

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.”

PATIENT INFORMATION NEWSLETTER

June 2026

Vol. 2

Our Health Message

Movement is Medicine. Early assessment, appropriate exercise and evidence based physiotherapy can help you regain mobility, reduce pain, and improve quality of life without unnecessary medications or surgery.

Dear Patients, Friends and Well-Wishers,

Welcome to the June 2026 edition of the Pro-Fit Physiotherapy Health Newsletter. Our aim is to provide simple, reliable and practical health information that helps you understand your body better and make informed decisions about your health and well-being.

This month, we focus on two of the most common conditions affecting mobility and quality of life— Frozen Shoulder and Knee Osteoarthritis. Through these articles, we hope to explain the causes, symptoms, treatment options, useful exercises and preventive measures that can help you stay active and independent.

At Pro-Fit Physiotherapy, we believe that movement is medicine. Whether you are recovering from an injury, managing chronic pain or simply looking to maintain an active lifestyle, our team is always ready to support and guide you on your journey toward better health. We thank you for your continued trust and look forward to serving you and your family.

Wishing you good health, strength and mobility.

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**

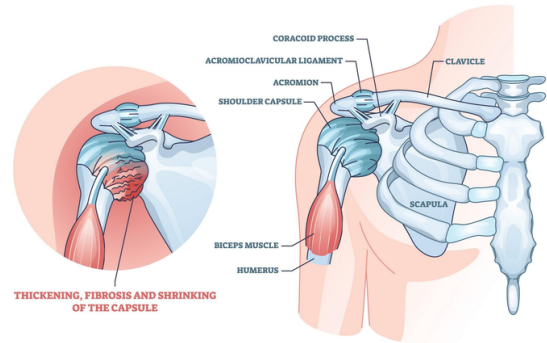
Understanding Frozen Shoulder

Why Does My Shoulder Become Stiff and Painful?

Frozen Shoulder, medically known as Adhesive Capsulitis, is a condition in which the shoulder joint becomes painful and progressively stiff. Many patients first notice difficulty reaching overhead, fastening a bra, combing hair, or reaching behind their back. It commonly affects people between 40 and 65 years of age and is more frequent in individuals with diabetes, thyroid disorders, prolonged immobilization after injury or after shoulder surgery.

Common Symptoms

- ✓ Shoulder pain, especially at night
- ✓ Difficulty lying on the affected side
- ✓ Progressive loss of movement
- ✓ Difficulty dressing and grooming
- ✓ Pain while reaching overhead
- ✓ Stiffness lasting several months



Stages of Frozen Shoulder

Stage 1 – Freezing Phase

- Increasing pain
- Gradual loss of motion
- May last 2–9 months

Stage 2 – Frozen Phase

- Pain may reduce
- Severe stiffness develops
- Daily activities become difficult
- May last 4–12 months

Stage 3 – Thawing Phase

- Gradual recovery of movement
- Functional improvement
- May continue for several months

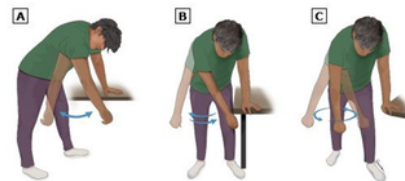
Physiotherapy Can Help - Physiotherapy remains one of the most effective treatments for Frozen Shoulder. Treatment may include:

- Pain-relieving modalities
- Stretching exercises
- Postural correction
- Joint mobilization techniques
- Home exercise program
- Strengthening of shoulder and scapular muscles

Simple Home Exercises

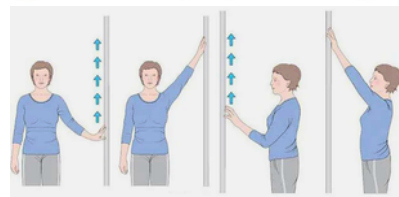
1. Pendulum Exercise

Lean forward and allow the arm to swing gently.
10 circles clockwise and anti-clockwise



2. Wall Walking

Use fingers to "walk" up the wall.
10 repetitions



3. Towel Stretch

Use a towel behind the back and gently pull upward.
Hold 20 seconds × 5



4. Cross-Body Stretch

Pull affected arm across the chest.
Hold 20 seconds × 5



Precautions

- ✗ Avoid sudden jerky movements
- ✗ Avoid lifting heavy weights overhead
- ✗ Do not force painful stretching
- ✗ Avoid prolonged immobilization
- ✓ Continue regular shoulder movement within comfort limits

Prognosis

Most patients recover significantly, but recovery may take 12-24 months. Early physiotherapy helps reduce pain and restore function more effectively.

