



# NEWSLETTER

MAY 2026



## Physiotherapy partner for Boss Badminton League

Dr. Harish's Sai Healthcare Foundation proudly served as the Official Physiotherapy Partner for the Boss Badminton League (BBL) 2026 in Chennai. Our team provided on-field acute care for injuries, performance recovery through manual therapy and myofascial release, and advanced PNF stretching to enhance flexibility and mobility. We also offered expert guidance on injury prevention and posture correction. Through this initiative, our focus remained on ensuring peak performance, faster recovery, and overall athlete well-being.



## CORPORATE WELLNESS STARTS HERE

Sai Healthcare Foundation proudly participated in the Corporate Medical Stall Event at Anna Salai, creating awareness about physiotherapy, pain management, and preventive healthcare.

We connected with employees to promote a healthier, pain-free lifestyle through expert guidance and care.





***From the Founder Director***

**DR. HARISH KUMAR RAJENDRAN, PT**

Founder & Director  
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.

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**

Financial Director  
Sai Healthcare Foundation.  
Founder - Harsha Naturals



# STAFF JOURNEY

My journey with Sai Health Care Foundation began in August 2019. I initially joined as an observer, but from day one, my career started progressing as a physiotherapist in Mylapore. Beyond clinical knowledge, Dr. Harish instilled in me values like confidence, loyalty, and discipline.

The year 2020, during the COVID pandemic, was a turning point. It taught me resilience and dedication as a therapist, and during this time, I was promoted to Junior Physiotherapist. After a brief break due to family reasons, I rejoined in 2022 at the Medavakkam branch.

There, I learned how to stay strong and consistent in our profession despite challenges and ups and downs. It was one of the toughest phases, as we were close to shutting down. However, my mentor believed in me and promoted me to Branch Manager of the Medavakkam branch.

This role taught me professionalism, responsibility, and deepened my passion for my work. Today, I have successfully completed three years as a manager, and my journey continues. I am truly grateful to Dr. Harish and proud to be a part of the Sai Health Care family.



## Dr.S.PRABAVATHI,Pt

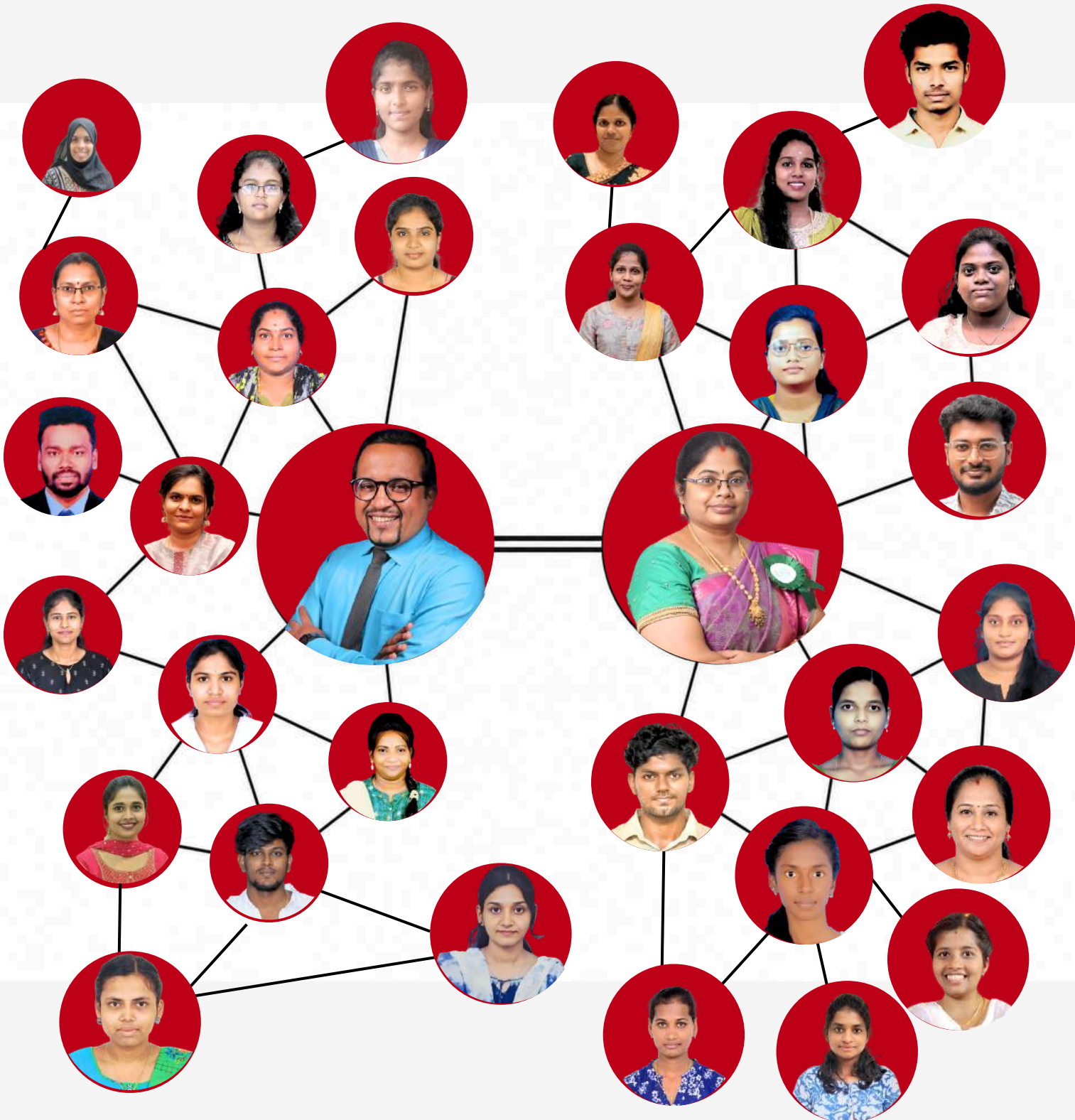
**PHYSIOTHERAPIST & MEDAVAKKAM BRANCH MANAGER**

