



# PRAKRUTI Sports Science & Physiotherapy Clinic Pvt Ltd.



Was established 22 years ago with a mission to prevent Musculoskeletal Injuries, life style Diseases, and limit disability arising from joint diseases. By integrating traditional Physical Therapy treatments with fitness, nutritional guidance, health & wellness, we have been helping thousands of patients over the last 22 years to live a pain free and active life. We truly believe that exercise is medicine & when used in the prescribed dose can prevent / solve most problems.

We have found successful solutions to help people with acute, sub-acute and chronic problems, and when we are in doubt about our ability to help a patient, we unhesitatingly refer them to the correct doctor/ facility.

Prakruti offers all of the above facilities in a spacious area of 1500 sq. feet in Andheri (W) and at its 500 sq feet satellite centre in Bandra (E). One of its consultants is also available in South Mumbai.

Dr Harshada Rajadhyaksha  
DIRECTOR & CONSULTANT

Dr Vipul Chavda  
CONSULTANT



**Prakruti Sports Science & Physiotherapy Clinic**

Andheri (W) :: 4 Sea Glimpse, J P Road, Seven Bungalows, Andheri (W), Mumbai - 61  
Bandra (E) :: Flat no 2368, Bldg 50, Vijaydeep CHS Ltd, Gandhinagar, Opp MIG Club, Bandra (E), Mumbai - 51

022 26360235 || prakrutisportsclinic@yahoo.com || 9920411665

Website : [www.prakrutihealth.com](http://www.prakrutihealth.com)

We work with several leading physicians and surgeons to impart health and pain relief. We also work with schools, organizations, and sports academies to promote health, give ergonomic advice, prescribe preventive exercises & Diet plans. Our approach is

1. To determine the specific requirement of the individual and carry out a detailed evaluation with the intent to help him/ her achieve it
2. To plan and conduct/ advise a personalised rehab plan based on our assessment and the individual 's goals
3. To make the individual independent of our care as early as possible and discharge him with a home/ gym program, OR refer to another facility/ surgeon/ physician when required



At Prakruti, we believe that prevention of sports related injuries is very important. With this in mind, we conduct regular Fitness evaluations for sportsmen , athletes, and our members which helps us to determine their current fitness status, and to design specialized fitness programs to enhance their performance and prevent injuries.

Finally, we believe that the ideal fitness is one that allows a healthy mind to reside in a healthy body.



**Dr. Harshada Rajadhyaksha** is the founder and owner of Prakruti Sports Science and Physiotherapy Clinic, which is in existence since 1994. She has over twenty years of experience in Orthopaedic rehabilitation, management of sports injuries, Fitness, injury prevention, Nutrition & Diet Prescription.

#### **Education:**

- Bachelors in Physical Therapy, G.S. Medical College (K.E.M Hospital), **Mumbai 1988**
- Post Graduate Diploma in Rehabilitation, AIIPMR Haji Ali, **Mumbai 1989**
- Pain Management, **Johannesburg, South Africa 2002**
- Fellowship Sports Medicine, Rosebank Clinic, NetWest Hospitals **Johannesburg, South Africa 2002**
- Gait Training & Foot Pressure Mapping, **London 2006, Belgium, 2007**
- Diet Therapy, SNOT University, **Mumbai 1995**
- Yoga Teachers' Training Course, YVN, **Mumbai 1986**
- Sports Medicine and "Taping Techniques" conducted by Peter Esterson of **University of Virginia 1989**
- Reebok Core Stability Workshop **2000**
- Pilates (**Boston, USA**) **2001**
- **"Advanced Strength Training Techniques" USA 1999**

#### **Experience:**

- **1989-1991** Spastics Society of India (Cerebral Palsy and Pediatric Neurology)
- **1991-1994** Belgaum, Karnataka: Set up and ran the first two Physiotherapy units and worked with patients from all medical fields. Was attached to Belgaum Orthopedic Center and Metgud General Hospital. Created awareness and interest in the field, and had a very successful and professionally satisfying practice
- **1994-1997** Private Clinical Practices at two polyclinics in suburban Bombay, treating patients with Orthopedic and Neurological conditions
- **2001-2004** Consultant with Spectrum Health Care, Colaba, Mumbai

*1994 onwards Prakruti Sports Science and Physical therapy Clinic. Prakruti was the first Private Physical Therapy Clinic in Mumbai to offer the concept of "Wellness" and an integrated, holistic approach to pain management, fitness, and injury prevention.*



