



JULY 2026

NEWSLETTER

SAI HEALTHCARE FOUNDATION

BEST FOR MONTH OF JUNE 2026

We are delighted to announce that our Mylapore Branch has been recognized as the Best Branch of the Month for June.

This achievement reflects the team's exceptional dedication, consistent performance, and unwavering commitment to excellence. Through strong teamwork, customer-focused service, and a determined approach to achieving targets, the Mylapore team has set a benchmark for success.



Your passion, hard work, and collaborative spirit have played a vital role in earning this well-deserved recognition. We sincerely appreciate your efforts and the positive impact you continue to make. Congratulations to the entire Mylapore team on this outstanding accomplishment! We wish you continued success and look forward to celebrating many more milestones in the months ahead. Keep up the excellent work!



FOOT ECG CAMP

Our Foot ECG Camp was successfully conducted to promote awareness of diabetic foot health and the importance of early detection. Participants underwent advanced Foot ECG screening to assess blood circulation and nerve function, helping identify potential foot complications at an early stage. Expert consultations and personalized foot care guidance were also provided, encouraging preventive care and supporting healthier, pain-free feet.





Dr. Harish's

**SAI HEALTHCARE
FOUNDATION**

Advanced Physiotherapy & Multispeciality Clinic

02



From the Founder Director

Dr. Harish Kumar Rajendran, PT

Founder & Director
Sai Healthcare Foundation

Every two months at Sai Healthcare Foundation, we witness new growth, continuous learning, and stronger teamwork. This phase has been especially meaningful, as our clinical teams and support staff have worked together with dedication to provide compassionate, evidence-based care to our patients. From improved patient outcomes and advanced therapeutic approaches to team training programs, outreach initiatives, and academic activities, every milestone reflects our shared commitment to healing and service. I sincerely appreciate the hard work, integrity, and passion of every team member who contributes to our mission each day. Together, we continue to strengthen our foundation, expand our impact, and move closer to our vision of delivering ethical, accessible, and excellence-driven healthcare.



Financial Director

Er. Nisha Harish Kumar, BE

Sai Healthcare Foundation.
Founder - Harsha Naturals
Sai Healthcare Foundation

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.



www.saihealthcarefoundation.com



[saihealthcarefoundation](https://www.instagram.com/saihealthcarefoundation)



[Dr Harish's Sai Healthcare foundation](https://www.facebook.com/DrHarishSaiHealthcareFoundation)



STAFF JOURNEY

I am Theebika, a Physiotherapist. I joined Sai Healthcare Foundation in 2024 as a Physiotherapist at the Anna Nagar branch. From the very beginning, Dr. Harish Sir played a major role in my professional growth. His guidance, support, and constant encouragement helped me build confidence in myself and my abilities. Whenever I faced challenges, he believed in me and motivated me to move forward. In 2025, I was promoted as Branch Manager of the Porur branch. This achievement was possible because of the trust placed in me and the valuable lessons I learned under Dr. Harish Sir's mentorship. I am grateful to Sai Healthcare Foundation and Dr. Harish Sir for giving me opportunities to learn, grow, and become a better healthcare professional and leader. From Physiotherapist to Branch Manager, my journey has been filled with learning, confidence, and growth. I look forward to achieving many more milestones and continuing to serve patients with dedication.

Dr. Theebika ,PT

Physiotherapist & Porur Branch Manager
(2+ Years of Journey with our organization)



THE STRENGTH BEHIND

SAI HEALTHCARE FOUNDATION



FOOT ECG CAMP



PROMOTING HEALTHY FEET THROUGH EARLY SCREENING



Our Foot ECG Camp was successfully conducted to promote awareness of diabetic foot health and the importance of early detection. Participants underwent advanced Foot ECG screening to assess blood circulation and nerve function, helping identify potential foot complications at an early stage. Expert consultations and personalized foot care guidance were also provided, encouraging preventive care and supporting healthier, pain-free feet.



The camp received an encouraging response from participants, highlighting the growing awareness of preventive foot care. Through comprehensive screening and expert guidance, we reinforced the importance of regular foot assessments in preventing diabetic foot complications, improving mobility, and enhancing overall quality of life. Our commitment remains focused on delivering timely, patient-centered care and promoting healthier feet for the community.