**(6+ YEARS OF JOURNEY WITH OUR ORGANIZATION )**



## BACKBONE OF

# SAI HEALTHCARE FOUNDATION





# “ Physiotherapy partner for Boss Badminton League ”



Under the guidance of Dr. Harish Kumar Rajendran, PT, was proud to be the Official Physiotherapy Partner for the **BNI badminton event** for the 3rd consecutive year held in **SDAT complex, Velachery**. Our physiotherapy team delivered comprehensive on-field sports rehabilitation and recovery support, including immediate injury management, manual therapy, myofascial release techniques, and advanced PNF stretching to improve flexibility, mobility, and athletic performance. Athletes also received professional guidance on posture correction, movement efficiency, and injury prevention strategies. Through this collaboration, our primary objective was to support athlete well-being by promoting faster recovery, optimal physical conditioning, and sustained peak performance throughout the tournament. **We extend our heartfelt thanks to Dr. Logesh, Dr. Sathiriyam, and Dr. Pachaiyammal for their participation and support in making this event a success.**



# Let your skin breathe with the power of nature

## CHOOSE ORGANIC

Our Products are available in

amazon



## 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 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

## Eyebrow Growth Oil

Made with nourishing ingredients like Castor Oil, Almond Oil & Vitamin E, this eyebrow growth oil helps strengthen hair follicles and supports natural eyebrow growth. Regular use may improve brow thickness and overall brow health.



## Biodegradable-Homecare Products



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## NISHA HARISH KUMAR

### Location:

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

Cosmetic Formulator

Founder - Harsha Natural's

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Our Website:

harshanaturals24@gmail.com

# Live Results of Our Eyebrow Growth Oil

BEFORE



AFTER

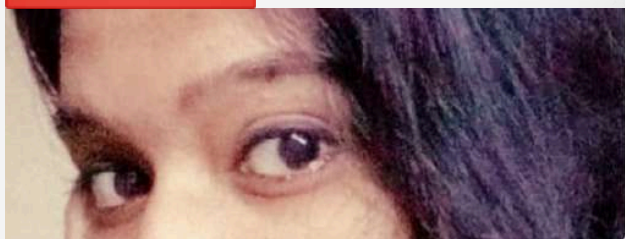


Grow Thick  
Eyebrows Naturally

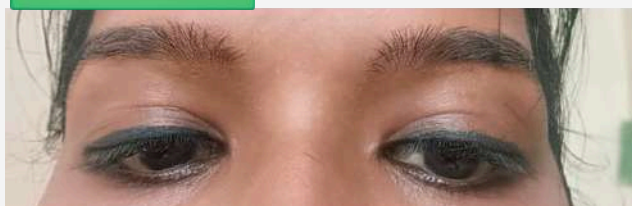
Available at  
**₹180**



BEFORE



AFTER



To place your order, contact:  
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# Knee pain

## Introduction

முழங்கால் வலி (Knee Pain) என்பது முழங்கால் பகுதியில் ஏற்படும் வலி, இறுக்கம் அல்லது அசௌகரியம் ஆகும். இதனால் நடப்பது, உட்கார்ந்து எழுவது, படிக்கட்டில் ஏறி இறங்குவது போன்ற தினசரி செயல்கள் கஷ்டமாகலாம்.