## **Dr Vipul Chavda**

### **Honorary Consultant to Governor of Maharashtra**

#### **Education:**

- Bachelor of Physiotherapy, 1997 MAHE, Manipal, India
- Master of Physiotherapy(Sports Medicine), 2000 MAHE, Manipal India
- Fellowship Sports Medicine, 2003, Center of Sports Medicine, Netwest Hospitals, South Africa
- Pain Management, Certificate Course, Johannesburg, South Africa
- Advanced Course on Rehabilitation post Replacements, Norwich, UK

#### **Expertise & Experience:**

- Spine Mobilization / Shoulder & Knee injuries & rehabilitation
- Post operative Rehabilitation after:-
  - ACL / PCL Reconstruction
  - Total Knee / Hip / shoulder Replacement
  - Unicompartement Replacement of the knee
  - Shoulder Rotator Cuff Repair, Bankart's & SLAP Repair
  - Exercise Prescription & Sports Team Management

#### **Activities:**

- ⇒ For the last 10 years he has been a consultant with PRAKRUTI Sports Science & Physiotherapy Clinic and has been an integral part of our clinic. Despite being a successful Clinician, he is a passionate teacher and has been in charge of our Continuous Learning Programs for the last several years.
- ⇒ Research on Post Knee Replacements Rehabilitation.

#### **Publication :**

Efficacy of Periarticular Injection of Bupivacaine, Fentanyl, and Methylprednisolone in Total Knee Arthroplasty: A Prospective, Randomized Trial (**The Journal of Arthroplasty Vol. 25, Issue 6, Pages 851-857**)



## OUR STAFF



Ketan Sinh

B.E, M.B.A

Business Development, Finance & Digital Solutions



Dr. Ketki Patil

BPT



Dr. Sinan Tejani

BPT



Dr. Neha Pathak

MPT



Dr. Aditi Kate

BPT



Dr. Natasha Francis

BPT



Dr. Khusboo Kapuria

BPT



Dr. Pratik Shah

BPT



Dr. Rini Rajan

BPT

# FACILITIES @ PRAKRUTI

## Physiotherapy & Rehabilitation

Pain relief, pre and post operative physiotherapy, treatment of Sports-related injuries, Sports Rehabilitation, Fitness testing, Prevention of musculoskeletal injuries, All kinds of orthopedic rehabilitation including Fractures.



## Exercise Therapy

Identifying weak muscle groups and training them in a pain free range, Stretching routines for tight structures, Learning correct posture for various exercises, Beginning of a strength routine after injury/ pain, Exercises during and after pregnancy, Various classes for children and adults including Yoga/ Pilates/ Body Toning/ Core Training, etc



## Nutritional Counseling and Weight Loss

Completely tailored to your lifestyle & Health condition without any gimmicks, our weight management programs are geared to IMPROVE your health and nutritional status.



## Lifestyle Management and Preventive Care

Lifestyle related disorders, their management and prevention with exercise therapy. People at risk or suffering from Diabetes / Hypertension / Cardiac Diseases / Obesity / Osteoarthritis / Osteoporosis can benefit from our programs





# NUTRITION CENTER

**A 50 year old man** with hypertension and Diabetes, on medication for both and weighing 105 Kg had come to us for a weight loss and life-style management program. On initial evaluation his diet seemed perfect, but he was not able to lose weight and in fact had been steadily gaining weight over the last few years. We designed a special weight loss and exercise plan for him, also adding certain natural foods to stimulate weight loss. He started losing weight within the first week. He was not required to visit us more than once a week and his exercises were to be done at home. He lost more than 7 kg in the next 8 weeks and continued on the healthy lifestyle prescribed by us.



**A 30 year old mother of two** was about 5 kg overweight and had a resultant nagging back pain. She was a member of an elite gym as well as had a personal trainer, but over the last few years found it impossible to lose weight. On careful scrutiny, there were many lacunae in the exercise plan as well as food habits. We started her on supervised exercise sessions under our care besides a healthy and reduced calorie diet plan. She lost the 5 kg in 6 weeks and her nagging back pain disappeared.



**A 45 year old woman** with severe knee pain came to us after her orthopaedic surgeon advised her to undergo a knee replacement surgery which she wanted to avoid. Since the knee joint was degenerated and she was in pain, we had to design an exercise plan that would suit her needs. Her diet plan had to be a little aggressive as quick weight loss was necessary. She was highly motivated and lost 8 kg in 2 months. Her knee pain disappeared totally, and though she will require the surgery at some point in her life, she is happy that it has been postponed for now!!