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Handcrafted goodness for healthy skin,
strong hair & a natural you.



Natural Soaps



Skin Care



Hair Care



Natural
Ingredients



Handcrafted



Cruelty Free



Chemical Free



Our Complete Natural Care Product Range

Our Products

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- Premium Soaps:
- Skin Whitening, Anti- Odour Soap, DeTan Soap, Pigmentation Soap, Anti Stretch Mark Soap, Red Sandal Soaps, Anti Acne Soaps, Anti itching Soap, Charcol face wash
- Cosmetic Products:
- Lip Balms, Lipsticks, Kajal, Face Cream, Face Serum, Body Moisturizers, Body lotions, Skin Whitening cream, Anti dandruff Oil, Herbal Shampoo, Hair Oils, Hair Serums, Hair Dyes, Room Fresheners, Car Fresheners & many more

Anti-Acne Face Wash

Gently cleanse and purify your skin with our Handmade Anti Acne Face Wash, thoughtfully formulated to combat acne and promote clear, healthy skin using natural ingredients. Infused with botanical extracts and gentle cleansing agents



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NISHA HARISH KUMAR

Location:

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

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Live Results of Our Eyebrow Growth Oil

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BEFORE



AFTER



BEFORE



AFTER



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Available at
₹180



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LOW BACK PAIN

INTRODUCTION



Low back pain is a common health problem that affects many people at some point in their lives. It is felt in the lower part of the back and can range from a mild ache to severe pain. Low back pain can occur due to muscle strain, poor posture, heavy lifting, lack of exercise, injury, or aging. This condition can make it difficult to perform daily activities such as walking, sitting, bending, or lifting objects.

முதுகுவலி என்பது உலகம் முழுவதும் பலரையும் பாதிக்கும் பொதுவான உடல்நலப் பிரச்சினையாகும். இது முதுகின் கீழ்பகுதியில் ஏற்படும் வலி அல்லது அசௌகரியத்தை குறிக்கிறது. இந்த வலி தசை இழுப்பு, தவறான உட்காரும் அல்லது நிற்கும் பழக்கம், அதிக எடை தூக்குதல், உடற்பயிற்சி இல்லாமை, காயம் அல்லது வயது அதிகரிப்பு போன்ற காரணங்களால் ஏற்படலாம். முதுகுவலி உள்ளவர்களுக்கு நடப்பது, உட்காருவது, குனிவது மற்றும் அன்றாட வேலைகளைச் செய்வது சிரமமாக இருக்கலாம்.



