

PATIENT INFORMATION NEWSLETTER

July 2026

Vol. 3

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.”

Our Health Message

Healthy joints don't happen by chance. They happen through movement, strength, and proper care.

Dear Patients, Friends and Well-Wishers,

Welcome to the July 2026 edition of the Pro-Fit Physiotherapy Health Newsletter. Our mission continues to be providing simple, evidence-based and practical health information that empowers you to understand your body, prevent injuries and make informed decisions for a healthier life.

This month, we bring you two insightful articles on conditions that affect people of all ages and lifestyles—Tennis Elbow and Low Back Pain. Whether you are a sportsperson, an office professional, a homemaker or a senior citizen, these conditions can significantly impact your daily activities if left untreated. Through these articles, our esteemed colleagues Dr. Hari Vignesh (PT) and Dr. Neeraj Kumar (PT) share valuable insights into the causes, symptoms, prevention strategies, treatment options and the important role of physiotherapy in achieving a safe and lasting recovery.

At Pro-Fit Physiotherapy, we believe that education is the first step towards prevention and recovery. Along with expert clinical care, our goal is to help every individual move better, recover faster and enjoy a healthier, more active life. We sincerely thank you for your continued trust and support, and we remain committed to serving you and your family with compassion, professionalism and excellence.

Wishing you good health, strength and pain-free movement.

TEAM PRO-FIT PHYSIOTHERAPY

Core Values

Compassion
Accessibility
Community Responsibility

Integrity
Patient-Centered Care
Continuous Learning

Excellence
Holistic Approach
Help those in need

Quote of the Month:

“The art of physiotherapy is not only to relieve pain but also to empower the patient to take control of their own health. Recovery is a journey, one step at a time.



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**Pro-Fit Physiotherapy, Next to BM Pristine
Krupanidhi College Road, Gunjur, Bangalore - 560087**

Understanding Tennis Elbow (Lateral Epicondylitis)

Why Does My Elbow Hurt While Gripping or Lifting?

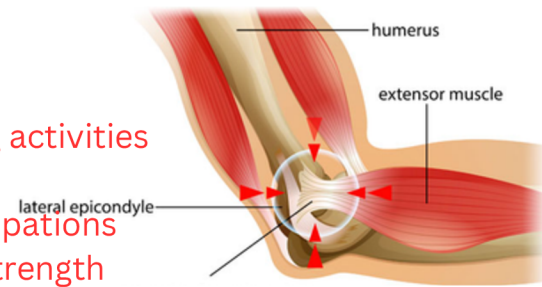
Tennis Elbow is a condition affecting the tendons attached to the outer part of the elbow. It develops when these tendons are repeatedly overloaded through gripping, lifting, twisting, racquet sports, or repetitive hand activities.

Common Symptoms

- Pain on the outer side of the elbow
- Pain while gripping objects
- Difficulty opening jars or turning keys
- Reduced grip strength
- Pain during sports or gym activities
- Morning stiffness around the elbow

Risk Factors

1. Repetitive gripping activities
2. Racquet sports
3. Manual labor occupations
4. Poor upper limb strength
5. Sudden increase in workload
6. Prolonged computer mouse use

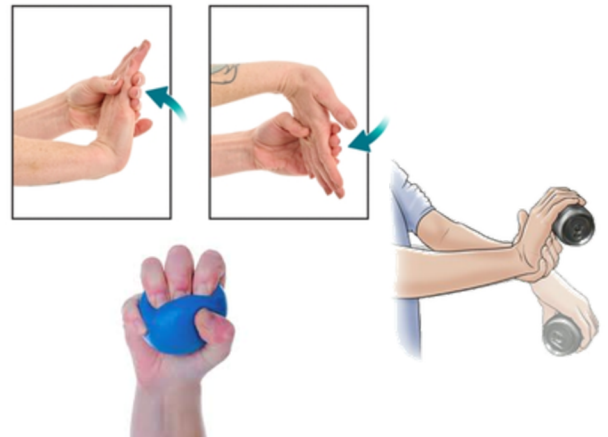


How Physiotherapy Can Help

Research consistently shows that exercise-based physiotherapy is one of the most effective treatments for Tennis Elbow. Progressive strengthening and tendon-loading exercises help reduce pain and improve grip strength and function.

Simple Home Exercises

1. Wrist Extensor Stretch – Hold 30 seconds × 3
2. Wrist Flexor Stretch – Hold 30 seconds × 3
3. Eccentric Wrist Extension – 10–15 repetitions × 3 sets
4. Ball Squeeze Exercise – Hold 5 seconds × 15 repetitions



Precautions

- Avoid repetitive heavy gripping, painful gym exercises, carrying heavy loads with the affected arm, and playing through pain.

Prognosis

- Most patients recover significantly with physiotherapy and progressive strengthening. Recovery typically takes 6–12 weeks.

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~Dr. Hari Vignesh (PT)

Dr. Hari Vignesh PT is an experienced and empathetic physiotherapist. He has been instrumental in the growth of Pro-Fit Physiotherapy, is managing partner and also the most sought over Physiotherapist .

Understanding Low Back Pain

Introduction

Low back pain is one of the most common musculoskeletal conditions worldwide. Most cases improve with education, exercise, activity modification and physiotherapy.

Causes

Muscle strain, poor posture, prolonged sitting, weak core muscles, disc degeneration, osteoarthritis, improper lifting, obesity, stress and inactivity.

Symptoms

Lower back pain, stiffness, muscle spasms, difficulty bending, reduced mobility and occasionally pain radiating to the buttock or leg.

Who Is More Prone?

Office workers, drivers, healthcare professionals, manual laborers, sedentary individuals, people above 40 years, and those who are overweight.