**An 18 year old tennis player** came to us for a one time consultation for a diet plan. His main complaints were a feeling of fatigue and low energy levels towards the end of his game. We did a basic blood workup and found that he had some deficiencies. A body fat analysis showed that though his weight and height ratio was good, his body fat % was high (23%). A detailed diet plan was designed including pre-workout/ post-workout meals, planning meals while travelling, etc. He was called for a follow up after 8 weeks and his body fat % was now found to be 18% and he reported an improvement in his performance and energy levels.





## TESTIMONIALS



Anjali & Sachin  
TENDULKAR

September 13, 2012

To,  
Dr. Harshada Rajyadaksha  
M/s. Prakruti Sports Science & Physiotherapy  
129/1 Fisheries University Road,  
Aram nagar Part -1, 7 Bungalows,  
Andheri (West),  
Mumbai - 400053.

When I first met Dr. Harshada I did not know what to expect, but after that over the last several years I have taken her advice on injury related issues several times. I have been very impressed by her diagnosis and the quality of the treatment that I have received from her and the other physiotherapists in her group.

I would definitely recommend Prakruti for sports injury management.

A handwritten signature in blue ink, which appears to be "Sachin Tendulkar".

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SACHIN TENDULKAR

## TESTIMONIALS



My name is Isha Sharvani, I am a professional dancer and actress. The contemporary dance style that I perform is extremely rigorous and physically demanding.

Due to that, over the years I have had a host of injuries connected with my spine and knees, which I have never been able to treat in a systematic way so as to prevent it from reoccurring. It is problematic enough as a dancer not to be able to rehearse and sometimes perform due to chronic pain, but not to be able to find the right guidance for recovery in the short term and prevention in the long run is very frustrating. Conventional doctors told me I should just give up dance!

I have had the privilege of meeting Dr. Harshada Rajadhyaksha and Dr. Vipul Chavda over a year back. I am so thankful to them for treating me ( helping me both when I needed to perform and did not have time for recovery, and for showing me the right exercises that have helped strengthen my body ), for guiding me and for making me understand fitness in a new light.

I am very grateful and touched by the care and concern they have showed me over the past year and strongly feel that under their guidance I will be able to sustain my career for longer, as well as maintain a level of fitness and health that will last and help me throughout my life.

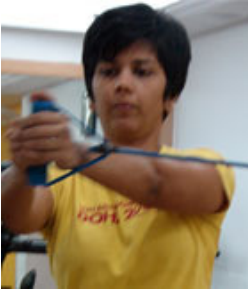
- Isha sharvani



I came Prakruti when Sachin Tendulkar recommended me to Dr. Harshada Rajadhyaksha. I was little reluctant about treatment because I had been to many doctors ( in UK & MUMBAI ) for this injury but was not getting any results. When I first came here the confidence she gave me and the program she prescribed for me was so good that immediately it started showing results. I am a professional cricketer and played for Mumbai Ranji . I never got such serious injury in my cricket career. Now I am 37 years old and still going strong and full of confidence as if I am 26 years old. I really thank Dr. Harshada Rajadhyaksha for all the support and confidence which she gave me during my treatment time. I really wish her all the best.

Thank you Dr. Harshada Mam

-Amit Dani



After having spent almost more than 15yrs into the sport, I started having niggling aches in my shoulder and knees. Throughout I couldn't continue for long. But with a complete exercise program here, my head is clearer and my aches are in control, look forward to my sport career with hope. In the past have been to a couple of physiotherapists from abroad. But after my experience here, I have realised that specialized sports physio do exist in our country as well. Don't have to venture out anymore. Thank you Dr. Rajadhyaksha and Dr. Alicia. Keep up the good work & I hope together we can bring many more laurels to the country.

-Suma Shirur

Prof:- Sport Rifle Shooting

I was operated for both knee (ACL) when I came to Prakruti Clinic. I got injury while playing kabaddi. After coming to Prakruti Clinic with the great help of Dr Vipul Chavda and his team, I can achieve my previous performance. I had recovered very fast because of different exercises and rehab program given to me,

I want to give special thanks to Dr Chavda because of them I can play again for Indian Team and achieve "Gold Medal"

Abhilasha Mhatre

Kabaddi Player



I underwent ACL Knee surgery, I came to Prakruti due to Abhilasha's great experience. When I came to Prakruti my knee was not bending fluently. Before visiting Prakruti I was under two different physiotherapists who advised me that it is difficult to play again and achieve your previous performance.

