



## **PRESS RELEASE**

**For Immediate Publication**

# **“State-of-the-Art” Rehab Lab launched at Fortis Escorts, Delhi in collaboration with Abhinav Bindra**

***Modern Italian machinery, latest technology and quality professionals offer benefit for those with musculoskeletal problems; ensure improved quality of life***

**New Delhi, Saturday, 6<sup>th</sup> May, 2017:** A state-of-the-art **Rehab Lab** was launched today at **Fortis Escorts**, Okhla Road, New Delhi by eminent orthopedic surgeon **Padma Shri Dr Ashok Rajgopal**. The **Rehab Lab** is the first of its kind to offer benefits in the form of cure for individuals suffering from musculoskeletal problems widely ranging from physiotherapy needs; arthritic pains; women’s health; sports injuries and the geriatric population.

This center has been set up in collaboration with Olympic Champion **Abhinav Bindra** and will be dedicated towards ensuring that people walk out free of bone and joint pains by using intricate, intensive exercises executed in a precise manner so as to attain the most accurate results. Equipped with modern Italian machinery, latest technological equipment and trained professionals well versed with the most contemporary practices, the rehab center aims to replace discomfort with cure and ensure that people lead a pain-free life.

The **“Rehab Lab”** would offer comprehensive wellness solutions, catering to people from various walks of life with maximum beneficiaries being a large population suffering for years with arthritic pains, knee and hip ailments, spinal injuries and those who also suffer from sports injuries. It will also offer improved quality of life to those who have undergone a Total Knee Replacement/Total Hip Replacement or suffer from consistent joint, back and shoulder pain and will help guide individuals suffering for years with weight-related issues.

What is very unique about this Lab is its **progress mapping** of a patient/individual quantitatively so as to gauge improvement or deterioration on a “scale”. The patients would be able to see the results and how the Lab is helping improve their quality of life.

**Dr Ashok Rajgopal, Chairman and Executive Director, Fortis Bone & Joint Institute, Fortis Escorts, Okhla Road, New Delhi said,** “We often come across individuals who have been undergoing pain-management sessions but have no visible relief in their condition despite alternate treatments. This one-of-its-kind Lab will measure the strength of their musculoskeletal structure quantitatively and design customized sessions for each. This will greatly help a large part of the geriatric patients we see in our OPDs regularly. This will also assist sports enthusiasts to perform to the best of their capabilities. Different techniques and methodologies will be applied to



cure an individual of any discomfort by holistically analyzing the situation. The objective behind the launch of this Rehab Lab is to address the problems that have arisen due to poor lifestyle choices (sedentary lifestyle-related health issues) and bad postures.” Dr Ashok Rajgopal has won several distinguishing awards. These include the Padma Shri awarded to him by H. E. The President of India on the eve of our 65th Republic Day on 25th Jan, 2014. He was also awarded Honorary FRCS by the Royal College of Surgeons on 11 Mar, 2011.

**Abhinav Bindra** said, “I am glad to be a part of this initiative as I feel it will boost the development of sports in the country. It would be a comprehensive diagnostic, assessment, training and rehab destination for athletes and general public can be relieved of any discomfort, pain, injury, stiffness or tenderness. It will aid them to continue to develop, strengthen and work on their talent. We are happy to join hands with a leading healthcare provider such as Fortis healthcare, with the objective of providing solutions to those who suffer from soreness and intense pain in their joints, bones and muscles. Catering to larger audience such as geriatric patients, people suffering from abnormally structured bones, bent spines and arthritis, the Rehab lab is indeed the critical need of the hour”.

**Dr Somesh K Mittal, Zonal Director, Fortis Escorts, Okhla Road, New Delhi** said, “As a pioneer in the healthcare sector of India, it is the duty of Fortis Healthcare to take on bold initiatives that are path-breaking in nature. This is an idea that has been executed so well that it has led to the establishment a premier centre for sports injuries, joint and muscle pain relief. Fortis is proud to partner in an initiative which drives a systemic change in the manner in which help is given to people.”

#### **Fortis Bone & Joint Institute (FBJI)**

*At Fortis Escorts, the Bone and Joint Institute is equipped to provide the matchless level of professional competence and warm patient care in the sector of orthopaedics. The Bone and Joint Institute exhibits a panel of highly experienced orthopaedic surgeons trained at well-renowned institutes in India and outside India. The department facilitates latest and top-notch orthopaedic programs for minor disorders and complex joint replacement, spine surgery, trauma care, cancer management, fracture treatments, sports injury care and arthroscopic procedures. We provide a 360o approach for treatments which has made us the favorable choice for diagnosing muscular-skeletal conditions like arthroplasty (joint replacements), arthroscopy, limb reconstructions and complicated pelvic acetabular reformation.*

#### **About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 346 diagnostic centres.*



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