சில நேரங்களில் வீக்கம், பலவீனம் அல்லது முழங்கால் சரியாக இயங்காத உணர்வும் இருக்கும். இது அதிக பயன்படுத்துதல், காயம், வயது காரணமாக அல்லது உடல் எடை அதிகமாக இருப்பதால் ஏற்படலாம்.



Knee pain is a common problem where you feel pain, stiffness, or discomfort in or around your knee, making normal activities like walking, sitting, standing up, or climbing stairs difficult. It may also cause swelling, weakness, or a tight feeling in the joint. This usually happens due to overuse, injury, aging, or extra body weight. In simple terms, knee pain means your knee is not moving comfortably and is causing difficulty in your daily life.

# Symptoms of knee pain

## Why Choose Us ?

- ✓ Expert Physiotherapy Treatment
- ✓ Personalized Recovery Plans
- ✓ Advanced Pain Relief Techniques
- ✓ Experienced & Caring Specialists



1 Locking of the knee  
முழங்கால்  
பூட்டிக்கொள்ளுதல்

2 Pain in the knee  
முழங்காலில் வலி

3 Redness around the knee  
முழங்காலைச் சுற்றி  
சிவப்பு

4 Swelling in the knee  
முழங்காலில் வீக்கம்

5 Stiffness in the knee  
முழங்கால் இறுக்கம்

**For Appointment  
99414 38815**

6 Weakness in the knee  
முழங்காலில் பலவீனம்

# Causes of knee pain

Injury from fall or accident  
விழுதல் அல்லது விபத்து காரணமாக காயம்

Overuse from walking, running, or climbing stairs  
அதிகமாக நடப்பது, ஓடுவது அல்லது  
படிக்கட்டுகள் ஏறுவது

Swelling due to inflammation  
முழங்காலில் வீக்கம் அல்லது அழற்சி

Sudden twisting or wrong movement of the leg  
தவறான திருப்பு அல்லது திடீர் அசைவால்  
காயம்

Excess body weight putting pressure on the knee  
அதிக உடல் எடை காரணமாக முழங்காலில்  
அழுத்தம்

Weak muscles around the knee  
முழங்காலைச் சுற்றிய தசைகள் பலவீனம்

Long hours of standing or physical work  
நீண்ட நேரம் நின்று வேலை செய்வது

## How physiotherapy works on knee pain

### IFT (Interferential Therapy)

Reduces knee pain.  
Decreases swelling and inflammation.  
Improves blood circulation.  
Helps relax tight muscles around the knee.

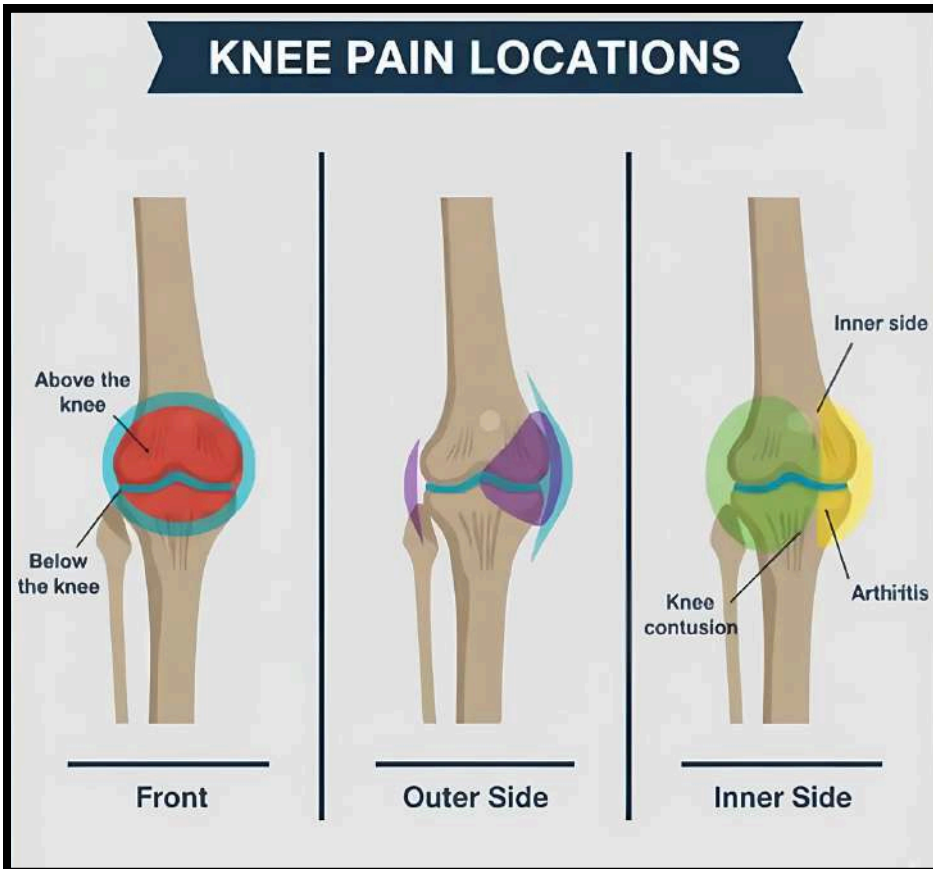
முழங்கால் வலியை குறைக்கிறது.  
வீக்கம் மற்றும் அழற்சியை குறைக்கிறது.  
இரத்த ஓட்டத்தை மேம்படுத்துகிறது.  
முழங்காலைச் சுற்றிய தசைகளை  
தளர்த்துகிறது.