Aggravating Factors

Prolonged sitting, poor ergonomics, heavy lifting, twisting, obesity, long-distance driving, and poor sleeping posture.

Treatment Options

Postural education, physiotherapy, exercise therapy, activity modification, medications prescribed by a physician and selected surgical interventions when required.

Physiotherapy Management

Postural correction, core strengthening, lumbar stabilization, flexibility training, ergonomic education, manual therapy and functional rehabilitation.

How Physiotherapy Can Help - Research consistently shows that exercise is one of the best treatments for Low Back Pain. Benefits include:

- | | | |
|----------------------------|----------------------------|--------------------------|
| ✓ Reduced pain | ✓ Improved mobility | ✓ Better posture |
| ✓ Improved muscle strength | ✓ Delayed need for surgery | ✓ Better quality of life |

Recommended Exercises

1. Abdominal Bracing – 10 repetitions.

- Lie on your back with your knees bent, feet flat hip-width apart.
- Keep a relaxed, natural curve in your spine.
- Inhale, then exhale gently tightening your abdominal & glute muscles.
- Tilt your pelvis backward so your tailbone curls upward and your lower back presses completely flat against the mat. Hold for 3 to 5 seconds while breathing normally.
- Relax: Inhale and return to the starting neutral position.



2. Knee-to-Chest Stretch – Hold 20–30 seconds, 3 repetitions each side.

- Lie flat on your back with your knees bent and both feet flat on the floor.
- Using both hands, grab one knee and gently pull it toward your chest until you feel a comfortable stretch in your lower back and glutes.
- Relax your hips and legs, holding the stretch for 15 to 30 seconds while breathing deeply.
- Lower the knee back to the starting position and repeat with the other leg.



3. Cat-Camel Exercise – 10–15 repetitions.

- Begin on your hands and knees in a tabletop position.
- Keep your hands directly underneath your shoulders
- Your knees spaced directly under your hips.
- Maintain a flat, neutral spine.
- Inhale and slowly drop your belly down toward the floor.
- Simultaneously lift your chest and look up toward the ceiling, allowing your spine to gently arch downward.
- Exhale, tuck your chin into your chest, and pull your belly button up toward your spine.
- Curve your back upward toward the ceiling as high as is comfortable, mimicking a cat arching its back.



4. Supine Lower Trunk Rotation - 10 repetitions each side.

- Lie on your back with your knees bent, feet flat on the floor.
- Engage your core muscles by pulling your navel toward your spine.
- Slowly lower both knees together to one side; hold for 1-2 seconds, keeping shoulders and back flat on the floor at all times.
- Slowly bring your knees back to the starting position and then lower to the other side.
- Hold for 1-2 seconds and repeat alternatively.



5. Bridge Exercise – 10 repetitions.

- Lie on your back with your knees bent.
- Tighten the muscles in your stomach.
- Raise your hips off the floor until they line up with your knees and shoulders.
- Hold for three deep breaths.
- Return to the starting position and repeat.



Do's

- Maintain good posture.
- Exercise regularly.
- Strengthen core muscles.
- Take movement breaks every 30–45 minutes.
- Maintain a healthy body weight.

Don'ts

- Avoid prolonged bed rest.
- Avoid prolonged sitting.
- Avoid sudden twisting while lifting.
- Avoid ignoring persistent pain.
- Avoid a sedentary lifestyle.

Key Message

Movement is medicine for the spine. Early physiotherapy and regular exercise can reduce pain, improve function, and prevent recurrence.

When to Seek Medical or Physiotherapy Consultation

- Persistent pain lasting more than 2–3 weeks
- Tingling or numbness in glutes and legs
- Severe pain radiating down the legs
- Weakness in lower 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.

~ Dr. Neeraj Kumar (PT)

Dr. Neeraj Kumar PT is an veteran of IAF and experienced physiotherapist. He is the founder and Chief Physiotherapist at Flexa Physio Care, Sanjay Nagar Bangalore. Dedicated, Soft-Spoken and Committed to patient well-being have been his trademark in IAF and now in civil life as well.

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Our Care Community - United for Better Care

Veteran Hands: Trusted Healing

Discipline in Service - Compassion in Care



Bangalore Rehabilitation Association of Veteran Experts

Serving Bengaluru with the Discipline of Soldiers & the Compassion of Healers

BRAVE is a distinguished network of highly experienced physiotherapists who proudly served in the Armed Forces before dedicating themselves to improving the health and well-being of the community. The uniform may have changed, but the commitment to serve remains the same.

Having worked under some of the most demanding and challenging conditions, our veteran physiotherapists bring exceptional clinical expertise, unwavering discipline, integrity and a patient-first approach to every individual they treat. Forged through years of treating soldiers in demanding environments, BRAVE members combine advanced clinical expertise with discipline, integrity and compassionate care.

With experienced BRAVE members located across every corner of Bengaluru, quality physiotherapy care is always within your reach. Whether you prefer treatment at one of our member clinics or require physiotherapy in the comfort of your home, our trusted professionals are committed to delivering evidence-based, compassionate and affordable care.

CONTACT US

OUR SERVICES INCLUDE:

JOINT, MUSCLE, BACK AND NECK PAIN
STROKE AND NEUROLOGICAL REHABILITATION
POST-OPERATIVE REHABILITATION
SPORTS INJURY MANAGEMENT
GERIATRIC PHYSIOTHERAPY AND MOBILITY ENHANCEMENT
ORTHOPAEDIC REHABILITATION
LIFESTYLE AND WORK-RELATED MUSCULOSKELETAL DISORDERS



Professional Care at Your Doorstep. Trusted by Experience. Driven by Service.

Unable to travel? Our members also provide professional home physiotherapy services, bringing quality rehabilitation directly to your doorstep. **Wherever You Are in Bengaluru, a BRAVE Physiotherapist is Near You.**

