

ON THE MOVE

THE OFFICIAL MONTHLY WHATSAPP NEWSLETTER



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Humans of PQ

Where we celebrate the remarkable health stories of our extra ordinary clients.

Aditi Karnik Dongre

"28th October, 2019.

I woke up to a cornucopia of sounds—the rhythmic hissing of the ventilator, the rushed noises of doctors and nurses nearby, the rasping cough of a patient being suctioned and the noisy beating of a clock. As I gradually opened my eyes which seemed to carry the weight of all the recent hardships that I had undergone (God knows what I had been through), everything came back to me in a sweeping split second. I had delivered a baby and now the only thing that I wholeheartedly hoped was he/she was healthy and doing OK, unlike me."

Meet Aditi Karnik Dongre. Mother to a naughty toddler, ex finance professional, fashion blogger, content writer and now an Entrepreneur. Diagnosed with Hypertension and vestibular migraine, Aditi suffered from the gamut of symptoms typical of this commonest form of vertigo—Intense headaches, dizziness, nausea, etc.

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GROW LIKE A PRO

From being unable to even turn her head without triggering symptoms to performing Sirshasana with ease, Read how Aditi conquered this uphill battle with Yoga by her side at Physioqinesis.

I had given up. Having been admitted for pre eclampsia in my 8th month and undergoing emergency caesarian, battling postpartum depression and suffering a slew of illnesses post Covid ranging from dengue to Vestibular migraine, I found myself in the trenches. But its in the darkest hours that we must focus on the light. And Yoga proved to be my light.



I met Dr. Aishwarya Nigam, for the first time after my initial consult at Physioqinesis. Having suffered so much, Not only was I sensitive but also anxious while starting my treatment. I had no idea that she would be playing such an important part in my health journey. The only expectation I had from my treatment was to lead a normal healthy life, not fall sick too often and be fit for my son.



Under the watchful and patient eyes of my Yoga Physiotherapist Aishwarya, I saw myself progressing bit by bit each day. Dr.Aishwarya's confidence was contagious. As I bent forward feeling dizzy, I still trudged along only because I trusted her completely. I was slowly able to do shoulder stands and Chakrasana.'Yay me! Aditi you can do this and so much more' I thought. My body surprised me everyday. And then the glorious day finally arrived. I was able to perform a Shirsasana without a single symptom. Thus Dr. Aishwarya helped me overcome all my fears and I was able to do things hitherto impossible for me.





I am what I am today only because of Yoga.

Struggling to juggle my mom duties and other work commitments amidst various illnesses, I had a lot of frustration and anger built up in me. Yoga helped me not only physically but also mentally. It was the calm to my storm. One of the most important things that Yoga helped with was being able to focus on my son and raise him in a patient way. I am able to match my toddlers energy levels and play with him physically without being fatigued.



Yoga gave me the confidence to start my own independent venture, Storybeats.

Storybeats is a story telling platform for kids where kids can come forward and express themselves freely. They can make up their own stories and work on their soft skills in a fun, safe and uninhibited environment. With Storybeats, I wish to help inculcate a love for reading amongst kids and help them unleash their imagination through storytelling.



Thus, Physioqinesis helped me embark on my transformative Yoga journey and improve every facet of my life, be it my relationship with my son ,my husband as well as work.

I only wish that I would have commenced earlier because Yoga proved to be the golden key to unlock the doors of good health for me. Who knows what it will unlock for you?





PQ WISDOM

BEND IT LIKE BECKHAM-WE HAVE GOT YOUR BACK!

Each one of us has experienced low back pain at least once in their lives.

But have you really taken steps to prevent another episode?

Chances are you haven't.

After learning strengthening, posture correction and mobility exercises that form part of a back program, the important element that's often missed at the end is -

Training Bending forward.

You heard that right.

How do you train bending forward.

EDUCATION

Trust your body. Our bodies are robust, resilient and strong. Our bodies love movement. And that includes bending forward, sideward, backward...take your pick.

RELEARNING BENDING

Start gradually. Think about bending in your mind first and then change the context. Lie down and bring your knees close to the tummy, bend forward while sitting, plan functional activities that require bending like wearing a shoe.

REDUCE INFLAMMATION

Now that you can bend forward without pain, Learn and load deadlifts, Jeffersons curls, Uttanasana, etc. Make sure you learn the technique first under supervision before you load.