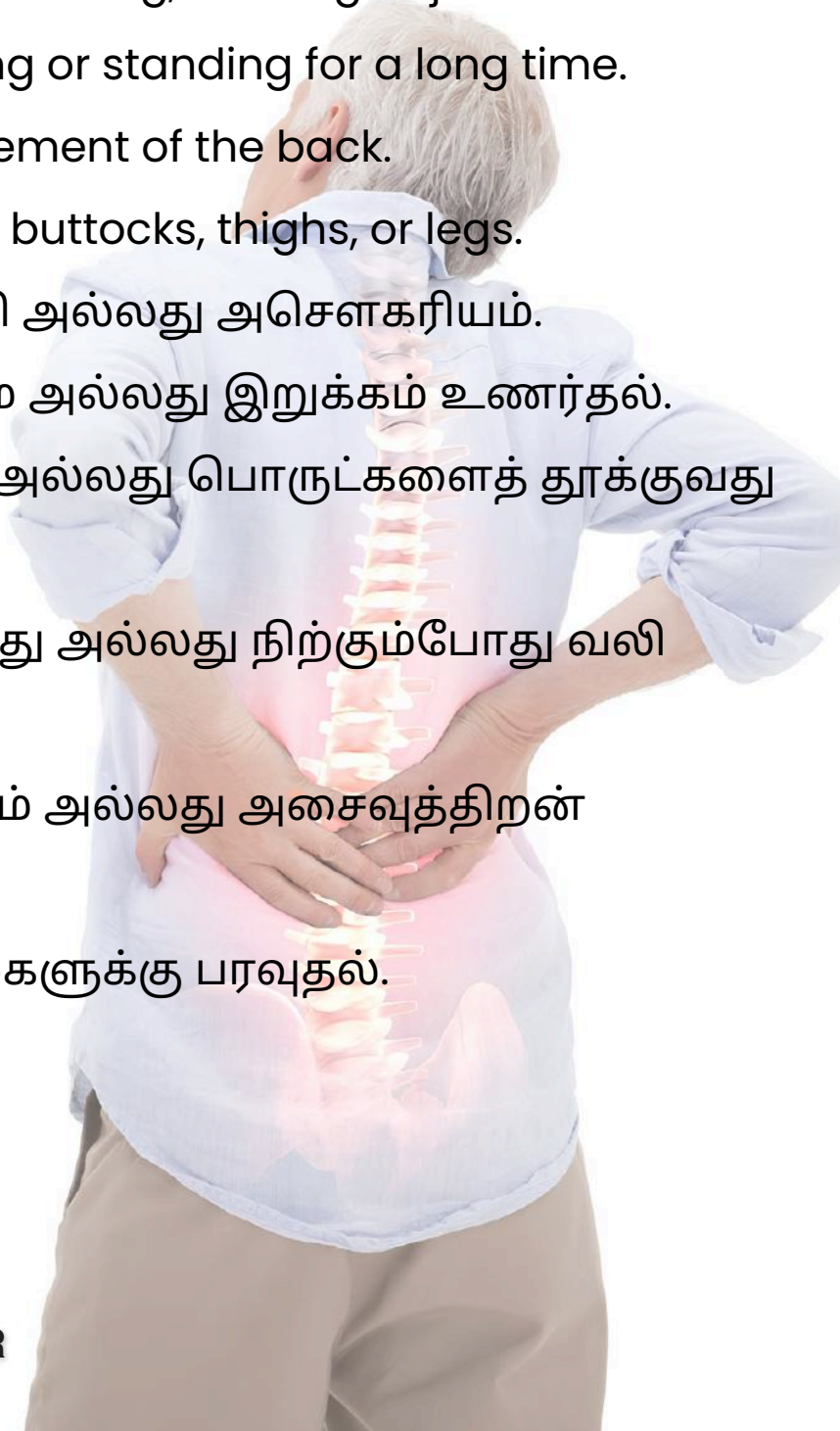
In most cases, low back pain improves with proper care, including rest, gentle exercises, maintaining good posture, and regular physical activity. However, if the pain lasts for a long time or is accompanied by numbness, weakness, or difficulty moving, medical attention may be needed. Early diagnosis and appropriate treatment can help reduce pain, improve mobility, and prevent the condition from becoming more serious.





SYMPTOMS OF LOW BACK PAIN

- Pain or discomfort in the lower back.
- Stiffness or tightness in the back.
- Difficulty bending, standing, walking, or lifting objects.
- Pain that worsens after sitting or standing for a long time.
- Reduced flexibility and movement of the back.
- Pain that may spread to the buttocks, thighs, or legs.
- முதுகின் கீழ்பகுதியில் வலி அல்லது அசௌகரியம்.
- முதுகில் விறைப்புத்தன்மை அல்லது இறுக்கம் உணர்தல்.
- குனிவது, நிற்பது, நடப்பது அல்லது பொருட்களைத் தூக்குவது சிரமமாக இருப்பது.
- நீண்ட நேரம் உட்காரும்போது அல்லது நிற்கும்போது வலி அதிகரித்தல்.
- முதுகை அசைப்பதில் சிரமம் அல்லது அசைவுத்திறன் குறைதல்.
- வலி தொடை அல்லது கால்களுக்கு பரவுதல்.