## Ultrasound Therapy

Reduces deep joint pain..  
Helps heal soft tissue injuries (muscles,  
ligaments, tendons).  
Improves blood flow to the affected area.  
Reduces stiffness in the knee.



ஆழமான மூட்டு வலியை குறைக்கிறது.  
மென்மையான திசு காயங்களை (தசை, ligament) குணப்படுத்த உதவுகிறது.  
இரத்த ஓட்டத்தை அதிகரிக்கிறது.  
முழங்கால் இறுக்கத்தை குறைக்கிறது



Experience relief from discomfort and irritation with our Handmade Anti-Itching Soap, thoughtfully crafted to provide gentle yet effective care for sensitive or itchy skin. Enriched with soothing botanicals and natural ingredients, this soap offers a comforting cleanse that helps alleviate itching while nourishing and hydrating your skin. Elevate your skincare routine with the soothing care of our Handmade Anti-Itching Soap and rediscover comfort and tranquility for your skin.

# Together We Learn, Together We Grow

Our team came together for training, learning and growing as one. Team training brought us all together, helping us learn, support each other, and work better as one team.



## Biodegradable-Homecare Products



Make your home clean, fresh, and eco-friendly with Harsha Naturals Biodegradable Home Care Products. Our products are made with natural ingredients that are safe for your family and gentle on the environment.

- Chemical-free & eco-friendly
- Safe for kids and pets
- Naturally effective cleaning
- Fresh and long-lasting fragrance
- Helps protect nature with biodegradable formulas



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# Celebrating Our Special Birthday Occasion

Celebrating 2 months of joy, laughter, and togetherness.

Every moment shared has made our journey more special and memorable.

Here's to many more celebrations, happiness, and beautiful memories together!



## Star Performance of March & April

Recognizing outstanding dedication, hard work, and excellence shown throughout April and May.

Your commitment and performance continue to inspire the team and drive success forward.

Congratulations on being the shining star of these months!



**Ms.kavyasree (E-Commence Manager)**

Star performer of March Month



**Ms.Roshini (Lab Technician)**

Star performer of April Month



## HOW MATRIX RHYTHM THERAPY WORKS ON KNEE PAIN

Matrix Rhythm Therapy helps in managing knee pain by using gentle, low-frequency rhythmic vibrations that are applied to the affected area. These vibrations stimulate the natural oscillation of body cells, which improves micro-circulation and enhances blood flow to the knee joint. As circulation improves, more oxygen and nutrients reach the damaged tissues, supporting faster healing and repair. At the same time, it helps in better lymphatic drainage, which reduces swelling and removes waste products from the inflamed area. This therapy also relaxes tight muscles around the knee, decreases stiffness, and improves flexibility of the joint. Overall, Matrix Rhythm Therapy provides pain relief, reduces inflammation, and supports the natural recovery process, making movement easier and improving the function of the knee in daily activities.

