

# VOICE OF ANCHOR

**ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO**

NEWSLETTER, ISSUE 2 | VOLUME 9

## FLORAL CARPETS, FESTIVE HEARTS, AND TIMELESS TRADITION

Onam was celebrated with great pomp and splendor at **Anchor Physiotherapy & Sports Fitness Studio** on September 2, 2025. The event turned into a joyful family gathering that strengthened the bond among everyone present.

A full-fledged Onasadya was served, offering the traditional flavors of Kerala, while Onakalikal (traditional Onam games) added fun, energy, and laughter to the occasion. The celebrations beautifully reflected the spirit of Onam togetherness, happiness, and cultural richness.



ONAM CELEBRATION @ ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO



# From Clinic to Classroom Building Skills that Restore Strength and Mobility

We are delighted to share that our director and chief physiotherapist, Dr Rahul Rajeev ( PT), recently attended a highly impactful 2-day intensive workshop on Shoulder Rehabilitation, held on August 30–31, 2025, in Thiruvananthapuram.

The sessions were led by Dr. Sumit Gupta, PT, Head Consultant Physiotherapist at the Bangalore Shoulder Institute, a renowned expert in the field of shoulder rehabilitation.

The event took place on 30 & 31 August 2025 at Windsor Rajadhani, Trivandrum, from 9.00 am to 5.00 pm.

## The workshop offered in-depth learning on:

- ✓ Comprehensive shoulder assessment and diagnosis
- ✓ Interpretation of shoulder imaging
- ✓ Management of stiff shoulder
- ✓ Conservative and post-surgical rehabilitation for shoulder arthritis
- ✓ Treatment approaches for rotator cuff injuries
- ✓ Strategies for shoulder instability

This training provided participants with practical skills and advanced insights to enhance clinical physiotherapy practice, especially in dealing with complex shoulder conditions.

We congratulate **Rahul Rajeev** for actively participating in this enriching program and bringing back valuable knowledge to benefit patients and peers alike.



## WORKSHOP ON SHOULDER REHAB

- Shoulder Assessment & Diagnosis
- Shoulder Imaging
- Stiff Shoulder Rehabilitation
- Conservative and Post-Surgical Rehabilitation
- Shoulder Arthritis
- Rotator Cuff Injuries
- Shoulder Instability

9am to 5 pm

30-31 August 2025  
Windsor Rajadhani  
Trivandrum

### OUR SPEAKER



#### Sumit Gupta

Head Consultant Physiotherapist, Bangalore Shoulder Institute  
Certified in Advanced Shoulder Rehabilitation, Belmont, California  
Diplomate in Osteopathic and Chiropractic Manipulative Practice, Osaka, Japan  
Champions Performance Specialist, California  
Conducted multiple workshops and delivered talks on Shoulder Rehabilitation



# TEACHERS' DAY

**With Tradition in Heart and Gratitude in Spirit,  
We Celebrate Our Teachers**

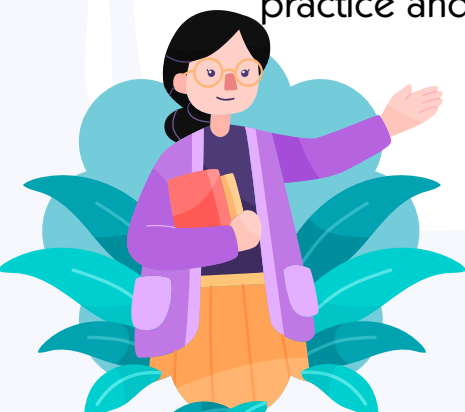
Teachers' Day was celebrated at **Anchor Physiotherapy & Sports Fitness Studio** with great respect and gratitude to all Gurus who guide, inspire, and shape lives. The event reflected the core values of tradition and culture, as the entire team came together to honor the spirit of teaching and mentorship.

The celebrations began with staff members paying reverence to the elderly, acknowledging them as living symbols of wisdom and experience. This gesture highlighted the belief that learning is a lifelong journey, enriched by the guidance of those who have walked the path before us.

The day was marked by heartfelt expressions of gratitude, where the role of teachers and mentors in both personal growth and professional excellence was emphasized. Staff members shared reflections on the importance of guidance, discipline, and values imparted by teachers throughout life.

The event was not only a tribute to academic teachers but also to every individual who, in their own way, imparts knowledge and inspires others be it parents, mentors, or colleagues. The atmosphere was filled with respect, warmth, and a sense of unity, making the occasion truly meaningful.

