



NEWSLETTER

OCT 2026



MATRIX RHYTHM THERAPY WORKSHOP

The Matrix Rhythm Therapy Workshop is a practical and interactive learning program designed to introduce healthcare professionals to the principles, techniques, and clinical applications of Matrix Rhythm Therapy.

Our Onam celebration was a reflection of what we believe at Sai Health Care Foundation: health is not only about caring for the body, but also about nurturing dignity, belonging, happiness, and hope.



A candidate attended the workshop and experienced Matrix Rhythm Therapy firsthand. After receiving the therapy, the candidate clearly felt a good difference in comfort, movement, and muscle relaxation.



Matrix Rhythm Therapy (MaRhyThe®) is a physiotherapy technique that uses gentle mechanical vibrations over the muscles and soft tissues around the shoulder. It is intended to help relax tight muscles, reduce pain and stiffness, improve soft-tissue mobility, and support better shoulder movement.





From the Founder Director

Every two months marks another step forward for Sai Healthcare Foundation. Our growth is driven by the dedication, teamwork, and passion of every member of our team. From better patient care and clinical excellence to continuous learning and community initiatives, every effort contributes to a greater purpose.

I sincerely appreciate our entire team for their commitment and hard work. Together, we will continue to grow, serve with compassion, and create a meaningful impact in the lives of our patients.

Our journey continues stronger together, greater in purpose.

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



Financial Director

At Sai Healthcare Foundation, responsible financial management is essential to building a stronger future in healthcare. Over the past two months, we have focused on sustainable growth, efficient resource management, and investments that strengthen patient care and our operations.

I appreciate every team member who contributes to maintaining transparency, accountability, and responsible decision-making. Together, we continue to use our resources wisely, support innovation, and build a strong foundation for long-term impact.

Er. Nisha Harish Kumar, BE

Sai Healthcare Foundation.
Founder - Harsha Naturals
Sai Healthcare Foundation



Our Staff Journey

Benitha Lawrence

Lab Manager Mylapore Branch

My journey at sai healthcare foundation

I have been a proud member of sai healthcare foundation for over 6 years Since (November 2019), and this journey has been a truly rewarding and enriching experience. I began my career here as a Lab technician, where I had the opportunity to learn, gain valuable hands-on experience, and strengthen my professional skills. With dedication, commitment, and the continuous support of my colleagues and seniors, I was fortunate to be promoted to the position of Lab Manager.

Over the years, my journey at sai healthcare foundation has given me many opportunities to learn new things, take on greater responsibilities , and grow both personally and professionally. Every challenge has helped me become more confident and capable in my role. I am grateful to be part of an organization that encourages growth, teamwork, and excellence.

I would like to express my heartfelt gratitude to my respected boss, Dr. Harish Kumar, for believing in my abilities and giving me the opportunity to grow within the organization. His guidance, encouragement, and trust have been an important part of my professional journey.

I am thankful to sai healthcare foundation and my entire team for their constant support and cooperation. I look forward to continuing my journey with the organization, taking on new challenges, and contributing my best towards its continued growth and success.



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Harsha Naturals Stall

Harsha Naturals set up a stall during the event, offering attendees an opportunity to explore a range of natural skincare products. The stall attracted a great response, with many visitors showing interest in the products and making purchases. The positive engagement and enthusiastic participation made the Harsha Naturals stall a successful highlight of the event.

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.



DIABETIC SHOULDER STIFFNESS

❖ Diabetic shoulder stiffness is a condition in which a person with diabetes experiences pain, stiffness, and reduced movement in the shoulder joint. It is commonly associated with frozen shoulder (adhesive capsulitis), where the capsule surrounding the shoulder becomes thickened and tight. This can make everyday activities such as reaching overhead, dressing, combing the hair, or reaching behind the back difficult.

❖ People with diabetes have a higher risk of developing shoulder stiffness, particularly when diabetes is poorly controlled. Early recognition and appropriate management can help reduce pain, improve mobility, and maintain shoulder function.



❖ சர்க்கரை நோய் இருகப்பவர்களுக்கு தோள்பட்டையில் வலி, இறுக்கம் மற்றும் கையை அசைக்க முடியாத நிலை ஏற்படலாம். இதை பொதுவாக Frozen Shoulder என்று சொல்வார்கள். தோள்பட்டை சுற்றியுள்ள திசுக்கள் இறுக்கமாவதால், கையை மேலே தூக்குவது, சட்டை போடுவது, தலைமுடியை சீவுவது அல்லது முதுகுக்குப் பின்னால் கையை கொண்டு செல்வது போன்ற சாதாரண வேலைகள்கூட கஷ்டமாக இருக்கும்.

