



# News Letter Jan 2026

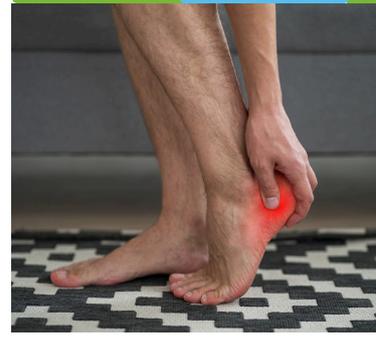
Journey Newsletter — Every Two Months

## OUR BRANCHES:

1. Mylapore
2. Medavakkam
3. Anna nagar
4. Porur



Pongal Celebration



**Heel pain** is discomfort felt at the bottom or back of the heel, making walking and standing difficult. It can occur suddenly or develop gradually over time.

குதிகால் வலி என்பது குதிகாலின் கீழ் அல்லது பின்பகுதியில் ஏற்படும் வலி.

## MATRIX RHYTHM THERAPY

is a non-invasive cellular therapy that restores natural muscle rhythm and improves circulation through gentle magneto-mechanical oscillations. It reduces pain, relaxes soft tissues, and enhances oxygen supply, supporting faster healing and tissue recovery. Safe and effective, it is widely used for heel pain, musculoskeletal conditions, and post-operative rehabilitation.



Backbone of Sai Healthcare Foundation

For Appointment  
**99414 38815**



## GRAND OPENING - PORUR BRANCH

Sai Healthcare Foundation proudly announces the launch of our 4th branch in Porur!

Expanding our commitment to advanced care, healing, and patient-centered treatment, we are excited to bring our trusted healthcare services closer to you.





**From the Founder Director**

At Sai Healthcare Foundation, every two months brings new learning, growth, and collective effort. This period has been especially meaningful as our clinical teams and support staff have worked together to deliver compassionate, evidence-based care to our patients. From improved patient outcomes and advanced therapeutic practices to team trainings, outreach programs, and academic initiatives, each milestone reflects our shared commitment to healing and service. I sincerely appreciate the dedication and integrity shown by every team member. Together, we continue to strengthen our foundation, expand our impact, and move closer to our vision of accessible, ethical, and excellence-driven healthcare.

***Dr. Harish Kumar Rajendran, PT Founder/Director,  
Sai Healthcare Foundation***



**For Appointment  
99414 38815**



**Financial Director**

At Sai Healthcare Foundation, financial stewardship goes hand in hand with our mission of delivering quality healthcare. Over the past two months, our organization has seen steady growth, disciplined resource management, and thoughtful investments that strengthen both clinical care and operational efficiency. I appreciate the collaborative efforts of our teams who ensure transparency, accountability, and sustainability in every initiative—from patient services and technology upgrades to training and outreach programs. These collective inputs help us plan responsibly, support innovation, and build a strong foundation for long-term impact. Together, we continue to balance purpose with prudence, ensuring every resource creates meaningful value.

***Er. Nisha Harish Kumar, BE  
Financial Director - Sai Healthcare Foundation.  
Founder - Harsha Naturals***



## Dr.Sandhiya,PT Physiotherapist & Mylapore Branch Manager (5+ years of journey with our organization)

### STAFF JOURNEY

Hi All, I am very glad to tell about my journey in Sai Health Care Foundation. Everyone has a dream to achieve in life. I too had a dream to become a physiotherapist with the main intention of serving people. The problem solving and investigative competencies required in the profession coupled with the need for strong anatomical knowledge was the other reason. Profession that works with people to identify and enabling people to improve their health, well being and quality of life. I have started my journey since 2013 as a physiotherapist in City Tower Hospitals, Anna nagar with the guidance of DR. SK. Through which, I loved watching the progress patients make and being a small part of my success. With each session, my confidence grows and able to progress to more difficult exercises. Then life drives to be a MOMMY of my son where my complete care had gone to him, a gap in professional life. After that gap, I have joined in Sai Healthcare Foundation in 2020 as an evening staff where my professional journey continues again.I am immensely satisfied with the professional exposure in this organisation from the very first day itself.A quite spacious environment which fosters confidence and enthusiasm both professionally and personally.Within a few days ,I was also a petal in this beautiful blossom,'Sai Healthcare Foundation'.Learning of Matrix Rhythm therapy , a latest advancement of treating patients using the concept of cell biology was really interesting and it enhanced my profile. DR. Harish Kumar has taught and guided many other new techniques to treat patients and recovery rate in a faster way. As a career booster, I have been awarded as a Star performer thrice and good employee of the organization. With continuous motivation of Dr. Harish kumar, I have gained more confidence which drives me passionately and responsibility

**I am pleased to share that have been promoted as Branch Manager in 2025, Mylapore branch,focusing on managing team in a right way. I am incredibly grateful for the support, work more closely with everyone to achieve our goals and look forward to driving our continued success.**



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# SPECIAL HEALING OFFER FOR OUR PATIENTS

## 9+1 OFFER

Dr. Harish's  
**SAI HEALTHCARE  
 FOUNDATION**  
 Advanced Physiotherapy & Multispeciality Clinic

Your Health is  
 Our Priority

**SAVE**

Treatment Charges

Pay for 9 days  
 (on the 1st day itself)  
 Get 1 day free!