The celebration concluded with a reaffirmation of the studio's commitment to carrying forward these values in physiotherapy practice and in everyday life guiding, supporting, and inspiring each other just as true teachers do.





## CELEBRATING WORLD PHYSIOTHERAPY DAY 8 SEPTEMBER 2025



JCI TRC as part of JCI Community Development  
in collaboration with  
Anchor Physiotherapy & Sports Fitness Studio,  
Munna's Wellness Centre, and  
White Thoughts LDC, organize



### FREE MEDICAL CAMP

🕒 10.00 AM - 3.30 PM

📅 Monday, 8 Sep 2025

📍 Anchor Physiotherapy Studio  
Pattom-Marappalam Road



Check up on your :  
Joint & Muscles,  
Mind & Body, and  
Daily Nutrition



JFF Acewin Augustine  
Zone President



JFS Kishan Raj VS  
Zone Vice President



JC Sanu Sardar  
LO President



JC Rahul Rajeev  
Physiotherapist



JC Divya Sajith  
Counseling Psychologist

For More Details Contact : +91 9995777229

# Celebrating the Science of Movement, the Art of Healing and the Power of Physiotherapy

World Physiotherapy Day Celebration:  
On **September 8, 2025**, Anchor Physiotherapy  
& Sports Fitness Studio celebrated **World  
Physiotherapy Day**, aligning with the global  
theme:

*"The role of physiotherapy and physical  
activity in healthy ageing, with a focus on  
preventing frailty and falls."*

To promote health awareness, a free  
medical camp was organized, covering:

- ✔ **Joints & Muscles**
- ✔ **Body and Mind Wellness**
- ✔ **Daily Nutrition**



The camp ran from 10:00 AM to 3:30 PM, offering personalized consultations and guidance. The event was a resounding success, with participants making the most of this opportunity to learn about healthy practices and take steps toward a healthier lifestyle.







# Message from the Director & Chief Physiotherapist

## World Physiotherapy Day 2025

On this World Physiotherapy Day, I extend my warm greetings to all my colleagues, patients, and well-wishers. Each year, this day reminds us of the incredible value that physiotherapy brings in improving health, restoring function, and empowering people to live their lives to the fullest.

The theme for World Physiotherapy Day 2025 emphasizes the vital role of physiotherapists in promoting mobility, independence, and preventive care. In an era where lifestyle-related conditions and musculoskeletal disorders are on the rise, physiotherapy continues to be a beacon of hope bridging the gap between illness and wellness.

As a profession, physiotherapy is not just about treatment; it is about compassion, empowerment, and building healthier communities. Our responsibility extends beyond clinics and hospitals we play a vital role in spreading awareness, encouraging preventive strategies, and inspiring healthier choices.

On this special day, let us reaffirm our commitment to evidence-based practice, lifelong learning, and patient-centered care. Together, let us continue to innovate, educate, and advocate for the power of physiotherapy.

I take this opportunity to thank my fellow physiotherapists, our dedicated healthcare partners, and above all, the patients who inspire us each day with their courage and resilience. May this World Physiotherapy Day ignite renewed passion and pride in our profession.

**Wishing you all a meaningful and inspiring World Physiotherapy Day 2025.**

**Dr Rahul Rajeev (PT)**

Kinetic Control Movement Therapist (UK), Fellowship Program In Podiatry Rehabilitation, & London Shoulder Clinic Certified Practitioner ( LSCCP)

Director and Chief Sports Physical Therapist ( MPT SPORTS)

ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO





**WORLD MALAYALEE  
COUNCIL**  
INDIA REGION, TRAVANCORE PROVINCE

**KOWDIAR  
CHAPTER  
MEETING**



ജീവിതത്തെ  
ആരോഗ്യമാർന്ന  
വാർദ്ധക്യത്തിലേക്ക്  
നയിക്കാൻ

ബോധവൽക്കരണ  
ക്ലാസ്

Topic : Healthy Ageing  
with Physiotherapy

**TODAY**



**10-09-2025**



**TRIVANDRUM CLUB**



**6.30 PM**



**DR RAHUL RAJEEV(PT)**  
CHIEF PHYSIOTHERAPIST



**ANCHOR**  
PHYSIOTHERAPY &  
SPORTS FITNESS STUDIO

+91 8921639779  
+91 9447334823



Pattom Marapalam Road (Opp.HP World) Pattom PO,  
Thiruvananthapuram 695004

Email: anchorphysiotherapy2022@gmail.com  
www.anchorphysiotherapy.com



**WORLD MALAYALEE COUNCIL**  
INDIA REGION, TRAVANCORE PROVINCE

**KOWDIAR CHAPTER MEETING**

VENUE : BOARD ROOM, (HALL NO 3)  
HOSPITALITY CENTRE, TRIVANDRUM CLUB  
VAZHUTHACAUD

DATE & TIME : 10-09-2025, WEDNESDAY, 6.30 PM

ALL MEMBERS ARE CORDIALLY INVITED TO ATTEND THE MEETING

Er. AP JALAJA KUMAR  
PRESIDENT, WMC KAWDIAR CHAPTER

# Interactive Session on Healthy Aging with Physiotherapy

On **10 September 2025**, Dr. Rahul Rajeev (PT) led an **interactive session on Healthy Aging with Physiotherapy** for the **World Malayalee Council, Kowdiar Chapter**. The event was hosted at the **Trivandrum Club** and commenced at **6:30 PM**.

During the session, Dr. Rahul shared valuable insights on maintaining **physical mobility, joint health, and overall well-being** as one ages. The interactive format encouraged participants to ask questions and clarify common concerns related to **posture, exercise routines, injury prevention, and age-related musculoskeletal changes**.

Attendees appreciated practical tips and simple physiotherapy exercises that could be incorporated into daily life to promote **healthy aging, prevent falls, and enhance quality of life**. The session highlighted the crucial role of physiotherapy in helping individuals maintain independence, vitality, and an active lifestyle throughout their senior years.

The event was well-received, fostering awareness about the importance of physiotherapy in everyday health and encouraging participants to adopt proactive measures for long-term wellness.



**VOICE OF ANCHOR**  
ANCHOR Physiotherapy & Sports Fitness Studio



# Physiotherapy Myth Busting- Temporomandibular Joint Dysfunction (TMD)

MYTHS	FACTS
TMD and TMJ are the same.	TMJ refers to the temporomandibular joint itself, while TMD refers to disorders affecting this joint.
Only dental problems cause TMD.	TMD is multifactorial. Causes may include stress, teeth grinding (bruxism), arthritis, trauma, poor posture, and muscle imbalances — not just dental issues.
Jaw clicking or popping always means you have TMD.	Clicking can occur without pain or dysfunction. TMD is diagnosed only if accompanied by pain, restricted movement, or locking.
TMD is very rare.	TMD affects 5–12% of the population, with women and adults more commonly affected.
Surgery is the only treatment.	Most TMD cases improve with conservative treatments like physiotherapy, posture correction, bite splints, relaxation techniques, and exercises. Surgery is a last resort.
TMD only causes jaw pain.	TMD symptoms can extend to the head, neck, ears, and shoulders, causing headaches, ear fullness, tinnitus, and muscle stiffness.
Braces always cure TMD.	Braces may correct bite alignment, but do not guarantee TMD relief. Treatment must address the specific underlying cause.
TMD will go away on its own.	Mild cases may improve, but chronic or worsening symptoms usually need professional care to prevent long-term issues.
Exercises make TMD worse.	When prescribed by a physiotherapist or dentist, specific exercises can reduce pain, improve function, and restore jaw mobility.
Stress is the only cause.	Stress contributes to clenching/grinding, but joint structure, posture, arthritis, and trauma also play important roles.

# Patient Spotlight

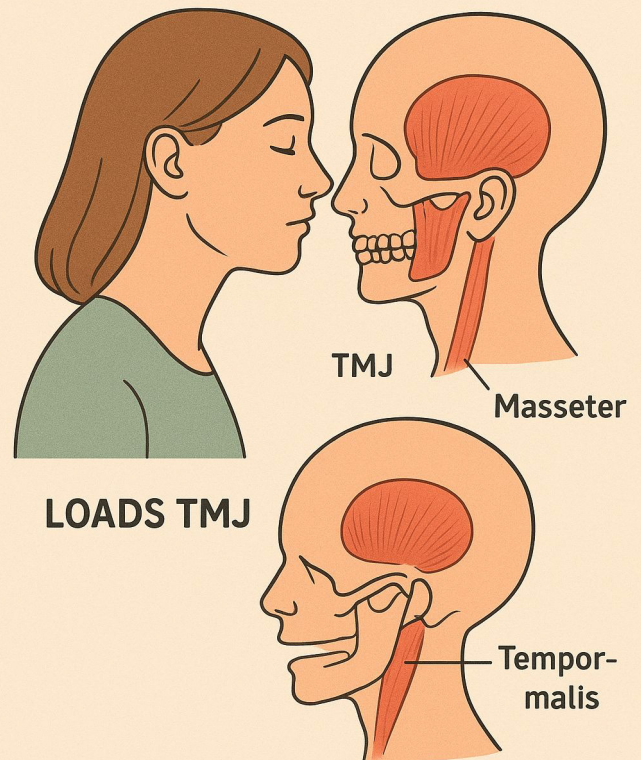
I am a 42-year-old bank employee, and for the past three years, I had been struggling with severe TMJ pain, frequent headaches, and persistent neck pain. The discomfort was so constant that it affected my work, daily routine, and even my sleep. I consulted a reputed hospital where I was advised dental treatment, including braces and tooth laser procedures. I underwent all of it with the hope of finding relief, but sadly, there was no improvement in my condition.

