

# Rapid Chronicle

//April 2024



In this segment, "Rapid Chronicle", we present the latest developments, insights, and highlights from the dynamic realm of Rapid Sport Fitness. Where Training Meets Performance!



# ATHLETES SHOWCASE

## ATHLETE SPOTLIGHT



**"PANTHOI" BECOMES  
THE FIRST INDIAN PLAYER  
TO PLAY IN THE  
AUSTRALIAN LEAGUE.**

## **PANTHOI CHANU**

TRAINED BY CHELSTON PINTO

From her humble beginnings in Manipur to becoming a goalkeeping star on the football pitch, Panthoi's journey has been inspirational. At just 22, she clinched the Golden Glove award in the Indian Women's League, showcasing her exceptional goalkeeping skills and cementing her status as a rising talent in the sport. She has represented India at the U-16, U-19, and Senior Levels with over 20 appearances. But her path to success was far from easy. She faced numerous challenges along the way, including a broken shin, injuries to her knee, and shoulder that threatened to derail her dreams.

During the off-season of 2023, she came down to Bangalore for rehabilitation at RSF despite the turmoil engulfing her hometown during the Meitei and Kuki ethnic conflict. Amidst the chaos, Panthoi remained focused on her pursuit of excellence, sacrificing tirelessly to support her family and fulfill her aspirations on the football field. As she steps onto the pitch as Metro United's No. 1 goalkeeper, and as she strives to achieve her goals Down Under, we stand by her side, cheering her on every step of the way.

# UNDERSTANDING KNEE INJURY:

## KNEE INJURY TO OPERATE OR NOT TO OPERATE



In today's date knee injuries are a common occurrence and with so many conflicting opinions, it presents patients with the dilemma of whether surgical intervention is necessary or if Non surgical, Rehabilitative management would do the job.

The decision to undergo surgery or pursue non-surgical options can be daunting. It's not just a medical decision; it's a deeply personal one that involves weighing various factors.

Let's understand this journey through the maze of decision-making in knee injuries, where every step counts towards finding the best and most appropriate path forward.

The first and the most important part is the first step of understanding the Injury: Imagine you've just received news of a knee injury. Maybe it's a torn ligament, a meniscal tear, or cartilage damage. The first step is understanding the nature and extent of the injury. A thorough understanding of history of injury with a detailed clinical examination is crucial, in certain situations you might need radiological tests, like MRI scans/ ultrasound to co-relate with the clinical picture and understand the injury.

### **Factors Influencing the Decision:**

With so much information available now, there are a few things that you will need to consider to make a good decision.

**Severity of the Injury:** How bad is it? Can you still walk, run, or play your favorite sports? Will the severity of the injury will impact your daily life and long-term mobility or functionality?



# UNDERSTANDING KNEE INJURY:

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**Functional Goals:** What do you want to be able to do? Are you an avid athlete, or do you prefer a more sedentary lifestyle? Your goals and aspirations play a crucial role in deciding whether surgery is the right choice for you.

**Associated Injuries:** Sometimes, it's not just one thing. Your knee injury might come with additional complications, like a torn ACL along with a meniscal tear. In certain cases addressing all these issues together may require surgical intervention.

**Your Preferences:** This decision is ultimately yours. How do you feel about surgery? Are you willing to undergo a procedure, or would you prefer to explore non-surgical options first? Your comfort and preferences matter.

## **Exploring Non-Surgical Options:**

In certain cases Non surgical management would be a option to explore first.

For some, the thought of surgery may be intimidating or they just may not be ready to get operated because of certain time commitments. That's where non-surgical options come into play.

Physical therapy can often provide relief and improve function by improving flexibility mobility and strength without the need for surgery.

## **Opting for Surgery:**

If your body is not responding well to rehabilitation, where instability while walking, running or playing still persists or locking of the joint still occurs then, surgery might be the next logical step understanding that rehabilitation is even more crucial after surgery to achieve optimal function which would allow you to resume activities you want to do.

## **Shared Decision-Making:**

Throughout this journey, one thing remains constant – the importance of shared decision-making. Your doctor isn't just there to dictate what happens next. They're a partner in this journey, guiding you through the options and respecting your input. Together, you'll navigate the twists and turns until you find the best path forward.

Deciding on knee surgery isn't just about fixing a physical ailment. It's about making choices that align with your goals, preferences, and values. Whether you opt for surgery or explore non-surgical options, know that you're not alone. With open communication and shared decision-making, you'll find the path that leads to healing and restored mobility, one step at a time.

# RSF ATHLETE WALL



## **M DHARMA**

*Golf*

Highest Rank 583 in the world

## **Bala Devi**

*Football*

SAFF Cup Champion  
(2010, 2014 & 2016)  
36 Goals in 46 Games  
Arjuna Awardee

## **KL Rahul**

*Cricket*

Rahul is the only Indian  
player to score a century on  
his ODI debut.

## **Lopamudra Thimmaiah**

*Basketball*

she earned a senior India  
cap for the FIBA Women's  
Asia Cup  
Ekalavya awardee

## **Grace Dangmei**

*Football*

SAFF Women's Champion-  
ship: 2016, 2019.  
South Asian Games Gold  
medal: 2016, 2019.

## **Ishan Pandita**

*Football*

1x Intercontinental Cup  
winner  
with Team India





# RSF

## ATHLETE WALL

### **Gouramangi Singh**

*Football*

AFC Challenge Cup: 2008.  
Nehru Cup: 2007, 2009, 2012.

### **Siri Vinay Bandakka**

*Freestyle Skater*

National champion  
6x gold medal

### **Vickram Kanth**

*Hockey*

Won gold at the 2007 Men's  
Hockey Asia Cup.

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### **Ashique Kuruniyan**

*Football*

2x Intercontinental Cup  
winner  
1x South Asian Champion

### **Saneeth Dayanand**

*Badminton*

World Tour Ranking  
95 Men's Singles

### **Nikkin Thimmaiah**

*Hockey*

Commonwealth Games  
Silver - 2014  
2016 London Olympics  
Ekalavya Awardee

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### **Rishon Rajeev**

*Formula 4*

2nd Place in the Indian  
formula 4 championship

### **Rohan Bopanna**

*Tennis*

World No.1  
2xGrand Slam Champion

### **Ronit More**

*Cricket*

Played for CSK  
Lead wicket - Taker for  
Karnataka Ranji Trophy 2018-19  
India Red team's squad 2019-20

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### **Nadia Haridass**

*Equestrian*

National Equestrian  
Championships Gold  
Medallist.  
Ekalavya Awardee

### **Sejal Gulia**

*Fencer*

Gold medal in the  
Karnataka Mini Olympic  
Games 2020  
Women Epee Gold  
medallist 2022

### **Sharmada Balu**

*Tennis*

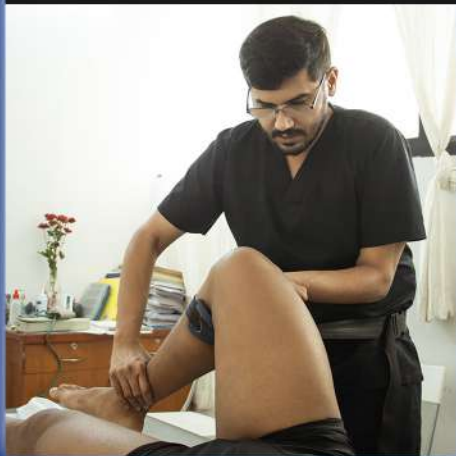
18 ITF Titles



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NO 310/8, GUAVA GARDEN, KHB COLONY, 5TH BLOCK,  
KORAMANGALA, BENGALURU