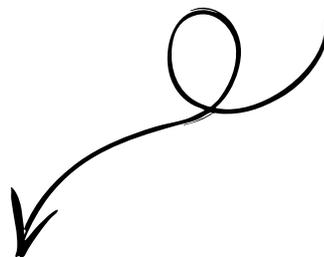
**FREE**

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Not Applicable for Matrix Sessions  
 TERMS AND CONDITIONS ARE APPLY

This complimentary first session helps you experience our treatment approach, understand your condition better, and start your healing journey with confidence. Once you feel the difference, continuing the full 10-day structured treatment plan ensures better results, faster recovery, and long-term relief.

**For Appointment  
 99414 38815**



Your recovery deserves consistency—and we're here to support it.

Introducing our 9+1 Treatment Offer: Enroll for 9 days of treatment and receive the 1st day absolutely FREE.

Start free. Continue strong. Heal completely.



Offer available for a limited period.

Please contact the clinic for details.

WE OFFERS **60+** NATURAL PRODUCTS,  
EACH ROOTED IN NATURE'S PURITY.

~More Nature, More Harsha.



## OUR COMPLETE NATURAL CARE PRODUCT RANGE

### OUR PRODUCTS

- Organic Soaps
- Lemon, Orange, Papaya, Neem, Tulsi, Kuppaimeni, Aloe Vera, Red Wine, MultaniMitti, Eucalyptus, Papaya Milk.
- Premium Soaps:
- Skin Whitening, Anti- Odour Soap, DeTan Soap, Pigmentation Soap, Anti Stretch Mark Soap, Red Sandal Soaps, Anti Acne Soaps, Anti Aging Soap.
- Cosmetic Products:
- Lip Balms, Lipsticks, Kajal, Face Cream, Face Serum, Body Moisturizers, Body lotions, Skin Whitening cream, Anti dandruff Shampoo, Herbal Shampoo, Hair Conditioning spray, Hair Oils, Hair Serums, Hair Dyes, Room Fresheners, Car Fresheners & many more



### Biodegradable-Homecare Products



It marks two wonderful years of growth, trust, and natural beauty care.

The brand has inspired many people with its organic and skin-friendly products.

This milestone shows dedication, passion, and customer love.

## NISHA HARISH KUMAR

### Location:

24, East Abiramipuram 3rd St,  
Mylapore, Chennai - 600004

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Founder - Harsha Natural's

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To place your order, contact:  
9403890403



# CELEBRATION

## Chrisma Game & pongal Celebration





## MATRIX RHYTHM THERAPY WORKSHOP

We recently conducted our 3rd Matrix Rhythm Therapy workshop, which was attended by 20 participants, including dentist and an international participant also took part in the learning process. The workshop was conducted by Dr. Harish Kumar, offering comprehensive theoretical knowledge and hands-on practical training.



### Hands-on Training and Clinical Learning

The workshop emphasized hands-on training with live demonstrations and supervised practice. Participants gained practical experience in applying Matrix Rhythm Therapy techniques with proper clinical guidance and confidence.

## Advancing Understanding of Cellular Communication

Participants shared positive feedback on the clinical relevance of the therapy. The participant highlighted that the workshop enhanced their understanding of cellular communication. Overall, the workshop provided a valuable platform for integrating Matrix Rhythm Therapy into clinical practice.

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 Dr Harish's Sai Healthcare foundation

 [www.saihealthcarefoundation.com](http://www.saihealthcarefoundation.com)



### Matrix Rhythm Therapy

Invented By Dr. U.G. Randoll, Germany  
An Innovation of 21st Century in Management  
of Pain & Restricted Mobility



# HEEL PAIN

Heel pain is a common problem that affects people of all ages. It is discomfort or pain felt at the bottom or back of the heel. The heel plays an important role in walking, standing, and running, so pain in this area can make daily activities difficult. Heel pain may develop suddenly or slowly over time, depending on the cause.



