

ON THE MOVE

THE OFFICIAL MONTHLY WHATSAPP NEWSLETTER



PhysioQinesis

Recover . Function . Strengthen

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TATA MUMBAI MARATHON
TATA CONSULTANCY SERVICES
21 January, 2024

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Mother. Daughter. Healer. Founder.
Entrepreneur. Marathoner.

Dr. Shwetha Rao Warke wears many hats.

We catch up with her as she opens up about her extraordinary entrepreneurial journey, her undying passion for helping others better themselves and how she got back to running after 4 long years raring for more!

RUNNING MOTIVATION

A devoted mother of two, watching her husband running everyday with his friends happy and energized back in 2011 post her second delivery is what inspired her to take up running. Losing postpartum weight was an icing on the cake and bit by the running bug, she has never looked back.





FROM BEGINNER TO A PRO

Being a physiotherapist herself and a great one at that, she still feels that the right way to start running is to get a Running Coach and a running group (Striders in her case). A Running Coach will make sure you train properly and a group helps with motivation.



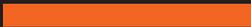
RUNNING=MEDITATING

When quizzed about what she enjoys the most about running, Dr. Shwetha says, "Running is like ME-TIME. It helps me process my emotions and gives me food for thought." Running helps her reflect inwards and meditate, switching herself off from worldly roles and providing solitude.



WALKING THE TALK

Running helps her practice what she preaches to her patients i.e. engaging in some form of physical activity. The energy, adrenaline and endorphins from her running and strength workouts help her manage her family and work much better than before.



RUNNING MANTRA

Dr. Shwetha doesn't run to compete. She doesn't run to win accolades or medals. Her running mantra is simple. Run to be a better version of herself. Running has been physically and mentally advantageous especially since she measures herself in terms of her fitness.





BACK WITH A BANG

Running a half marathon again after 4 years (clocked at 2:33) may seem tough but Dr. Shwetha has had a rocking comeback. She attributes her success to Physioqinesis where she trained under Dr. Heta Thakkar, an Exercise Physiologist who also leads Physioqinesis Performance Lab. With a dedicated 3 month running and complementary strength program consisting of heavy running specific strength work, plyometrics, unilateral exercises, etc. Dr. Shwetha felt stronger than ever post the run!

BUSTING RUNNING MYTHS

'Running degenerates your cartilage faster' 'Undue running can cause a heart attack'- Busting these common myths, Dr. Shwetha advises approaching any new activity with a science backed plan.' Following a good running plan and taking your nutrition, hydration, recovery and strengthening seriously can make sure things don't go south for you. There's uncertainty in everything we do, we might as well run with it.



APPROACH RUNNING HOLISTICALLY

Dr. Shwetha advises beginners who want to take up running for fitness to go slow and without too much expectations. She further recommends investing in your health by getting a fitness test done first to understand your weaknesses and strengths. Approach running holistically with a sound plan that takes care of your nutrition, recovery, sleep, hydration and workouts and you will be running towards good health and well being with guaranteed success at the finish line.





PQ WISDOM

Creaky cartilage, jagged joints and strained steps. This is what comes to mind when we think of someone with knee osteoarthritis. But thanks to modern physiotherapy, this picture is changing. Gone are the days where osteoarthritis stopped you dead in the tracks. Today, a holistic approach is applied consisting of Education, Weight Management and increasing activity levels through Exercise. In addition to regular exercises, Here are 3 ways to ace your knee OA rehab -

EDUCATION The more you know about your condition ,The lesser the pain! By educating ourselves, the fear of the unknown is abolished and we can take the right steps towards recovery

INCREASE ACTIVITY LEVEL The knee cartilage loves movement! Identify an activity that you love like walking, and perform it at a level that doesn't aggravate pain. Gradually increase the time or difficulty and note the progress!

REDUCE INFLAMMATION Balance your body! Observe, learn and understand what activity ,food, sleep hours, etc. work for you and try to have a healthy dose of it! At the same time, control your addictions.

PQ SPOTLIGHT



PhysioQinesis was the proud Recovery partner for the Hiranandani Thane Half Marathon. A strong team of 55 volunteers assisted in the recovery of thousands of runners who participated in the marathon.

We thank Zandu fast relief, our Pain Relief partners, Striders miles and House of Hiranandani for trusting us with this responsibility yet again!

PQ PEAKS

PQ is happy to announce that we are now OPEN at Breach Candy Golds Gym!





PQ FAQ

Q I had suffered from a ligament tear. I underwent physiotherapy and I wish to return to sport. How should I go about it?

A Return to sport consists of a continuum beyond successful rehabilitation.

It consists of 3 levels-

- ➔ Return to participation
- ➔ Return to sport
- ➔ Return to Performance

Return to sport depends on factors such as adequate strength, range of motion, reactive strength index, rate of force development ,psychological readiness, etc.

By testing all these parameters objectively, our team at **Physioqinesis can guide you to sporting success!**

PQ SERVICES

PUT YOUR BEST FOOT FORWARD- PLANTAR PRESSURE ANALYSIS

At Physioqinesis, we believe that the foot is the foundation of the whole body and with that in mind, we are equipped with the OHM 3000 PLANTAR PRESSURE SYSTEM.

By mapping the plantar pressure under the entire foot ,it instantly allows us to-

- 1) Identify plantar pressure asymmetries, analyze foot function and classify foot types
- 2)Assess risk of ulcers ,falls in elderly and stability in various conditions.

Book your plantar pressure analysis now!



FOUNDER'S MESSAGE



What you do on the the days when you are down and not motivated is what matters more than when you are motivated. Approach health like a marathon rather than a sprint and your patience will eventually be rewarded ten times more than the effort you had put in.

SPECIAL OFFER

Get Plantar pressure Analysis done for INR 500 ONLY

*offer valid till 29th Feb,2024, T&C applied