Matrix Rhythm Therapy is also useful in chronic knee conditions where pain and stiffness persist for a long time. By improving the natural rhythm of muscle and tissue cells, it helps restore normal muscle tone and reduces abnormal tension around the knee joint. This leads to better coordination of movement and improved stability while walking or standing. The therapy also supports recovery in conditions like sports injuries or age-related knee problems by enhancing tissue elasticity and reducing fatigue in surrounding muscles. With regular sessions, patients often experience gradual improvement in mobility, reduced dependence on pain, and better overall knee function, 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.



| MYTHS OF KNEE PAIN                                      | FACTS OF KNEE PAIN                                                                                                                   |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Knee pain only happens in old age.                      | Knee pain can affect all ages, including young adults and athletes due to injury, overuse, or poor posture.                          |
| If there is knee pain, you should avoid all movement.   | Complete rest is not always helpful. Gentle movement and physiotherapy often improve recovery.                                       |
| Knee pain always means arthritis.                       | Many causes exist—ligament injury, muscle strain, obesity, infections, or cartilage damage not just arthritis.                       |
| Clicking sounds in the knee always mean serious damage. | Painless clicking is often harmless and can occur due to gas bubbles or tendon movement.                                             |
| Exercise will worsen knee pain.                         | Proper, guided exercises actually strengthen muscles and reduce pain over time.                                                      |
| Surgery is the only solution for knee pain.             | Most knee pain improves with lifestyle changes, physiotherapy, weight management, and medications. Surgery is only for severe cases. |

## Physiotherapy health camp

Dr. Harish's Sai Healthcare Foundation successfully conducted Physiotherapy Health Camps on April 11th and May 9th, 2026, at the Porur branch, along with a camp at Anna Nagar branch on May 9th, 2026. The camps offered free consultation and assessment for back pain, neck pain, and knee pain, along with discounted screening tests such as fasting blood sugar, postprandial blood sugar, and HbA1c. A 20% discount on treatment packages was also provided. The initiative received a positive response and focused on early diagnosis, effective pain management, and improving overall community health awareness.

# THANK YOU!

16



## YOUR REVIEWS INSPIRE US TO CARE MORE



**Shanmugapriya B**



3 months ago

I have completed 7 months of my ACL recovery journey, and I truly appreciate the care and guidance I received from Dr. Harish Kumar. From my first session itself, he explained my condition clearly and gave me the right exercises step by step. Dr. Vinothiya mam is also amazing. She always supported me with patience, corrected my posture, and made sure I did every exercise in the right way. The staff are very kind and well-organized. The clinic is clean, well-equipped, and has a very positive environment that keeps us motivated. I can now walk, climb stairs, and do my daily activities with confidence. I highly recommend Matrix Therapy to anyone looking for the best physiotherapy care. Thank you so much for helping me recover so well! ❤️



**Jothilakshmi rajagopalan**



8 months ago

Feeling a lot of relief from pain on my knees after PEMF and also exercises suggested by physio pachaianman who attended to me.

Thankyou look forward for more improvement



**Sugash M**



1 month ago

I visited Matrix Physiotherapy Clinic for knee pain, and the care I received was exceptional. Dr. Harish Kumar is highly knowledgeable, explained my condition clearly, and designed a treatment plan that worked wonders. Dr. Vinothiya was extremely supportive and ensured I performed every exercise correctly. The staff is friendly, the clinic is well-equipped, and the overall environment is motivating. My knee pain has reduced significantly, and I'm able to move comfortably again. I highly recommend Matrix Physiotherapy Clinic to anyone looking for effective and professional physiotherapy care! ❤️



**Meera Venkat**



2 months ago

I recently Consulted Dr.Harish Kumar for my Knee pain Treatment, and I am extremely happy with the results. He is patient, humble in nature, friendly,knowledgeable and genuinely cares about her patients recovery.

From the first session itself, he explained my condition clearly, guided me with the right exercises and created a personalised treatment plan that was easy to follow. Dr.Vinothiya approach is gentle yet highly effective , she is taking care of me very nicely,and her encouragement throughout the healing journey made a big difference. I would strongly recommend her to anyone struggling with Knee pain issues. Thank you so much. ❤️



**Prasanna Venkatesan**



2 weeks ago

I had a severe knee pain due to meniscus tear and consulted Dr. Harish kumar. He explained my condition clearly and suggested the right treatment and exercises. Dr. Vinothiya was very supportive throughout the sessions, making sure I performed each exercise correctly. The staff was friendly and the clinic had a positive environment. My pain reduced significantly and I am able to do daily activities without discomfort now. I am very thankful to Matrix Physiotherapy Clinic for their excellent care and highly recommend them for anyone with knee problems. ❤️



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Reviews



YOUR FEEDBACK MOTIVATES US EVERY DAY





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

 **9403892434**

## SAI HEALTHCARE FOUNDATION NEWSLETTER

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

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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.*