குதிகால் வலி என்பது எல்லா வயதினரையும் பாதிக்கக்கூடிய ஒரு பொதுவான பிரச்சினை. குதிகாலின் கீழ்ப்பகுதியில் அல்லது பின்பகுதியில் ஏற்படும் அசௌகரியம் அல்லது வலியே குதிகால் வலி ஆகும். நடப்பது, நின்று இருப்பது, ஓடுவது போன்ற செயல்களில் குதிகால் முக்கிய பங்கு வகிக்கிறது. அதனால் இந்த பகுதியில் வலி இருந்தால், தினசரி வேலைகள் செய்ய கடினமாக இருக்கும். குதிகால் வலி சில நேரங்களில் திடீரென ஏற்படலாம் அல்லது காரணத்தைப் பொறுத்து மெதுவாகவும் உருவாகலாம்

**For Appointment  
99414 38815**



The Priority Card is valid for 365 days from the date of activation.

Renewal is required after the expiry date to continue availing benefits.

## Eligibility & Usage

The card is applicable for one family (maximum 2 adults).

The card is non-transferable and can only be used by the registered family members.

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 saihealthcarefoundation

 Dr Harish's Sai Healthcare foundation

 www.saihealthcarefoundation.com



# SYMPTOMS

- Pain when you get out of bed
- காலையில் படுக்கையிலிருந்து எழுந்ததும் வலி
- Pain when you walk
- நடக்கும்போது வலி
- Pain when you stand for long time
- நீண்ட நேரம் நின்றால் வலி
- Walking becomes difficult
- நடப்பது கடினமாக இருக்கும்
- Sharp pain
- குதிகாலில் திடீர் குத்தும் வலி
- Pain at back of the heel
- குதிகாலின் பின்புறத்தில் வலி
- Burning feeling in the heel
- எரிச்சல் / சூடு மாதிரி உணர்வு
- Pain at back of the heel
- குதிகாலின் பின்புறத்தில் வலி
- Burning feeling in the heel
- எரிச்சல் / சூடு மாதிரி உணர்வு



# CAUSES



## Standing too long

நீண்ட நேரம் நின்று வேலை செய்வது

## Wearing bad shoes

சரியான காலணி இல்லாமல் நடப்பது



## Too much walking or running

அதிகம் நேரம் நடப்பது அல்லது ஓடுவது

## Wrong way of walking

சரியான முறையில்லாமல் நடப்பது



## Dehydration

தண்ணீர் குறைவாக குடிப்பது

## Foot injuries

காலில் அடிபடுவது



# HOW PHYSIOTHERAPY WORKS ON HEEL PAIN

## Ultrasound Therapy

- They reduce pain and swelling.
- வலி மற்றும் வீக்கத்தை குறைக்கிறது.
- They help the muscles and tissues relax.
- இதனால் கால் தசைகள் தளர்வாக இருக்கும்.
- They improve blood flow so the heel heals faster
- கால் பகுதியில் ரத்த ஓட்டத்தை அதிகரித்து வேகமாக குணப்பட உதவுகிறது.



## Patient education

- Rest your feet and avoid standing for too long
- கால் ஓய்வெடுக்கச் செய்யவும், நீண்ட நேரம் நிற்கதிர்கள்



## Wax Therapy

- Warmth helps relax muscles and tissues in the heel or foot.
- வெந்நீர் அல்லது வெப்பம் கால் தசைகளை தளர்வு செய்கிறது.
- Warmth increases circulation, helping the tissues heal faster.
- வெப்பம் ரத்த ஓட்டத்தை அதிகரித்து, கால் பகுதி வேகமாக குணப்பட உதவுகிறது.



- Wear comfortable shoes with good support
- அசௌகரியமான காலணிகளை அணியுங்கள்
- Apply ice for 10–15 minutes if the heel is swollen
- குதிகால் வீக்கம் இருந்தால் 10–15 நிமிடங்கள் ஐஸ் வைக்கவும்

