

ON THE MOVE

THE OFFICIAL MONTHLY WHATSAPP NEWSLETTER



PhysioQinesis

Recover . Function . Strengthen

ISSUE- APRIL, 2024



PQ ELITE

Celebrating the exceptional humans working behind the scenes at PQ

Dr. Heta Thakkar

The gun goes off.

The clock slows down.

I am in my zone.

The world whizzes past me as I sprint for my country.

I am almost there.

I am sprinting upright now taking advantage of my knowledge of top speed mechanics.

With my head held high, I cross the finish line.

I am reeling with joy as I come to terms with the fact that I just won a medal for India.

In a world filled with people having countless aspirations, once in a while, you come across someone like Dr.Heta Thakkar. Someone with a determination so unwavering that you can feel their passion when you are in the same room as them.

You dream their dream.

A dream to make India proud.

A dream which isn't a dream anymore.

Its as real as the air you breath.

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CHOOSING ATHLETICS

'Shes so hyperactive, lets channel her energy in sports' thinking thus,her parents enrolled Dr.Heta Thakker, Athletic Program Director at PhysioQinesis Performance Lab in the nearest sports center which incidentally offered athletics. As fate would have it, her coaches saw that Dr.Heta was a natural. With a bit of hardwork and the right guidance, she was able to clinch medals effortlessly.With proper training and a lot of dedication, Dr.Heta went on to win the interschool National 800m medal making her coaches and parents beam with pride.



ACADEMIC JOURNEY

"Sports shaped my personality and built confidence in me" says Dr.Heta Thakkar. But like every other Indian athlete, she had to take the difficult decision of putting a stop to her sporting dreams and pursue a viable career.Physiotherapy seemed the perfect choice since its closely related to sport if not completely.After completing her Bachelors,the high achiever that she was,made her realise,"Yeh dil maange more".Thats what led her to pursue her Masters in Exercise Science which also paved the way for her to help other Indian athletes,something that she always wanted.



Dr Heta
Asia Pacific Master Games 2023



THE COMEBACK

Working so closely with athletes made her realise that pursuing sports meant everything. It was her passion and the only thing that kept her sane. Thus, she embarked on a tough uphill journey to become the fastest again.

Reconnecting with her old coach, it was her grit and commitment to push herself beyond her limits and show up everyday in spite of being beaten up that led her to win 3 Gold medals for India at the Asia Pacific Masters Games held in 2023

BEST OF BOTH WORLDS

three time National masters Gold Medallist, Dr. Heta is the living example of the phrase, 'If you love what you do, your work will love you back.'

Her athletes are a testament to her commitment having broken various records themselves. When quizzed how does she motivate them, she replies, "Have an attitude that builds a positive environment because that's the only thing that helps others to stay on the path to success and achieve their dreams."



MESSAGE FOR BUDDING ATHLETES

When she is not training herself she can be found training athletes at PQPL, one of the largest performance centers in Thane.

Her advice to budding athletes is, "Trust the process that you are in as the team of experts training you are completely involved in building your careers since they have already built theirs."

As inspiring as she herself is, when asked what inspires her, Dr. Heta says, "I find motivation in younger athletes who are hardworking and sincere". If you wish to train under Dr. Heta, do visit Physioqinesis Performance Lab, where sporting dreams take flight.





PQ WISDOM

TRAIN THE SPRAIN

If you have twisted your ankle once and not allowed it to heal or regain its strength, chances are it's twisting again and again. Roughly 20% of ankle sprains progress to a condition called Chronic ankle instability. Thus, Ankle sprains have the highest recurrence rate of any lower limb injury. To prevent CAI, it's necessary that in addition to rest, icing, compression and elevation, You need to train the Sprain so that it never happens again.

So how do you bulletproof your ankles?

TRAIN BALANCE

Ligaments have proprioceptors that sense movement and joint position and recurrent twisting can be majorly because of a lack of balance. Target proprioception as soon as possible.

TRAIN THE FOOT

The foot is the foundation of the body. Wearing shoes all the time can render the foot weak. Train the foot muscles by doing targeted exercises like short foot, great toe abductions, etc. as well as walk barefoot to awaken them.

TRAIN THE CHAIN

Ankle sprains can lead to weaknesses up the chain and therefore a global approach where you train all lower body muscles along with those of the ankle is warranted.

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 sponsor and performance partner for Vasant Vihar Masters Doubles Team Championship.

Pre and post jump testing with Vald ForceDecks was done for the athletes by our SnC specialists along with injury management by our expert physiotherapists.

Cutting edge recovery services were provided with the help of Hyperice Normatec compression System.





PQ FAQ

Q How can I get back to sport after an ACL tear?

A An ACL tear is one of the commonest injuries sustained by athletes. It may be managed conservatively or with surgery. Whatever the course taken its important to bear the following things in mind while undergoing rehabilitation-

- ➔ Neuromuscular and proprioceptive training is the cornerstone of treatment
- ➔ Both open and closed chain strengthening is required for full recovery
- ➔ A timeline of at least 9 months is recommended before returning to competitive sport

For more details, book an appointment with us!

PQ SERVICES

TAKE YOUR PERFORMANCE TO THE NEXT LEVEL- GET TESTED AT PQ

You cant improve, what you can't measure!

If you are an athlete who wishes to improve your performance and add the magic of Sports Science to your training, look no further.

At PQPL, we conduct Sports Specific Fitness testing comprising of a carefully curated group of tests that test every parameter specific to a particular sport.

These tests help us identify your strengths and weaknesses and create an exercise program tailormade for your needs.

- Want to improve your stroke mechanics in swimming?
- Want to improve your sprint speed to outplay an opponent?
- Want to improve your top speed mechanics as a sprinter?

Get tested at PQ.



FOUNDER'S MESSAGE



The secret to leading a pain free life is balancing the load you subject your body to, with the body's capacity. For example, if you wish to start running, you need to increase the capacity of the lower body to sustain the loads that will be borne by it during running with adequate strengthening.

SPECIAL OFFER

Avail 15% OFF on Sports Specific Testing

*offer valid till 30th April ,2024, T&C applied

