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VOICE OF ANCHOR

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

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PHYSIOTHERAPY IN SPACE EXPLORATION:
SUPPORTING ASTRONAUTS
BEYOND THE STARS

*Outline based on the
PHYSIOzine article by Rahul Rajeev*

WORKSHOP
PARTICIPATION
WRITE-UP

TRAVANCORE ROYALS
VACATION FOOTBALL
COACHING – INJURY
PREVENTION IN PHYSIOTHERAPY

EXERCISE FOR
THE MONTH:
CALF STRETCH

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO

Celebrates  *Anniversary!*

It was a joyous day at Anchor Physiotherapy & Sports Fitness Studio as they celebrated their 3rd anniversary! The studio marked this special occasion with excitement and gratitude, thanking their patients and staff for their support over the years. The celebration was a reflection of the studio's motto: *"Empowering Movement, Enhancing Lives"*, a testament to their commitment to helping people achieve their fitness and wellness goals.

Gifts and Celebrations

As part of the celebrations, the studio gave out thoughtful gifts to their patients and staff, including yoga mats and badminton kits. These gifts reflected the studio's commitment to promoting fitness, wellness, and sports excellence in the community, aligning with their values of *"Healing Hands, Caring Hearts"* and *"Excellence in Physiotherapy, Passion for Sports Fitness"*.

Cake Cutting Ceremony

The highlight of the event was the cake-cutting ceremony, where Dr. Rahul R and the team shared a sweet moment, reflecting on their journey and achievements over the past three years. The cake was delicious, and the atmosphere was filled with laughter and cheer.

A Message from Dr. Rahul R

Dr. Rahul R expressed his heartfelt gratitude to everyone who has been part of Anchor Physiotherapy & Sports Fitness Studio's journey. He thanked his patients for trusting him with their care and his team for their dedication and hard work. Dr. Rahul R also emphasized his commitment to continuing to provide top-notch physiotherapy and sports fitness services to the community, guided by the studio's core values of compassion, excellence, integrity, and innovation.

Here's to Many More Years!

As Anchor Physiotherapy & Sports Fitness Studio celebrates its 3rd anniversary, the team looks forward to many more years of serving the community and helping people achieve their fitness and wellness goals. Congratulations to Dr. Rahul R and the entire team on this milestone! May the studio continue to empower movement and enhance lives for many years to come!





Celebrates  Anniversary!

PHYSIOTHERAPY IN SPACE EXPLORATION: SUPPORTING ASTRONAUTS BEYOND THE STARS

As space missions grow longer and more frequent, the impact of microgravity on the human body becomes increasingly evident. Astronauts face a wide range of physical challenges during and after their missions—from muscle and bone loss to sleep and cardiovascular disturbances.

In the latest issue of PHYSIOzine, Rahul Rajeev, Chief Physiotherapist and Clinic Director at Anchor Physiotherapy & Sports Fitness Studio, explores how physiotherapy plays a vital role in astronaut recovery and reintegration upon returning to Earth.

Microgravity-Related Challenges Include :

Muscle Atrophy: Loss of strength and endurance

Muscle Atrophy: Loss of strength and endurance

Bone Density Loss: Increased risk of fractures and osteoporosis

Fluid Redistribution: Puffiness, discomfort, and mobility issues

Vision Changes: Blurred or double vision

Sleep Disruption: Affects cognition and mood

Cardiovascular Changes:

Altered blood pressure and heart function

Physiotherapy's Role in Recovery:

Rahul outlines a comprehensive rehab approach that includes:

- Strength & resistance training
- Weight-bearing & mobility exercises
- Balance & coordination work
- Vision and cardiovascular conditioning
- Sleep hygiene strategies
- Functional training for daily tasks

Team-Based Recovery

- Effective rehabilitation for astronauts involves collaboration with:
- Medical professionals
- Nutritionists
- Occupational therapists
- Mental health specialists

Conclusion

Physiotherapists are at the forefront of helping astronauts regain physical function, independence, and overall well-being. Through tailored programs, experts like Rahul Rajeev ensure that space travellers return home stronger—ready to thrive back on Earth.

This article is a summary of Rahul's detailed feature in PHYSIO zine.

To read the full article, check out the latest issue of the e-magazine.



TRAVANCORE ROYALS VACATION FOOTBALL COACHING – INJURY PREVENTION IN PHYSIOTHERAPY

On May 31, as part of the Travancore Royals Vacation Football Coaching Programme, a special session on Injury Prevention in Physiotherapy was conducted to educate and empower young footballers in maintaining peak physical health. The session was led by Mr. Rahul Rajeev, Director and Chief Physiotherapist at Anchor Physiotherapy & Sports Fitness Studio.

