



**ABTP**

Advanced Physiotherapy & Rehabilitation Centre

We firmly believe that it's more of your contribution & trust that makes us India's leading facility for Advanced Physiotherapy, Rehabilitation & Sports Performance Enhancement Solutions. By virtue of our very first edition of the Newsletter, we're glad to take you through the milestones achieved during the last few months!

## Notable Visits



**Dr. Chandran (Sports Science Head, Kalinga Stadium), Mr. Shailendra Jena (Deputy Secretary, DSYS, Govt of Odisha), Mr. Manish (Head of Khelo India initiatives) & Lt. Col. Rajesh (Sr. Consultant High Performance)** were acquainted with the high-end physiotherapy technology at our Bhubaneswar facility.



Followed by a series of virtual sessions on the significance of Sports Science conducted by the Abhinav Bindra Foundation, around **13 coaches & 4 athletes of the Anantapur Sports Academy** visited our Bengaluru Facility to get a detailed insight into the scientific approach instilled in ABTP Centres & its impact on the performance of athletes!

**Asian Shooting Champion & World Cup Medalist, Ms. Mehuli Ghosh** visited ABTP Bengaluru to undergo a comprehensive physical assessment & advanced physiotherapy treatment for knee, neck & back pain.

Click here to know about her experience at our facility!  
<https://bit.ly/3zS6tDt>



**His Excellency Hon'ble Governor of Punjab, Shri. V.P. Singh Badnore Ji** visited our Mohali facility and underwent a comprehensive biomechanical assessment using physiotherapy technology at par with global best practices.



# Workshops/Live Sessions

While empowering women to take up sports, it becomes equally imperative to educate them on how certain bodily functionalities impact performance!

Following this very approach, **Dr. Anisha Nagarkar**, our Expert Physiotherapist from the Pune facility conducted a webinar on the '**Female Athlete Triad**' with the athletes of the **Anjali Bhagwat Shooting Academy**, MES Shooting Range! During an hour-long interaction, the athletes were made aware about the effects of menstrual irregularities and dietary imbalances on their sport.



# Centre Updates/Events



"It's not just about bringing a transformation, it's about involving each one of you in making a difference altogether."

ABTP Pune completed 2 years of disseminating ultra-modern Physiotherapy and Rehabilitation services & working persistently on the mission of instilling a more objective, accountable and data-driven approach in Indian Sports and Healthcare Ecosystem!

Team ABTP Pune organized a Blood Donation Camp wherein noted coaches & athletes from varied sporting backgrounds came together to express their unified support in helping the community combat this pandemic!



While COVID Second Wave touched its peak during the past few months, it restricted people from stepping out even for their regular assessments and treatments. As an alternate for such people, we introduced Online/Tele-Consultation and Physiotherapy at Home modes to deliver seamless physical therapy services without any hassle!

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**Choose Seamless Excellence**

Get easy Access to the Best of Physiotherapy Treatment & Consultation Sessions in these COVID Times via

- Tele-Consultation
- Video Conferencing
- Physiotherapy @ Home Services with ABTP's Expert Physiotherapist!

To know more  
Reach out to us at  
+91 9915631755 | info@abtp.co.in

# Social Corner

## #NoMorePanic Series: An Exclusive Awareness Drive to aid in COVID-19 Journey

It's been almost 2 years since this COVID period has been affecting our lives with a lot of Panic and Fear, either of being infected or not being able to recover.

Through our **#NoMorePanicSeries**, we aimed at diverting the attention of people from this fear by educating them on the relevance of Physiotherapy and certain facts, tips and exercises which could actually help them maintain a balanced mental and physical health during this phase.

Click here to watch all the episodes



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**#NoMorePanic**  
An Awareness Drive to Aid you in these COVID-19 Times!

**Episode 1: Breathing Exercises**

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**#NoMorePanic**  
An Awareness Drive to Aid you in these COVID-19 Times!

**Episode 4: Immunity Boosting Diet to Combat this COVID-19 Phase**

By **Ms. Laxmi Pandrala**  
Founder & CIO in Level III  
Sports & Wellness Nutritionist at ABTP  
National Award Winning Nutritionist

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**#NoMorePanic**  
An Awareness Drive to Aid you in these COVID-19 Times!

**Episode 2: Use of Spirometer in case of Breathing Difficulties**

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**#NoMorePanic**  
An Awareness Drive to Aid you in these COVID-19 Times!

**Episode 3: Self-Prone Positions to Ease Breathlessness**

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**#NoMorePanic**  
An Awareness Drive to Aid you in these COVID-19 Times!

**Episode 5: Thoracic Mobility Exercises to Improve Breathing Capacity**



# Technical Advancements

## #MakeABetterMove with ABTP Physiotherapy @Home Mobile Application

In the race of meeting every deadline and performing exceptionally well, one thing that always gets neglected is our commitment to our own health. It's again unavoidable to believe that this pandemic period too acted as an add-on to our already sedentary lifestyle.

To help you cope with this situation and access convenient physiotherapy & rehabilitation services at the comfort of your home, we recently launched the ABTP Physiotherapy @Home Mobile Application, a one-tap solution for your healthier life!

DOWNLOAD THE APP NOW



# New Associations

While we've already established trust in our existing patients, it's equally imperative for us to work on expanding our reach and spread awareness about our set of modern approach amongst new masses.

Adhering to this, we've recently collaborated with the **ARV Hospital and Healing Multi-Speciality Hospital** to cater to the high-tech physical therapy and rehabilitation needs of people in Chandigarh!

Advertisement for ARV Orthopaedic Hospital. The top features the ABTP logo (with tagline 'Facility for Physical Excellence, No Inert Words') and the ARV Orthopaedic Hospital logo. The main text reads: 'Your trusted facility for **Advanced Physiotherapy** is now coming closer to you!'. Below this, it states 'ABTP is now in **ARV Orthopaedic Hospital, Chandigarh**' with the address '2125, Sarovar Path, Sector 21C, Sector 21, Chandigarh, 160022'. A call to action says 'Book Your Appointments Today!' with the phone number '+91 78887 20549'. The bottom of the ad shows three people (two men and one woman) standing together.

Advertisement for Healing Multi-Speciality Hospital. The top features the ABTP logo (with tagline 'Facility for Physical Excellence, No Inert Words') and the Healing Multi-Speciality Hospital logo. The main text reads: 'Brings the Most **Advanced Physiotherapy Solutions** Now in Chandigarh!'. At the bottom, the address is listed as 'SCO 18-22, Sub. City Center, Sector 34A, Chandigarh, 160022'.

## About Us

With one of its kind high-end technology in India, the Abhinav Bindra Targeting Performance provides a perfect facility for advanced physiotherapy and rehabilitation services. Be it healthcare or sports, our advanced equipment are capable of assessing and treating with accountable data-driven protocols managed by trained professionals. We've been able to widespread our vision of instilling global best practices in the Indian Healthcare and Sports Ecosystem via our high-performance centres spread across 5 cities and benefited more than 3000 medical patients and 2000 athletes (over 15 Sports) so far!

For more information, contact us on  
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