PQ PEAKS

Our founder, Dr Shwetha Rao Warke at two prestigious national physiotherapy conferences as a Speaker and a Panelist



PQ SPOTLIGHT

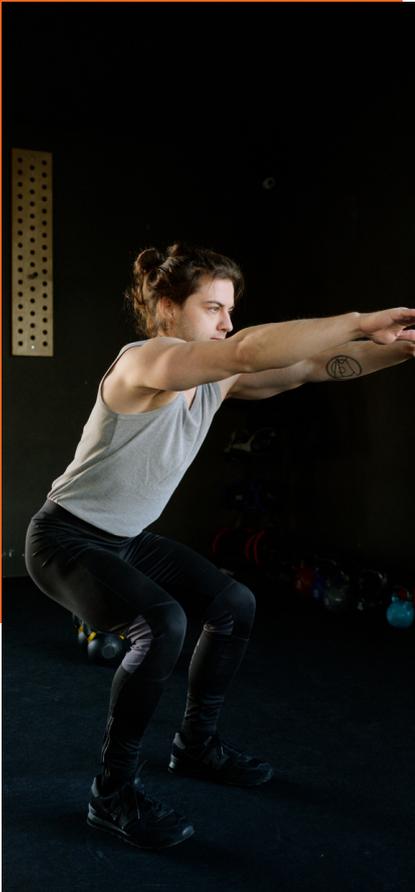


Physioqinesis was the proud Physiotherapy Recovery partner for the **TATA ULTRA 2024 MARATHON.**

A strong team of 110 physios helped in the recovery of a whopping 3400 marathon runners.

The **event** went smoothly without a glitch and there were no major injuries. We thank the organisers for trusting us with this enormous responsibility yet again!





PQ FAQ

Q I get knee pain when I squat. How can I squat without pain?

A Squats are one of the most fundamental movement patterns that need to be a part of every exercise program.

Knee pain during squats can be due to various factors like-

- ➔ Faulty technique
- ➔ Pre existing knee condition
- ➔ Core or Lower body weakness
- ➔ Lack of adequate mobility or stability
- ➔ Type and level of Squats

At Physioqinesis we can assess you to pinpoint the problem and modify the exercise to suit your needs so that you get maximum bang for your buck!

BOOK A SESSION TODAY!

PQ SERVICES

TRAIN SMARTER, NOT HARDER—BLOOD FLOW RESTRICTION

Blood flow restriction (BFR) training is a technique that combines low intensity exercise with blood flow occlusion that produces similar results to high intensity training.

You heard that right.

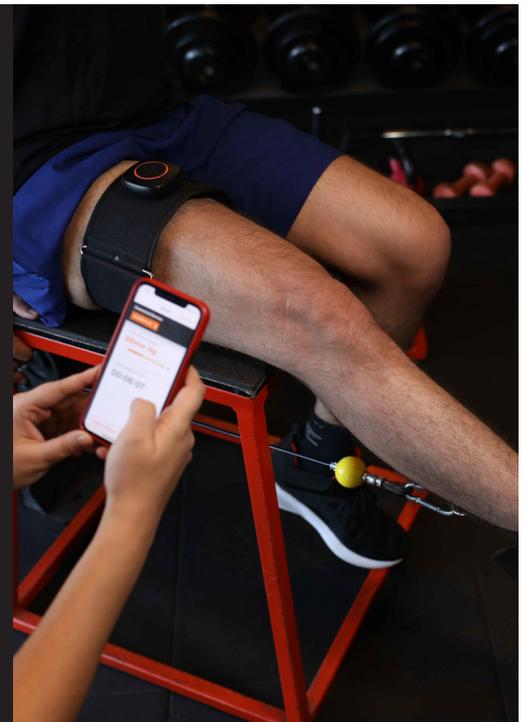
You can develop muscle without building a sweat.

BFR causes muscle tension and metabolic stress due to occlusion by a cuff on the working muscle setting the stage for muscle hypertrophy.

At Physioqinesis, we use the state of the art AIRBANDS developed by VALD Performance that help us deliver this cutting edge technology with accuracy and safety.

Experience the power of Blood Flow Restriction at Physioqinesis.

Book a session now with us now!



FOUNDER'S MESSAGE



Everyday stress can show up in the most unlikely places. That nagging knot on your neck that doesn't seem to go away no matter what you do could be due to stress. Devote at least 10 minutes of your day to doing something you love. It will not only refresh you mentally but your body will thank you for it physically too.

SPECIAL OFFER

Message us #summerfit to avail special offer

*offer valid till 28th March ,2024, T&C applied