The event saw the participation of around 20–25 students, parents, and team officials. Mr. Rahul Rajeev shared practical insights on football-specific injury prevention, including warm-up and cool-down techniques, strength and flexibility training, and early injury detection strategies. He also addressed the crucial role of recovery, hydration, and posture in an athlete's routine.

The session was well-received and appreciated for its relevance and clarity, underlining the vital role physiotherapy plays in nurturing safe, strong, and successful athletes.



WORKSHOP PARTICIPATION WRITE-UP



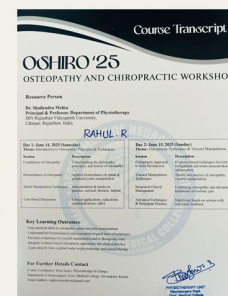
Date: 15 June 2025

Venue: Govt. Medical College, Thiruvananthapuram

Rahul R., Director and Chief Physiotherapist at Anchor Physiotherapy & Sports Fitness Studio, successfully participated in OSHIRO '25, a two-day advanced workshop on Osteopathy and Chiropractic Techniques for physiotherapists.

The workshop, held on 14th and 15th June 2025, was organized by the Physiotherapy Unit, Department of Neurosurgery, Govt. Medical College, Thiruvananthapuram. It offered hands-on training and expert-led sessions aimed at enhancing therapeutic skills and clinical application in neuromusculoskeletal care.

Rahul's participation reflects his continued commitment to professional growth and evidence-based practice in the field of physiotherapy.



PST SCHOOLING 2025-26 HELD AT TRIVANDRUM

The PST Schooling workshop for the Lions Club officers of the 2025-26 term was successfully conducted at Residency Tower, Trivandrum. This significant leadership initiative was designed to equip Presidents, Secretaries, and Treasurers (PSTs) with the knowledge and direction required to lead their respective clubs effectively in the upcoming year.

The event was inaugurated by Lion Dr. A. K. Abbas PMJF, "Everyday Hero" and former Lions Governor (2013-14), and was led by PMJF Lion Jain C Job, the District Governor (E). The presence of multiple senior Lions dignitaries, including PMJF Lion C. A. Suresh, PMJF Lion E. V. Anil Kumar, and others, added immense value to the session.

Among the notable attendees was Mr. Rahul Rajeev, Director and Chief Physiotherapist of Anchor Physiotherapy & Sports Fitness Studio. His presence reflected his commitment to community development and leadership support beyond the realm of healthcare.

The workshop emphasized collaboration, planning, and proactive service, aiming to strengthen the collective impact of Lions Clubs in the district. Attendees left inspired and better prepared to chart a meaningful course for the year ahead.



INTERNATIONAL YOGA DAY CELEBRATION AT ANCHOR AYURVEDA & AESTHETIC STUDIO



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PHYSIOTHERAPY **MYTH** BUSTING

MYTHS

1. *Calcaneal spurs are the primary cause of heel pain.* (Fact: While calcaneal spurs can contribute to heel pain, they are often asymptomatic. Other factors like plantar fasciitis, overuse, or poor footwear can also cause heel pain.)
2. *Calcaneal spurs require surgery.* (Fact: Most cases of calcaneal spurs can be managed conservatively with physiotherapy, orthotics, and lifestyle modifications. Surgery is usually considered a last resort.)
3. *Calcaneal spurs are caused by poor posture.* (Fact: While biomechanical factors can contribute to calcaneal spurs, poor posture is not a direct cause.)
4. *Calcaneal spurs only affect athletes.* (Fact: Calcaneal spurs can affect anyone, regardless of activity level or occupation.)
5. *Calcaneal spurs are always painful.* (Fact: Some people with calcaneal spurs may not experience any symptoms.)

FACTS

1. *Calcaneal spurs are bony growths that develop on the underside of the heel bone.* Calcaneal spurs can cause pain and inflammation, especially if they irritate surrounding soft tissues.
2. *Calcaneal spurs are often associated with plantar fasciitis.* Plantar fasciitis is a common condition that can cause heel pain, and calcaneal spurs can sometimes contribute to this condition.
3. *Proper footwear, orthotics, and stretching exercises can help manage calcaneal spur symptoms.* Conservative management can help reduce pain and inflammation and promote healing.
4. *Calcaneal spurs can be caused by repetitive strain or overuse.* Activities that involve repetitive stress on the heel bone can contribute to the development of calcaneal spurs.
5. *Calcaneal spurs can be diagnosed with imaging tests.* X-rays or other imaging tests can help diagnose calcaneal spurs and rule out other conditions.
6. *Treatment for calcaneal spurs often involves a multidisciplinary approach.* Physiotherapy, orthotics, and lifestyle modifications may be recommended in conjunction with medical treatment.