Dr Vipul Chavda help me to stand again, Prakruti Made a rigorous program of four months for my recovery and guided me during my difficult period, I had achieved my previous performance levels.

Kishori Shinde

Kabaddi Player



## **PRAKRUTI - TEMPLE OF HARMONY**

Many moons ago during a period of angst and upheaval,  
When the mind and the body did not harmonise,  
A twist of the knee caused some pain,  
But more of fear and thoughts inane!

The bone surgeons fevered the anxiety  
Of tibial fractures and torn menisci,  
They restricted walking  
And forbade climbing  
Making personal and professional existence so trying;  
Till a chance encounter with an old friend  
Who forthwith did me to Prakruti send,  
Where the experienced and beautiful director  
Read my X rays and M.R.I.s so wisely  
She smiled and expostulated so sagely,  
"It's a very small problem, we'll set it right."  
And all at once my fears took flight!

At this temple of mind, body and soul called Prakruti  
She put me through a holistic regimen  
Of easy diets, cardio and muscle enhancement –  
These 'temple' visits became an addiction.

The pheromones soared  
The spirit flourished  
The slovenly body started to tone,  
Working out to music one cherished  
Treading and stepping  
Cross training and leg pressing  
The entire scenario of dumbbells at dawn  
Daily beckoned –  
The energetic team led by Harshada,  
With efficient Ketan, smiling Sumit and effervescent Riya,  
Bubbly Sheetal, prancing Pratik and merry Madhura.

And what makes Prakruti truly the best  
Is the incredible zest  
With which they cure your problem  
And also rejuvenate the rest!

Thank you Prakruti, for your all round care,  
The treatments and the fun you always share,  
May God bless you all the way,  
Each moment, each hour, each passing day.

Dr. Aban J. Movdawalla

I am a practicing Endocrinologist in Mumbai and deal with Obesity and treatment of the same for many of my patients. However my focus is on the pathology and treating the illness associated causing the Obesity. Physiological obesity has always been a challenge.

I Have been an active sports person all my life, from swimming, throwball, football, gyming, Badminton, Table tennis, Dance classical and contemporary styles, hiking, cycling, Yoga and the most passionate of them all running. I have been running for as long as I can remember. Active lives filled with sport are not free from Injuries and challenges.

The last two years with increasing knee complaints my running took a back seat with piling kilos and reduced physical activities. I managed to drop them off, but all would come right back on, and was struggling trying to achieve my goal of loss of weight with sustenance and maintenance of the loss.

My good friend Vikram Mordani, introduced me to the Prakruti Sports Science and Physiotherapy Clinic, and there to Dr. Harshada Rajadhyaksha and Dr. Vipul Chavda, who have guided me through this journey of healing and fitness. I have been introduced to various meal plans and diet know hows which have helped me steadily bring down the weight as well as build my stamina and get fitter with multitude of exercise plans and strengthening techniques for my knees. I now run again with no difficulty or pain in the knees and also there is a better understanding of how the Body functions, the exercises are not always tough they are simple yet effective for that muscle group.

There is so much I have learned in my time here and I continue training here, I am 10 kilo's lighter since I started and I continue my journey towards fitness and healthy living.

The young physiotherapists have been warm, friendly and educative in their training and are always a welcome face every morning for the workout session. To name a few, Dr. Pratik Shah, Dr. Sumedh Desai, Dr. Harshida Pai, Dr. Sheetal Naik, Dr. Madhura Sawant, with each one I have had a few sessions, they have their unique style and their own strong forte in their guidance and are always ready to explain and allay any doubts I may have.

We promptly receive reminders for our sessions every evening for the next day and there is a personal contact with each of the clients. Each workout session or Diet is catered individually to the specific needs; it is thought through and worked out to tackle all the problem areas. The personal touch is very inspiring as well as assuring.

I truly appreciate all the efforts the centre puts in making so many lives a healthier one, and surely thankful for the insight I have had towards fitness and health and hope in knowing there is recovery from injury and doing things right can make you actually do things for a long time to come.

I highly recommend the centre to my friends, family and also my patients.

Dr. Kavita P. Pai

Consulting Endocrinologist