





DID YOU KNOW?

Walking regularly helps strengthen bones and joints while reducing the risk of arthritis.

Sports-Related Injuries: When to Push Forward — and When to See a Specialist

ORTHOPEDIC SURGERY



Staying active through sports and exercise is one of the best ways to maintain overall health and fitness. However, without proper care and preparation, sports-related injuries can happen to anyone — from beginners to professional athletes. Understanding how to prevent injuries and recognize warning signs early can help you stay safe and perform at your best.



Common Sports-Related Injuries

Some of the most common sports injuries include:

- ▶ Sprains and strains
- ▶ Muscle tears
- ▶ Knee injuries
- ▶ Tennis or golfer's elbow
- ▶ Shin splints
- ▶ Dislocations
- ▶ Fractures
- ▶ Shoulder injuries

These injuries may occur due to overuse, poor technique, lack of conditioning, or sudden impact during physical activity.

How to Prevent Sports Injuries

Prevention plays a key role in maintaining an active lifestyle. Here are some important tips to reduce the risk of injury:

1. Warm Up and Cool Down - Always spend 5-10 minutes warming up before exercise and cooling

down afterward. This helps prepare your muscles and joints for movement.

2. Use Proper Technique - Incorrect posture or movement during sports can place unnecessary stress on the body. Learn and practice the correct techniques for your activity.
3. Wear the Right Equipment - Use appropriate footwear, protective gear, and sports equipment designed for your activity to help prevent injuries.
4. Stay Hydrated - Dehydration can affect muscle performance and increase the risk of cramps and fatigue.
5. Don't Ignore Rest Days - Overtraining can lead to stress injuries and muscle fatigue. Allow your body enough time to recover between workouts.
6. Build Strength and Flexibility - Regular stretching and strength-training exercises help improve balance, coordination, and joint stability.

Precautions to Keep in Mind

- ▶ Increase workout intensity gradually
- ▶ Avoid exercising through pain
- ▶ Listen to your body when feeling tired or sore
- ▶ Maintain good nutrition to support muscle recovery
- ▶ Ensure proper supervision and training for children involved in sports

When to See a Specialist

While some minor injuries improve with rest and home care, certain symptoms require medical attention. Consult a specialist if you experience:

- ▶ Severe or persistent pain
- ▶ Swelling that does not improve
- ▶ Difficulty moving a joint or limb
- ▶ Instability or weakness
- ▶ Numbness or tingling
- ▶ Recurrent injuries
- ▶ Difficulty walking or bearing weight

Early diagnosis and treatment can help prevent long-term complications and support a faster recovery.

Stay Active, Stay Safe!



MEET OUR EXPERTS

ORTHOPAEDIC SURGEONS



Dr. Mohammad Anwar Gaballa

Consultant Orthopaedic Surgeon

Speciality: Orthopaedics

Over 38 years of clinical experience



Dr. Feras Noury

Consultant Orthopaedic Surgeon

Speciality: Orthopaedics

Over 18 years of clinical experience



Dr. Suresh Molathoti

Specialist Orthopaedic Surgeon

Speciality: Orthopaedics

Over 29 years of clinical experience



Dr. Bharath Patil

Specialist Orthopaedic Surgeon

Speciality: Orthopaedics

Over 5 years of clinical experience

MEET OUR NEW DOCTOR



Dr. Indira Sah

General Practitioner

MBBS

Speciality: Accident & Emergency

Over 3 years of clinical experience



YOUR HEALTH
OUR PRIORITY

Comprehensive
care for a
healthier
you!

Supporting your journey
to better health.