TARGET AREA

Calf muscles, Achilles tendon, and plantar fascia

Benefits:

1. Relieves tension in the calf muscles and Achilles tendon
2. Reduces stress on the plantar fascia and heel
3. Improves flexibility and range of motion in the ankle

How to Perform:

1. Stand facing a wall with one hand on the wall for balance.
2. Step one foot back about a foot, keeping your heel on the ground.
3. Bend the front knee and lean forward, stretching the calf muscle of the back leg.
4. Hold for 15-30 seconds and release.
5. Repeat 3-4 times on each leg.

Tips:

- Keep your heel on the ground and your knee straight in the back leg.
- Lean forward slowly and gently to avoid discomfort.
- You can also perform this stretch with both legs bent, targeting the soleus muscle.

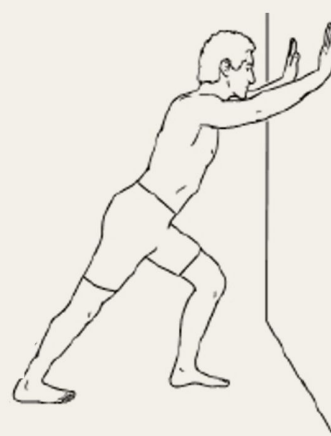
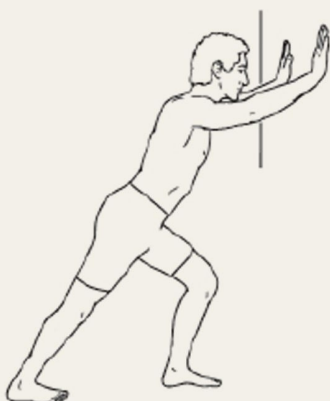
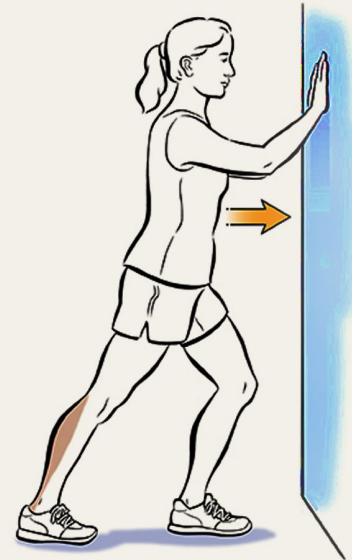
Frequency:

- Perform this exercise 2-3 times a day, especially after periods of rest or inactivity.

Consult a Physiotherapist.

- If you experience persistent pain or discomfort, consult a physiotherapist for personalized guidance and treatment.

This exercise can help alleviate tension in the calf muscles and Achilles tendon, which can contribute to calcaneal spur symptoms. Regular stretching can also improve flexibility and reduce stress on the plantar fascia and heel.





RAHUL RAJEEV

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



MESSAGE FROM THE DIRECTOR

"At Anchor Physiotherapy & Sports Fitness Studio, our mission is to provide exceptional physiotherapy and sports fitness services that empower individuals to achieve their full potential and live healthy, active lives. As a physiotherapist, I believe in taking a holistic approach to healthcare, addressing the physical, emotional, and social needs of our patients.

Our team is dedicated to creating personalized treatment plans that cater to the unique needs and goals of each patient. Whether you're recovering from an injury, managing a chronic condition, or seeking to improve your overall fitness, we're here to support you every step of the way.

I want to thank our patients and staff for their trust and dedication to our studio. Together, we're making a positive impact in the community and helping people achieve their health and wellness goals. I'm committed to continuing to provide top-notch physiotherapy and sports fitness services that exceed our patients' expectations.

Thank you for choosing Anchor Physiotherapy & Sports Fitness Studio. I'm excited to work with you on your journey to better health and wellness!"





CASE STUDY

CALCANEAL SPUR

Patient Profile

The patient is a 45-year-old office worker who presented with complaints of heel pain, particularly in the morning and after prolonged standing. The patient's occupation requires long hours of sitting, but they also engage in regular walking and exercise.

History

The patient's symptoms started 6 months ago and have gradually worsened over time. They report pain on the underside of the heel, radiating to the arch of the foot. Despite trying rest, ice, and over-the-counter pain medication, the patient has experienced limited relief from their symptoms.

Physical Examination

Upon physical examination, the patient exhibits tenderness on the underside of the heel. They also have limited ankle dorsiflexion and tight plantar fascia and Achilles tendon. A gait analysis reveals overpronation, which may be contributing to the patient's symptoms.

