PRO-FIT PHYSIOTHERAPY

PATIENT INFORMATION NEWSLETTER

May 2026 Vol. 1

Dedicated to restoring movement, relieving pain, and improving lives through compassionate, ethical, and affordable physiotherapy care for all.

Mission

"To deliver world-class physiotherapy and rehabilitation services through clinical excellence, advanced evidence-based practices, and compassionate patient care, while maintaining accessibility and social responsibility."

Vision

"To establish a benchmark in rehabilitation healthcare by combining innovation, professionalism, and patient-centered care to improve quality of life across communities."

Who are we?

Our clinic was founded with the belief that quality healthcare is a service to society. We are dedicated to providing affordable and compassionate physiotherapy care to people from all walks of life. Through ethical practice, personal attention, and evidence-based rehabilitation, we aim to help our community live healthier, more active, and pain-free lives.

Team

- Dr. Raja Guru
  - Ex-serviceman Physiotherapist served in IAF for 29 years
  - More than 30 years of experience.
  - Successfully rehabilitated more than fifteen thousand people
  - Served as Physiotherapist to Indian Women Hockey Team
  - Orthopaedic & Sports Rehab are his forte
  - Specialises in Acupunture, Pelvic Health, ergonomics and posture.
- Dr. Hari Vignesh
  - Expert Physiotherapist with rural and urban exposure
  - Passionate, humble and compassionate.
  - Geriatric Rehabilitation is his forte
  - Most popular with paediatric patients.
  - Specialises in Manual Therapy, Exercise Prescription, cupping and dry needling.
- Dr. Shrikant Reddy
  - Youngest and most dynamic Physiotherapist in our team.
  - Energetic, Passionately Positive and Knowledgeble.
  - Neuro Rehabilitation is his forte.
  - Specialises in Manual Therapy, cupping and Acupunture.

Core Values

Compassion	Integrity	Excellence
Accessibility	Patient-Centered Care	Holistic Approach
Community Responsibility	Continuous Learning	Help those in need

Quote of the Month:
"Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford

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Neck & Upper Back Pain in Computer Professionals

Modern computer-based work has significantly increased complaints of neck, shoulder, and upper back pain among office workers and IT professionals. Studies conducted in Bengaluru and South Bangalore show that neck pain is one of the most common musculoskeletal problems among computer users, often associated with prolonged sitting, poor posture, repetitive work, lack of breaks, and inadequate workstation ergonomics.

Research among IT professionals found that 58–69% of workers reported neck complaints, frequently associated with shoulder and upper back pain. Common contributing factors included:

- Forward head posture
- Bent or twisted neck positions
- Long hours of computer work
- Repetitive tasks
- Inadequate desk space
- Lack of regular breaks
- Poor chair support and ergonomics

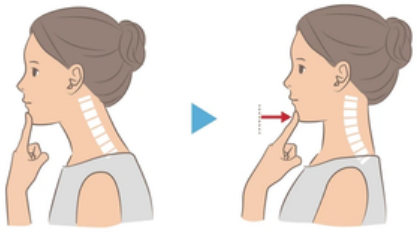
Another Bengaluru-based study demonstrated that simple neck isometric exercises significantly reduced neck pain. Average pain scores reduced from 5.13 to 1.96 after regular exercises, showing that structured exercise programmes can effectively improve comfort and function in computer professionals.

Easy Home & Office Exercise Programme

(Perform 1–2 times daily. Stop if dizziness, severe pain, or numbness increases.)

1. Chin Tucks

- Sit upright.
- Gently pull the chin backward as if making a “double chin.”
- Hold 5 seconds.
- Repeat 10 times.



2. Neck Isometric Exercises

- Apply gentle resistance using your hand without moving the neck.

Forward Resistance

- Place palm on forehead.
- Push head gently into hand.
- Hold 5 seconds × 5 repetitions.

Backward Resistance

- Hands behind head.
- Push backward gently.
- Hold 5 seconds × 5 repetitions.

Side Resistance

- Hand on side of head.
- Push sideways gently.
- Hold 5 seconds × 5 repetitions each side.

3. Shoulder Blade Squeezes

- Pull shoulder blades backward and downward.
- Hold 5 seconds.
- Repeat 10–15 times.

4. Upper Trapezius Stretch

- Tilt head sideways.
- Use opposite hand for gentle stretch.
- Hold 20 seconds each side.
- Repeat 3 times.

5. Thoracic Extension Stretch

- Sit on chair with hands behind head.
- Gently arch upper back over chair.
- Repeat 10 times.

6. Wrist & Finger Mobility

- Open and close fists.
- Rotate wrists slowly.
- Repeat for 1 minute every hour during work.