**For Appointment**

**99414 38815**

# MYTH AND FACTS OF HEEL PAIN



## MYTHS

### Myths of Heel Pain

## FACTS

### Facts of Heel Pain

Heel pain is always caused by a heel spur

Most heel pain is caused by plantar fascia inflammation, not heel spurs

Only athletes get heel pain

Non-athletes like teachers and workers also commonly suffer from heel pain

Complete rest is the best treatment

Controlled movement and exercises help faster recovery

Flat feet are the only cause of heel pain

Both flat feet and high-arched feet can cause heel pain

Heel pain is a normal part of aging

Heel pain is not normal and can be treated at any age

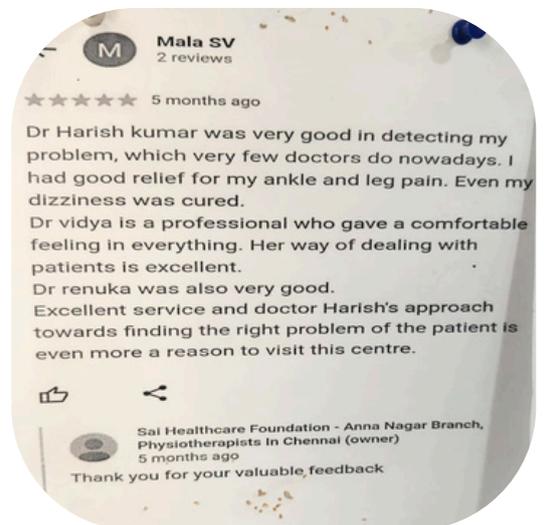
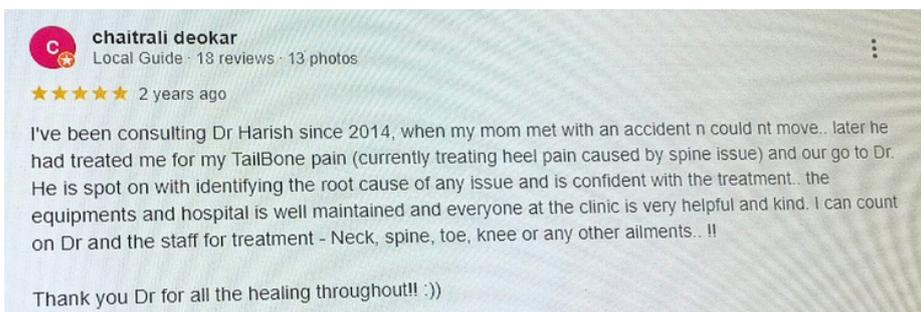
Surgery is always required

Most cases improve with simple, conservative treatment

# BACKBONE OF SAI HEALTHCARE FOUNDATION



## PATIENT FEEDBACK



**What's App No**  
**9403892434**



## HOW MATRIX RHYTHM THERAPY WORK ON HEEL PAIN

Matrix Rhythm Therapy (MRT / MaRhyThe®) works on soft tissues at the cellular level to reduce pain, improve circulation, and restore normal movement in the heel and foot, Restores Natural Cellular Rhythm, Healthy muscles and connective tissues.



Matrix Rhythm Therapy is an effective and safe treatment for heel pain, as well as for diabetic wound healing, post-operative recovery, and various types of musculoskeletal pain. Each session typically lasts around 60 minutes and can be done once or twice a week. Patients often notice improvement from the very first session, experiencing reduced pain, relaxed muscles, improved blood flow, and faster tissue healing. MRT works by gently stimulating the muscles and soft tissues, enhancing circulation and the body's natural healing processes. It is non-invasive and has no reported side effects, making it a reliable option for pain relief, rehabilitation, and overall tissue recovery.

Matrix Rhythm Therapy is a cell biological therapy which activates and rebalances special physiological vibrations of skeletal muscles and nervous system. During disease there is a deficiency in energy metabolism at the cellular level and it must be normalized before any adequate therapy. Matrix Rhythm Therapy reactivates the cell metabolism and normalizes the physiological process by depth effective rhythmical phase synchronous magneto mechanical oscillations. Matrix Rhythm Therapy is modulated between 8-12 Hz of frequency.



### Matrix Rhythm Therapy

Invented By Dr. U.G. Randoll, Germany  
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# SAI HEALTH CARE FOUNDATION

ADVANCED PHYSIOTHERAPY & MULTISPECIALITY CLINIC

Certified Maratrix Rhythm Therpay clinic in India - Since 2008

## SAI HEALTHCARE FOUNDATION NEWSLETTER

24, EAST ABIRAMAPURAM 3RD STREET, MYLAPORE, CHENNAI - 600 004

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### OUR BRANCHES:

1. Mylapore
2. Medavakkam
3. Anna nagar
4. Porur

*This newsletter is released 2 months once. Its to keep connected with our patients and share the updates happening in the clinic. It is also to educate the society about the common medical conditions and its scope of treatment.*

## ADDRESS

### BRANCH - 1:

Door No 50, Vimala, Jeyachandran Nagar 1st Main Rd, near Dominos Pizza, Medavakkam, Chennai, Tamil Nadu 600100.

### BRANCH - 2:

AJ 109, 10th Main Rd, near Samco Hotel, Sriram Nagar, A J Block, Shanthi Colony, Anna Nagar, Chennai, Tamil Nadu 600040.

### BRANCH - 3:

No.3/492, Kamar Street, Shanmuga Nagar, Madhanandhapuram, Chennai - 600125, Near akshara restuarant

**For Appointment 99414 38815**

**For Emergency Extn - 1 (Mylapore)**

**Extn - 2 (Medavakkam)**

**Ext 3 - (Anna Nagar)**

**Ext 4 - (Porur)**

### WEBSITE

[www.saihealthcarefoundation.com](http://www.saihealthcarefoundation.com)