Diagnostic Tests

X-rays were taken to confirm the presence of a calcaneal spur. The X-ray results confirmed the diagnosis, and the patient was subsequently treated for this condition.

Treatment Plan

Treatment Plan Points

1. Physiotherapy:

- Stretching exercises for the plantar fascia and Achilles tendon
- Strengthening exercises for the foot and ankle muscles
- Orthotics to address overpronation

2. Pain Management:

- Ultrasound therapy to reduce inflammation
- Pain-relieving medication as needed

3. Lifestyle Modifications:

- Proper footwear with good arch support
- Gradual return to activity

Outcome

The patient experiences significant reduction in heel pain after completing the treatment plan. They also demonstrate improved range of motion and strength in the foot and ankle. With these improvements, the patient is able to return to their daily activities without discomfort.

Conclusion

This case study highlights the importance of a multidisciplinary approach in managing calcaneal spurs. By combining physiotherapy, pain management, and lifestyle modifications, patients can experience significant improvement in symptoms and quality of life. With proper treatment and care, individuals with calcaneal spurs can achieve optimal outcomes and reduce their risk of future complications.





PATIENT REVIEW

PATIENT SPOTLIGHT

I'm so grateful to Dr. Rahul R at Anchor Physiotherapy & Sports Fitness Studio. I was struggling with heel pain due to a calcaneal spur, and it was affecting my daily life. Simple tasks like walking or standing for long periods became painful and daunting. But after consulting Dr. Rahul, I was put at ease. He took the time to understand my condition, explained everything in detail, and created a personalized physiotherapy program tailored to my needs.

The treatment plan included stretching and strengthening exercises that Dr. Rahul guided me through. He also provided me with customized exercises to do at home, which helped accelerate my recovery. What impressed me most was his dedication and empathy. He genuinely cared about my progress and was always available to answer my questions and concerns.

Thanks to Dr. Rahul's expertise and care, I'm now pain-free and back to my daily activities without discomfort. I've regained my mobility and confidence, and I couldn't be happier. Dr. Rahul's professionalism and commitment to his patients are truly commendable. I highly recommend him and Anchor Physiotherapy for effective treatment and care. If you're struggling with a similar issue, don't hesitate to reach out to Dr. Rahul – he's an excellent physiotherapist who will help you achieve your goals.

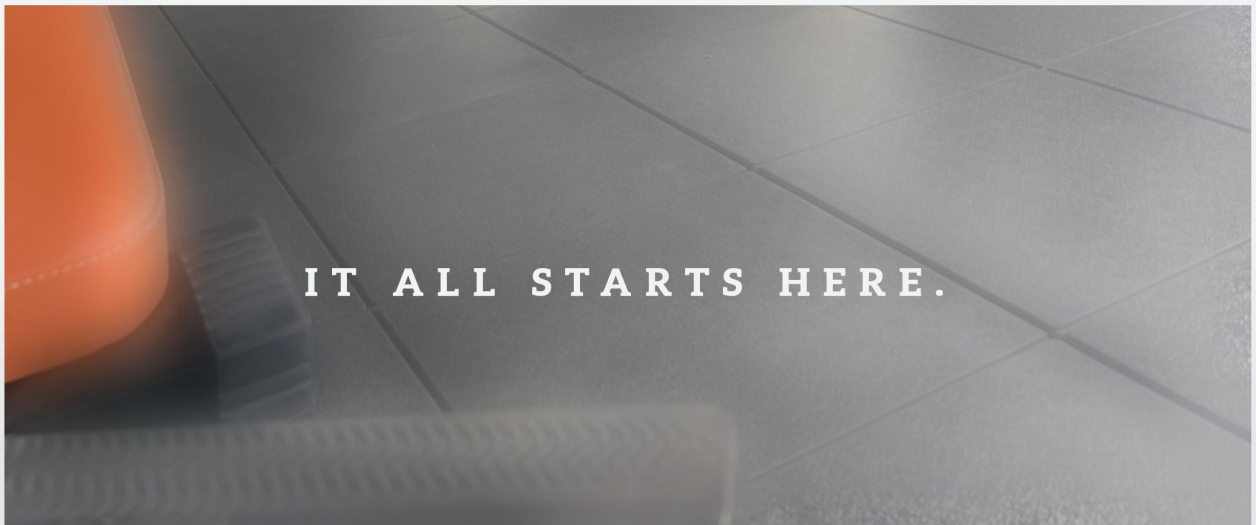


Mr. Shamsudeen
Business man





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