improved wrist and thumb mobility**
3. **Enhanced grip strength**
4. **Return to normal activities,** including gardening with modifications (e.g., using lighter pots, proper lifting techniques).

Prevention and Future Recommendations

To prevent future episodes, the patient was advised to:

1. **Use proper lifting techniques:** Bend at the knees, lift with the legs, and avoid twisting.
2. **Use lighter pots or gardening tools:** Reduce strain on the wrists and hands.
3. **Take regular breaks:** Rest and stretch wrists and hands during gardening activities.
4. **Maintain wrist and hand exercises:** Continue exercises to improve mobility and strength.

By adopting these modifications and preventive measures, the patient can enjoy her gardening hobby while minimizing the risk of future wrist problems.





PATIENT SPOTLIGHT

Exceptional Care and Quick Relief!

I was struggling with De Quervain's tenosynovitis in both hands, which was caused by the repetitive strain of caring for my baby. Simple tasks like lifting, feeding, and changing diapers had become excruciatingly painful. I knew I needed professional help, and that's when I visited Dr. Rahul Rajeev at Anchor Physiotherapy & Sports Fitness Studio.

Dr. Rajeev was extremely knowledgeable and understanding. He took the time to explain my condition, the causes, and the treatment options available. I was impressed by his professionalism and compassionate approach. He created a personalized treatment plan that included exercises, splinting, and therapy sessions tailored to my specific needs.

The treatment was highly effective, and I started noticing improvements within a few sessions. Dr. Rajeev's guidance and support were invaluable, and he taught me how to modify my activities to avoid further straining my wrists. He also provided me with exercises to perform at home, which helped me maintain progress and prevent future episodes.

I'm grateful for the care and support I received from Dr. Rajeev and the team at Anchor Physiotherapy & Sports Fitness Studio. Their expertise and compassionate approach made a significant difference in my recovery. I'm now able to care for my baby without experiencing debilitating pain, and I'm confident that I can manage my symptoms effectively.

I highly recommend Dr. Rahul Rajeev and Anchor Physiotherapy & Sports Fitness Studio to anyone dealing with De Quervain's tenosynovitis or other musculoskeletal issues. Their commitment to providing exceptional care and support is evident in their work, and I'm grateful to have had the opportunity to work with them.

Ratings:

- Overall Experience: 5/5
- Effectiveness of Treatment: 5/5
- Communication and Explanation: 5/5
- Bedside Manner and Compassion: 5/5
- Facilities and Equipment: 5/5

5/5 stars



Sanu
Kuwait



REHABILITATING THE STARS: A PHYSIOTHERAPIST'S PERSPECTIVE ON ASTRONAUT RECOVERY



RAHUL RAJEEV

DIRECTOR AND CHIEF SPORTS
PHYSICAL THERAPIST (MPT
SPORTS), KINETIC CONTROL
MOVEMENT THERAPIST (UK),
FELLOWSHIP PROGRAM IN
PODIATRY REHABILITATION, &
LONDON SHOULDER CLINIC
CERTIFIED PRACTITIONER
(LSCCP)
ANCHOR PHYSIOTHERAPY &
SPORTS FITNESS STUDIO

PHYSIOZINE
Advancing Physiotherapy Through Knowledge & Innovation

YOU WON'T WANT TO MISS THIS



ANCHOR
PHYSIOTHERAPY &
SPORTS FITNESS STUDIO

MARAPALAM, PATTOM, THIRUVANANTHAPURAM, KERALA

+91 94473 34823, +91 8921639779

www.anchorphysiotherapy.com

[f](#) [ig](#) [anchor physiotherapy](#)