That was when I decided to try a different approach and visited Anchor Physiotherapy & Sports Fitness Studio. From the very first consultation, I felt a sense of hope. Dr. Rahul Rajeev patiently listened to my entire history, something I had longed for but rarely experienced elsewhere. He not only addressed my symptoms but also took the time to explain the root cause of my problem, which made me feel valued and understood.

Within just two sessions of physiotherapy, I noticed a remarkable change. The intensity of my TMJ pain reduced, my headaches became less frequent, and the constant stiffness in my neck started to ease. What stood out to me the most was Dr. Rahul's calm and comforting approach—he never rushed, answered all my doubts with clarity, and reassured me throughout the process.

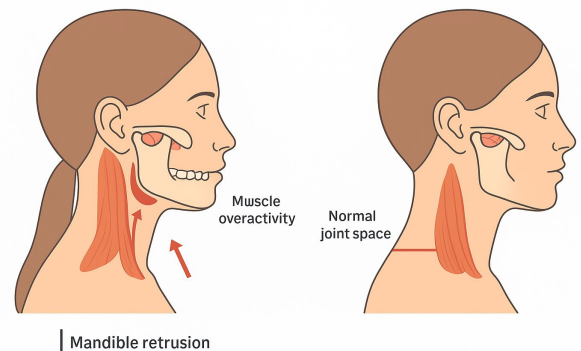
For the first time in years, I felt that my condition was finally being managed in the right way. I am truly grateful to Anchor Physiotherapy & Sports Fitness Studio for helping me regain not just relief from pain, but also confidence and peace of mind. I would highly recommend this place to anyone struggling with TMJ or similar chronic issues.

## TMJ PAIN IN FORWARD HEAD POSTURE



FORWARD HEAD POSTURE

NEUTRAL HEAD POSTURE





In Volume 2, Issue 2 (September 2025) of **PHYSIOTIMES**, India's first magazine dedicated to physiotherapy professionals, the article titled "A Surprising Link Between Wallet Placement and Health Issues" has been published.

The magazine, curated for physiotherapists, by physiotherapists, highlights emerging insights and research relevant to the field. This article explores the often-overlooked connection between wallet placement, posture, and related musculoskeletal health issues, providing valuable information for both practitioners and readers interested in maintaining optimal body mechanics.

For further information, kindly refer to the September 2025 edition of **PHYSIOTIMES**.

FROM DRAFT TO PUBLISHED!!!

Volume 17, Issue 2: Sept'2025

GUJENG/2009/30341

0976 -1993

₹ 200

EVERY 2 MONTHS

# PHYSIOTIMES®

India's first Magazine for Physiotherapists, of Physiotherapists, by Physiotherapists

Wearable Technologies in

**SPORTS INJURY PREVENTION**

Healing the Heart

The Need for Research Opportunities in Physiotherapy Education

Case Study

**Achilles Tenotomies**

**THE REHAB HOUSE**

Ortho & Neuro Rehabilitation Center with Admission Facility

Fertility Through Physiotherapy



Effectiveness of  
**MYOKINETIC STRETCHING TECHNIQUE**

The Surprising Link Between

**Wallet Placement and Health Issues**

Maximize the Potential of Ultrasound Therapy

**ZIXA STRONG**

**2-in-1 Pain Relief Gel**

is Revolutionizing Ultrasound Therapy

www.physiotimes.com



## **ANCHOR PHYSIOTHERAPY & SPORTS FITNESS STUDIO**

Pattom-Marappalam Road  
(Opp. HP World) , Pattom PO ,  
Thiruvananthapuram 695004  
Ph: 9447334823, +91 8921639779



**anchor physiotherapy**



**rahul rajeev (anchor physiotherapy)**



**rahul rajeev physio**