7. Walking Breaks

- Stand up every 30–45 minutes.
- Walk for 1–2 minutes.

Ergonomic Advice for Computer Users

Sitting Posture

- Keep ears aligned with shoulders.
- Avoid slouching or forward head posture.
- Maintain lumbar support in the chair.

Screen Position

- Top of monitor should be at eye level.
- Screen should be at an arm's length away.

Keyboard & Mouse

- Keep elbows at 90 degrees.
- Wrists should remain relaxed and neutral.

Chair

- Feet flat on floor.
- Knees slightly lower than hips.
- Use adjustable chair if possible.

When to Seek Medical or Physiotherapy Consultation

- Persistent pain lasting more than 2–3 weeks
- Tingling or numbness in arms/hands
- Severe headaches associated with neck pain
- Weakness in upper limbs
- Sleep disturbance due to pain

* Early intervention with exercises, ergonomic correction, and physiotherapy can prevent chronic neck and upper back problems and improve work productivity and quality of life.

Work Habits

- Avoid continuous work without breaks.
- Alternate tasks when possible.
- Avoid prolonged neck bending while using laptops or phones.

Mobile Phone Advice

- Avoid looking down at phone for long periods.
- Raise phone closer to eye level.

Sleep Advice

- Use a medium-height pillow.
- Avoid sleeping with multiple pillows.

References

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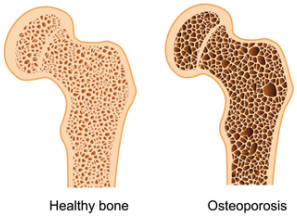
OSTEOPOROSIS

Protect Your Bones – Stay Active, Stay Independent

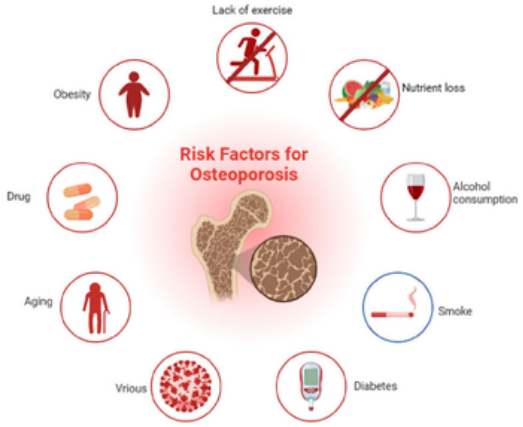
What is Osteoporosis?

Osteoporosis is a condition where bones become weak, thin, and fragile, increasing the risk of fractures, especially in the hip, spine, and wrist. It commonly affects older adults and postmenopausal women. Osteoporosis is often called a “silent disease” because bone loss occurs gradually without pain until a fracture happens.



Common Risk Factors

- Increasing age
- Menopause
- Low calcium and vitamin D intake
- Lack of physical activity
- Smoking and excess alcohol
- Long-term steroid use
- Family history of fractures
- Poor nutrition and low body weight



Prevention is the Best Treatment

Healthy Diet for Strong Bones

Bones need calcium, vitamin D, protein, and regular nourishment to stay healthy.

Include Daily:

- Milk, curd, paneer
- Ragi and sesame seeds
- Green leafy vegetables
- Sprouts, pulses, soy products
- Almonds and nuts
- Eggs and fish (if non-vegetarian)

Vitamin D Sources

- Morning sunlight exposure
- Fortified foods
- Mushrooms and eggs

When Should You Consult a Doctor or Physiotherapist?

- **Have back pain or loss of height**
- **Experience repeated falls**
- **Sustain fractures after minor injuries**
- **Have difficulty walking or balancing**

A physiotherapist can guide safe exercises, posture correction, balance training, and fall prevention programmes tailored for older adults.

Remember: Healthy food, sunlight, and regular exercise are the keys to stronger bones and active aging.

PRO-FIT PHYSIOTHERAPY
Re-engineering your - Physique | Pattern | Posture | Pain

Importance of Physical Activity

Regular exercise is one of the most effective ways to prevent osteoporosis. Weight-bearing and strengthening exercises help maintain bone density, muscle strength, posture, and balance.

Recommended Activities

- Weight-Bearing Exercises
- Walking
- Stair climbing
- Light dancing
- Strengthening Exercises
- Sit-to-stand from chair
- Wall push-ups
- Resistance band exercises
- Balance Training
- Standing on one leg with support
- Heel-to-toe walking
- Simple balance exercises

Exercise also reduces falls, improves confidence, and helps maintain independence in older age. Fall Prevention Tips

- Use proper footwear
- Keep floors dry and clutter-free
- Install grab bars in bathrooms
- Ensure adequate lighting at home
- Use walking aids if advised

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