Diabetes Care
Package



Hypertension
Package



PCOS/Women's
Health Package



Menopause
Wellness Package



Weight Management
Package



SUCCESS STORIES

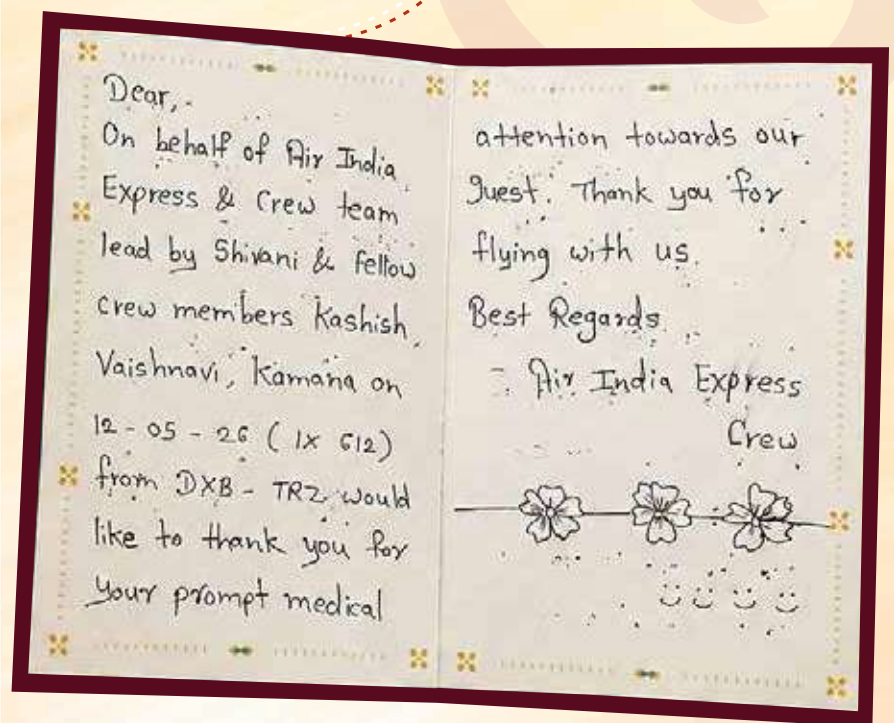
Nurse **Akhila** Helps **Save a Life** at **35,000** Feet



On the eve of **International Nurses' Day**, our very own **LDR Staff Nurse Akhila** proved once again why nurses are true heroes - even at 35,000 feet!

While traveling to India on an Air India flight, a 32-year-old passenger suddenly collapsed and became unresponsive. Without a moment's hesitation, Akhila stepped forward and took charge.

She assisted the doctors onboard with IV insertion, medication administration, and continuous patient monitoring - staying by his side until he was fully stabilized and safely handed over to an ambulance on landing.





EVENT GALLERY



Al Hamra Group Health Screening

RAK Hospital provided a health screening at Al Hamra Group, highlighting the importance of early detection, prevention, and healthier lifestyle choices for employees.



Health talk in collaboration with the RAK Human Resources Government Department

RAK Hospital, in collaboration with the RAK Human Resources Government Department, organized an engaging health talk focused on the importance of proper nutrition and workplace ergonomics. The session aimed at enhancing awareness, improving daily lifestyle habits, and promoting long-term well-being.



RAK Properties Health Screening

RAK Hospital conducted a health screening at RAK Properties, focusing on early detection, preventive care, and promoting healthier lifestyles among employees.



OUR HOSPITAL SPACES





YOUR MONTHLY BOOST

“Quote of the Month”



MINDSET is everything

Your Health Checklist



Red Flags – You Should Never Ignore
Your body whispers before it screams.

- Pain that lasts more than 2 weeks without improvement
- Numbness or tingling in the arms, hands, legs, or feet
- Sudden weakness or loss of balance
- Pain that wakes you up at night
- Swelling, redness, or warmth around a joint
- Limited movement that affects daily activities
- Headaches linked with neck pain or posture issues
- Recurrent sports injuries or frequent muscle strains
- Back pain spreading down the leg
- Dizziness or instability during movement or exercise

DID YOU KNOW?

Your **tongue** can't stay completely still if you're trying to **think about it.**

It starts moving on its own.



RAK HOSPITAL
Premium Healthcare. Premium Hospitality



Arabian Healthcare GROUP LLC



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