❖ சர்க்கரை நோய் உள்ளவர்களுக்கு இந்தப் பிரச்சனை ஏற்படும் வாய்ப்பு அதிகம். ஆரம்பத்திலேயே கவனித்து, சரியான உடற்பயிற்சி மற்றும் பிசியோதெரபி எடுத்துக்கொண்டால், வலியையும் விறைப்பையும் குறைத்து தோள்பட்டையின் இயக்கத்தை மேம்படுத்த முடியும்.



SYMPTOMS OF SHOULDER STIFFNESS

- ❖ Shoulder pain
- ❖ Shoulder feels stiff or tight
- ❖ Difficulty raising the arm
- ❖ Difficulty reaching behind the back
- ❖ Difficulty combing hair or wearing clothes
- ❖ Reduced shoulder movement
- ❖ Pain or stiffness may be worse at night
- ❖ தோள்பட்டை வலி
- ❖ தோள்பட்டை இறுக்கமாக அல்லது விறைப்பாக உணர்தல்
- ❖ கையை மேலே உயர்த்துவதில் சிரமம்
- ❖ கையை முதுகுக்குப் பின்னால் கொண்டு செல்வதில் சிரமம்
- ❖ தலைமுடியை சீவுதல் அல்லது உடை அணிவதில் சிரமம்
- ❖ தோள்பட்டை அசைவுகள் குறைதல்
- ❖ இரவு நேரத்தில் வலி அல்லது இறுக்கம் அதிகமாக இருக்கலாம்



CAUSES OF DIABETIC SHOULDER

- ❖ Long-term diabetes
- ❖ High blood sugar
- ❖ Poor blood sugar control
- ❖ Inflammation around the shoulder
- ❖ Tightening of shoulder tissues
- ❖ Reduced shoulder movement
- ❖ நீண்டகாலமாக சர்க்கரை நோய் இருப்பது
- ❖ இரத்தத்தில் அதிக சர்க்கரை அளவு
- ❖ சர்க்கரை அளவு சரியாக கட்டுப்படுத்தப்படாமல் இருப்பது
- ❖ தோள்பட்டை பகுதியில் வீக்கம்
- ❖ தோள்பட்டை திசுக்கள் இறுக்கமடைதல்
- ❖ தோள்பட்டை அசைவுகள் குறைதல்



OUR BRANCHES

- Mylapore
- Medavakkam
- Anna Nagar
- Porur

For Appointment
99414 38815





IFT (INTERFERENTIAL THERAPY)

- ❖ Helps reduce shoulder pain.
- ❖ May reduce muscle spasm/tightness.
- ❖ Makes it more comfortable to perform stretching and exercises.
- ❖ தோள்பட்டை வலியைக் குறைக்க உதவும்.
- ❖ தசை இறுக்கம் மற்றும் தசை பிடிப்பைக் குறைக்க உதவும்.
- ❖ Stretching மற்றும் exercise செய்வதை எளிதாக்கும்

SWD (SHORT-WAVE DIATHERMY)

- ❖ Produces deep heating in the tissues.
- ❖ May help relax tight muscles and soft tissues.
- ❖ May reduce pain and stiffness.
- ❖ திசுக்களுக்கு ஆழமான வெப்பத்தை அளிக்கிறது.
- ❖ இறுக்கமான தசைகள் மற்றும் திசுக்களை தளர்த்த உதவும்.
- ❖ வலி மற்றும் இறுக்கத்தைக் குறைக்க உதவும்



Books written by Dr. Harish Kumar





Matrix Rhythm Therapy

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of Pain & Restricted Mobility



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Matrix Rhythm Therapy for Diabetic Shoulder Stiffness

Matrix Rhythm Therapy (MaRhyThe®) is a physiotherapy technique that uses gentle mechanical vibrations over the muscles and soft tissues around the shoulder. It is intended to help relax tight muscles, reduce pain and stiffness, improve soft-tissue mobility, and support better shoulder movement. By making the tissues more relaxed and comfortable, it may help the patient perform stretching, range-of-motion exercises, and strengthening exercises more easily. This therapy is usually given twice a week, with each session lasting around 60 minutes, for effective results. In diabetic patients, it can be used as a supportive treatment along with regular exercises and good blood-sugar control. It is intended to support relaxation of tight tissues, reduce discomfort, and improve mobility. In diabetic shoulder stiffness, the therapy may be applied to the shoulder muscles and surrounding soft tissues to help decrease pain, muscle tightness, and stiffness. By making movement more comfortable, it may help the patient perform shoulder exercises and stretching more effectively.