DR HARISH KUMAR





CAUSES OF LOW BACK PAIN



OUR BRANCHES

- Mylapore
- Medavakkam
- Anna Nagar
- Porur

**For Appointment
99414 38815**

- Poor posture while sitting, standing, or sleeping.
- Lifting heavy objects incorrectly.
- Sitting for long periods without proper support.
- Lack of physical activity and weak back muscles.
- Muscle strain caused by sudden movements, bending, or twisting.
- Injuries from falls, accidents, or sports activities.
- தவறான உட்காரும், நிற்கும் அல்லது உறங்கும் பழக்கம்.
- அதிக எடை கொண்ட பொருட்களை தவறான முறையில் தூக்குதல்.
- நீண்ட நேரம் ஒரே நிலையில் உட்கார்ந்து வேலை செய்வது.
- உடற்பயிற்சி இல்லாமை மற்றும் முதுகுத் தசைகள் பலவீனமடைதல்.
- திடீர் திருப்புதல், குனிதல் அல்லது அசைவுகளால் தசை இழுப்பு ஏற்படுதல்.
- விழுதல், விபத்து அல்லது விளையாட்டு காயங்கள்.



HOW PHYSIOTHERAPY WORKS ON LOW BACK PAIN



IFT (Interferential Therapy)

- Reducing pain in the lower back
- Relaxing tight muscles
- Improving blood circulation
- முதுகுவலியை குறைத்தல் தசை இறுக்கத்தை தளர்த்துதல்
- இரத்த ஓட்டத்தை அதிகரித்தல்

SWD (Short Wave Diathermy):

- Relaxing deep muscles
- Increasing blood flow to the affected area
- Reducing stiffness in the lower back
- ஆழமான தசைகளை தளர்த்துதல்
- இரத்த ஓட்டத்தை அதிகரித்தல்
- முதுகில் உள்ள இறுக்கத்தை குறைத்தல்



Short Wave Diathermy



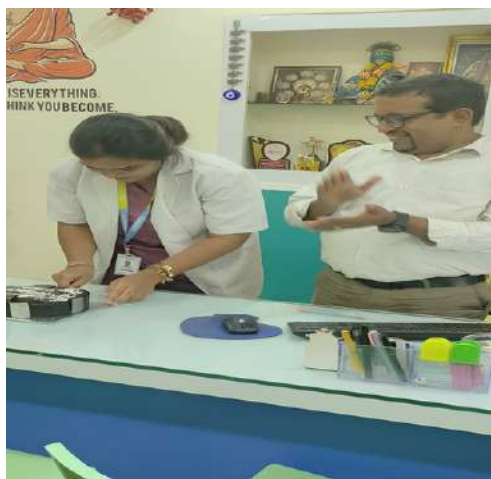
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HAPPY 19 TH ANNIVERSARY TO OUR SAI HEALTH CARE FOUNDATION





Matrix Rhythm Therapy

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

How matrix rhythm therapy works on low back pain

Matrix Rhythm Therapy helps in low back pain by using gentle rhythmic vibrations to stimulate the muscles and tissues in the lower back. This improves blood flow and oxygen delivery to the affected area, which supports natural healing of the tissues. It also helps in removing waste products from muscles, which reduces pain and inflammation. The therapy relaxes tight and stiff muscles, making movement easier and more comfortable. Over time, it can improve flexibility, reduce muscle tension, and support better spinal function.

It is a non-invasive and relaxing treatment that is often used along with exercise therapy and posture correction for better recovery from low back pain. With regular sessions, patients often experience gradual improvement in mobility, reduced dependence on pain, and better overall low back pain, making daily activities more comfortable and easier to perform. This therapy is usually given twice a week, with each session lasting around 60 minutes for effective results.



**For Appointment
99414 38815**



DR HARISH KUMAR

What Our Patients Say



Trusted by Our Patients

P

Pathma K



Excellent treatment for my back pain. The care and treatment were outstanding. I'm very satisfied with the results.

K

Kannan P



Severe back pain improved significantly with Matrix Rhythm Therapy. Excellent diagnosis, caring staff, and professional treatment.

V

Vinoth Kumar



Back pain reduced after the treatment sessions. Caring approach, clear guidance, and gradual recovery. Thank you!

R

Rajadurai S



Upper back pain improved within days. Excellent treatment plan, supportive therapist, and highly recommended.

G

Gowtham Sivaswamy



Noticeable improvement in pain and mobility. Patient doctors, clear explanations, and effective physiotherapy.

