

## Bengaluru gets its first sports medicine and foot clinic

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**Cricketer Robin Uthappa inaugurated the new medical facility focused on sports injury prevention / rehabilitation.**



RXDX, the Bengaluru-based chain of neighbourhood primary care clinics, has opened RXDX SportsMed, a dedicated facility for comprehensive sports injury management in Whitefield, Bengaluru.

RXDX SportsMed in Whitefield is Bengaluru's first integrated sports medicine and foot clinic and is the first in a chain of dedicated sports medicine facilities that will be rolled out across the city of Bengaluru to cater for the needs of sportsmen/sportswomen as well as recreational athletes and fitness enthusiasts.

RXDX SportsMed was inaugurated by Indian wicket-keeper batsman and KKR star, Robin Uthappa. Uthappa, was accompanied at the launch, by his wife and former national tennis player, Sheethal Goutham.

"In my two decades in competitive sports I have seen time and again, how access to the right experts and treatment facilities can help in injury prevention and rehabilitation", said Uthappa. "It is very encouraging to see the high-quality sports medicine facility that RXDX has invested in. I am sure it will be very beneficial for those who play sport at a competitive level as well as people who have adopted a sports and fitness-oriented lifestyle that is so crucial to good health".

"Bengaluru can lay strong claim to being the sporting capital of the country with a number of competitive athletes across several disciplines such as tennis, cricket, football, badminton, swimming etc., coupled with a thriving endurance sports culture with many long-distance runners, cyclists, and triathletes," said Dr Sunita Maheshwari, Founder of the RXDX chain of clinics.

"Sports activities may lead to injuries that can be prevented (and treated) with the right resources and in a timely manner. Our intention in establishing RXDX SportsMed is to provide the right sports medicine expertise to help the city's vibrant sporting and active fitness culture to thrive," added Dr Maheshwari.

RxDx SportsMed has a full medical team with a thorough understanding of sports and includes a sports orthopaedic doctor and musculoskeletal radiologist who are both UK-trained. They are supported by a physiotherapy, nutrition and fitness team.

The 3000 sq. ft. facility focuses on both injury prevention and rehabilitation and includes a body composition analyser, game ready equipment and more. Dr Sanjay Sharma, Bengaluru's first, dedicated foot surgeon will oversee Foot Secure, the foot clinic, which offers a full range of services for feet including gait analysis, customised insoles and more.

Following the inauguration, Uthappa and his wife participated in a panel discussion on sports injury prevention and treatment, moderated by Prajwal Hegde, Tennis Editor, The Times of India. Other panellists included RXDX medical experts Dr Sanjay Sharma, Dr Chirag Thomse and Dr Gurmeet Bhalla.