DR HARISH KUMAR

Trusted by patients, proven by care ❤️



Rajamani Durai



I came for shoulder pain I took treatment for 10 days now my pain has been reduced thank you Sai Healthcare foundation



Devendran Sg



I came for shoulder pain I came to Sai Healthcare foundation Dr. Harish sir treated very nice and clinic facilities are very nice staff are very responsible and treatment was very effective thank you for Sai Healthcare and Dr. Pavithra



senak raj



I came for shoulder pain I took treatment for 10 days now my pain has been reduced thank you Sai Healthcare foundation



Venkataramana A



I came here for shoulder pain now I'm completely alright no pain...spl thanks to Dr. Logesh for his professionalism and care to the patient...the best physiotherapy centre in Mylapore...thanks Sai Healthcare foundation



Suresh Kumar RM



I have shoulder pain for past two years Dr. Harishkumar sir recommended me to take treatment and Dr. Theebika explained my treatment clearly and guided me. Dr. Ishwarya treated me very well and staffs are so kind. Now My shoulder pain was relieved. I can recommended this clinic for everyone because all are said to me to do surgery but Dr. Harishkumar sir told me to take basic therapy and cost of treatment is affordable so everyone can come and get treatment in this clinic. Thank you for Dr. Harish Kumar and team.



BEST FOR MONTH OF JULY 2026

STAR PERFORMER OF JULY AND AUGUST

We are proud to celebrate our Mylapore Branch for being recognized as the Best Branch of the Month for June 2026. This achievement is a reflection of the team's dedication, hard work, and consistent efforts throughout the month. Their strong teamwork, commitment to excellence, and focus on delivering the best experience have contributed greatly to this success. Congratulations to the entire Mylapore team for setting a wonderful example and inspiring us to achieve even more!



Dr. Ishwarya
physiotherapist



Mrs. Saranya lab
technician

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BIRTHDAY CELEBRATION



ONAM CELEBRATION & VINAYAGA CHATHURTHI



FOOT ECG CAMP



“Healthy Steps Camp.”

Healthy feet are the foundation of an active life. With this thought, Sai Health Care Foundation – Porur Branch organized a Foot ECG Camp to encourage greater awareness about diabetic foot health and the importance of timely screening.

The camp provided participants with an opportunity to understand their foot health through screening that helps assess blood circulation and nerve function. Early attention can make a meaningful difference in preventing complications and maintaining mobility and comfort. Along with screening, participants received expert consultations and practical foot-care guidance, empowering them to recognize warning signs, adopt preventive habits, and take better care of their feet every day.

The camp was more than a screening initiative, it was a step towards building a community that believes in prevention, awareness, and healthier living.

Because Prevention Begins With a Step.

Through initiatives like these, Sai Health Care Foundation continues its commitment to bringing accessible healthcare awareness closer to the community—one step, one person, and one healthier tomorrow at a time.

MATRIX RHYTHM THERAPY WORKSHOP

A candidate attended the workshop and experienced Matrix Rhythm Therapy firsthand. After receiving the therapy, the candidate clearly felt a good difference in comfort, movement, and muscle relaxation. The immediate experience helped the candidate better understand the technique and its potential application in rehabilitation.



- Introduction to Matrix Rhythm Therapy
- Understanding the physiological basis and working principles
- Role of cellular and tissue-level mobility in rehabilitation
- Assessment and treatment concepts
- Practical demonstration of the therapy technique
- Hands-on training and supervised practice
- Clinical applications in rehabilitation and pain management
- Integration of Matrix Rhythm Therapy into physiotherapy practice
- Case-based learning and clinical discussion



SAI HEALTHCARE FOUNDATION

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BRANCH - 3:

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

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Ext 3 - (Anna Nagar)

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SAI HEALTHCARE FOUNDATION NEWSLETTER

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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.