P

Priya



I had an excellent experience at Sai Healthcare Foundation. The doctors and therapists were caring, professional, and supportive. My pain reduced significantly. Highly recommended!





STAR PERFORMER OF MAY AND JUNE MONTH

DR. LOGESH PT



Recognizing
excellence, dedication and
outstanding performance.
Congratulations on well
deserved recognition for
your outstanding
contribution and
commitment.

DR. PACHAIYAMMAL PT



Celebrating Excellence and
Commitment
In recognition of your
outstanding performance,
dedication, and
meaningful contributions.
Congratulations on this
well-earned achievement.



DR HARISH KUMAR



Birthday Celebration





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HEALTHY HABITS DESERVE REWARDS!

Regular blood sugar monitoring is essential for maintaining good health and preventing complications. Make your health a priority while enjoying exclusive benefits—complete 4 FBS + PPBS tests and get your 5th test FREE. You can also refer 2 friends or family members and receive 2 FREE FBS + PPBS tests. Stay committed to your wellness journey and let every healthy step bring you rewarding benefits!

 Dr. Harish's SAI HEALTHCARE FOUNDATION Advanced Physiotherapy & Multispeciality Clinic REWARDS Card Complete 5 Blood Tests & Earn a FREE Test! Member Name: _____ Phone Number: _____  Test-1  Test-2  Test-3  Test-4  Free Test	Loyalty card reference Refer a person Refer a person Name: _____ Name: _____ Phone No: _____ Phone No: _____ HPC: _____ HPC: _____
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✗ MYTH	✓ FACT
 Bed rest for many days is the best treatment for low back pain.	 Light activity and gentle movement are usually better for recovery than prolonged bed rest.
 Low back pain always means a serious spine problem.	 Most low back pain is not serious and improves with simple care and physiotherapy.
 Exercise should be avoided when you have back pain.	 Gentle exercises and stretching help reduce pain, improve flexibility, and build strength.
 Only older adults get low back pain.	 Low back pain can affect people of all ages, including young adults.
 Pain means you should completely stop all activities.	 Staying active within your comfort level is usually recommended for a faster recovery.
 Heavy lifting is the only cause of low back pain.	 Poor posture, prolonged sitting, stress, muscle strain, and inactivity are also common causes.
 Most people with low back pain need surgery.	 Most people recover with physiotherapy, exercise, and lifestyle changes without surgery.



Dr. Harish's
**SAI HEALTHCARE
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FOOT ECG CAMP

Free consultation

Who Should Take This Test?

- ✓ Numbness
- ✓ Diabetic Patients
- ✓ Burning foot pain
- ✓ Diabetic foot risk

One-Day Special Offer

~~₹2,500~~ **Only ₹1,500**

25.07.2026

Anna Nagar

Step into better foot health with our Foot ECG Camp. Join us on 25th July 2026 at our Anna Nagar Clinic for an advanced Foot ECG screening designed for diabetic patients and individuals experiencing foot numbness, burning sensations, or those at risk of diabetic foot complications. Participants will receive a free consultation from our experts and can take advantage of an exclusive one-day special offer, with the Foot ECG test available at ₹1,500 instead of ₹2,500. Prioritize early detection and take a step toward healthier, pain-free feet





SAI HEALTHCARE FOUNDATION

ADVANCED PHYSIOTHERAPY & MULTISPECIALITY CLINIC

Certified Martrix Rhythm Therpay clinic in India - Since 2008

OUR BRANCHES

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, Kambar Street, Shanmuga Nagar, Madhanandhapuram, Chennai - 600125, Near akshara restuarant

For Appointment 99414 38815

Extn - 1 (Mylapore)

Extn - 2 (Medavakkam)

Ext 3 - (Anna Nagar)

Ext 4 - (Porur)

WEBSITE

www.saihealthcarefoundation.com



9403892434

SAI HEALTHCARE FOUNDATION NEWSLETTER

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

Concept & Chief Editor: Dr. Harish Kumar, PT

Newsletter Sub Editor: Dr. Ishwarya, PT

This edition Content Writer: Dr. Ishwarya, PT

Newsletter Design: Ms. Prabavathy

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.