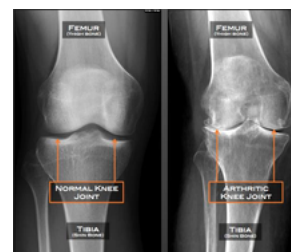
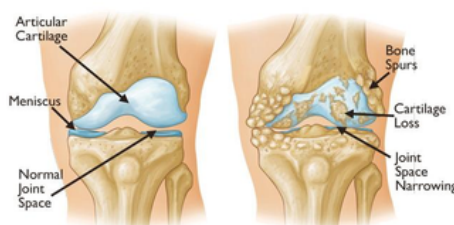
KNEE OSTEOARTHRITIS (OA KNEE)

Understanding Knee Wear and Tear

Osteoarthritis is the most common form of arthritis affecting the knee joint. It occurs when the protective cartilage covering the ends of bones gradually wears down. Many people think that knee pain automatically means they need surgery. In reality, most patients can significantly improve symptoms through exercise, weight management, and physiotherapy.

Common Symptoms

- ✓ Knee pain while walking
- ✓ Pain while climbing stairs
- ✓ Morning stiffness
- ✓ Crackling sounds (crepitus)
- ✓ Swelling around the knee
- ✓ Reduced walking endurance
- ✓ Difficulty squatting or sitting cross-legged



Risk Factors - Red Flags

1. Age above 50 years
2. Obesity
3. Previous knee injury
4. Family history
5. Bow legs or knock knees
6. Sedentary lifestyle
7. Weak thigh muscles
8. Nutritional State

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

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

Recommended Exercises:

1. Quadriceps Sets

Sit or lie down with knee straight.
Keep a rolled towel under the knee.
Tighten thigh muscles and press knee downward.
Hold 5 seconds × 15 repetitions.



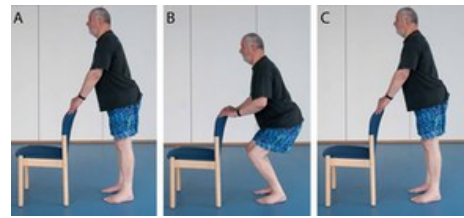
2. Straight Leg Raise

Lie down on your back.
Raise your one leg while keeping knee straight.
Maintain the leg at 30-45 degrees.
Hold for 5-10 seconds x 15 repetitions



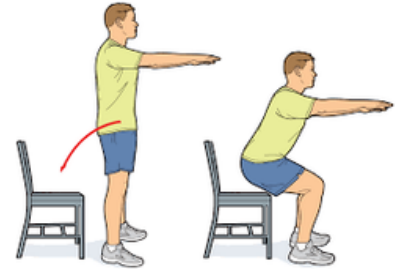
3. Mini Squats

Stand holding the support of a chair or table.
Bend knees slightly and go down with straight back.
Rise up and do 10 repetitions.



4. Sit-to-Stand Exercise

Sit on a chair comfortably where your hip is not below the knee level.
Stand up and sit down from a chair.
If support required, use arms of the chair to rise.
If you can stand without support, do it.
Sit again and repeat 15 times.



5. Walking

Walk at least 15-20 minutes daily.



Weight Management Matters

Even a modest reduction in body weight can significantly decrease stress on the knee joint. Research suggests that every kilogram of weight loss reduces load through the knee during walking by several kilograms.

Joint Protection Tips

- ✓ Use supportive footwear
- ✓ Strengthen thigh and hip muscles
- ✓ Maintain healthy body weight
- ✓ Stay physically active
- ✓ Use handrails while climbing stairs
- ✓ Avoid prolonged sitting

Myths About Knee Arthritis

- Myth: "Exercise will wear out my knee."
- Fact: Appropriate exercise strengthens muscles and reduces pain.
- Myth: "Knee replacement is the only solution."
- Fact: Many patients manage successfully for years with physiotherapy and lifestyle changes.
- Myth: "Pain means I should rest completely."
- Fact: Excessive rest often worsens stiffness and weakness.

When Should You Consult a Physiotherapist?

- Pain persists for prolonged time.
- Walking distance is reducing.
- Swelling is recurrent.
- Daily activities become difficult.

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