

APRICOTCARE JOURNAL

Issue/16/February 2026

TEAM UPDATE

Welcome to the Family

We are happy to welcome Dr. Krutika Avinash Bhadane (PT) to our physiotherapy team. Soft-spoken, calm, and clinically skilled, Dr. Krutika brings a gentle yet confident approach to patient care. Her ability to combine compassion with strong clinical understanding makes her a wonderful addition to our growing team.

✨ Welcome aboard, Dr. Krutika!



**NEW YEAR. NEW
BEGINNINGS. NEW
STRENGTH.**

**AS WE STEP INTO A BRAND-
NEW YEAR, JANUARY
REMINDS US THAT EVERY
BEGINNING—NO MATTER
HOW SMALL—HOLDS THE
POWER TO CREATE
MEANINGFUL CHANGE. AT
APRICOT CARE & WELLNESS,
THIS MONTH WAS FILLED
WITH GROWTH, TEAMWORK,
CELEBRATIONS, AND
INSPIRING RECOVERY
STORIES.**



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PROGRESS OF THE MONTH

☀️ **Happy Discharge from OPD**
Physiotherapy Impact: Small Wins, Big Independence

Joginder, diagnosed with a cardioembolic stroke, initially faced difficulty opening his fingers and holding everyday objects like a spoon or glass, affecting his daily independence. With consistent physiotherapy, his progress has been encouraging.

Today, Joginder can:

Eat independently using a spoon

Drink water from a glass

Open a lock using a key

Participate better in daily activities with improved endurance

✨ A beautiful reminder that small improvements lead to big life changes.



IPD Progress Highlight

Ishwar Nahalani, a traumatic brain injury (TBI) survivor, began rehabilitation with severe weakness, poor trunk and head control, balance issues, and complete dependence for mobility.

With regular neuro-physiotherapy, he has shown steady and meaningful improvement:

Sitting with minimal support and better trunk stability

Standing with support and improved lower-limb strength

Initiating walking using a neurowalker under supervision

Improved balance, coordination, and reduced fatigue

Better participation due to gradual cognitive and speech improvement



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⚙️ Busy Equipment of the Month –

The Rymo Machine

Meet the most hardworking member of our clinic—the Rymo Machine 😊

From improving joint mobility, strength, coordination, to even supporting cognitive skills, this machine is always in demand



Republic Day at Apricot

This Republic Day was celebrated with music, patriotism, and heartfelt moments.

The day included patriotic songs and inspiring speeches by our own patients:

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Birthday Of The Month



🎉 *Happy Birthday to Miss Bhavya*
Our neuropsychologist, Miss Bhavya , heals minds and hearts with her kind words, calm presence, and warm smile. Her positivity makes every space brighter, and we are grateful for the emotional strength she brings to our patients every day.

Awareness Corner

A spinal cord injury may change movement, but it never defines courage, strength, or the will to live independently. Awareness leads to understanding, and understanding leads to better support, rehabilitation, and inclusion.