



# Ortho-Wellness Programme

Your Annual Bone-Health &  
Mobility Checks begin here



Centre for  
**ORTHO - WELLNESS**

It is important to understand our body as we age. While most of us are in the habit of getting our vitals examined through regular health checkups, orthopaedic examinations somehow get missed. And if our bone-health is regularly monitored just like our vital checkups, there is fairly a good chance to avoid many of the fragility fractures in the future.

## Why Orthopaedic Wellness?

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Ortho-Wellness checkups regularly examine your overall musculoskeletal health & lets you attend to your body's orthopaedic needs, on time.



## What are the Benefits?

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A bone density test is your starting point to get a baseline assessment on overall fitness & health of your bones. The test ascertains your bone strength & gives you an insight into the possible ailments, and thus helps you arrive at a management plan for the same.



## Early Detection

Regular checkups facilitate the early detection of musculoskeletal problems such as Arthritis, Osteoporosis, Tendinopathies / Myopathies, or joint disorders. And early identification allows for timely intervention and better management of conditions, thereby potentially preventing any further complications.

## Preventive Care

These checkups often include assessments of lifestyle factors, physical activity levels and ergonomic advice, that can help you understand how to prevent injuries or manage conditions better through lifestyle modifications, exercise, and proper ergonomics.

## Customised Recommendations

Personalised advice & recommendations based on an individual's health status and risk factors, may include

- \* Exercise routines
- \* Dietary changes
- \* Modifications in daily activities to improve musculoskeletal health.

The packages may include various diagnostic tests such as X-rays, MRI scans, bone density tests, blood tests, & physical examinations.

## Improved Quality of Life

Timely Ortho-Wellness checks let you \*

- Improve mobility
- Reduce existing pain
- Enhance overall quality of life.

Early intervention and proper management can prevent conditions from progressing to a more severe stage, leading to a more active & healthier lifestyle.

## Ortho-Wellness Packages

SILVER	GOLD	PLATINUM
<b>Lab</b> CBC ESR RBS RFT (Renal Function Test) Serum Uric Acid (UA) Serum Total Cholesterol Serum Alkaline Phosphatase Serum Calcium TSH (Thyroid Stimulating Hormone) Vitamin D3 (25OH)	<b>Lab</b> CBC ESR RBS RFT (Renal Function Test) Serum Uric Acid (UA) Lipid Profile Serum Alkaline Phosphatase Serum Calcium (CA) TSH T3 T4 Serum Phosphorus (PO4) RA Factory Vitamin D3 (25OH)	<b>Lab</b> CBC ESR RBS RFT (Renal Function Test) Serum Uric Acid (UA) Lipid Profile Liver Function Test Serum Calcium TSH (Thyroid Stimulating Hormone) T3 T4 Serum Phosphorus (PO4) RA Factory Vitamin D3 (25OH) Sodium Potassium Urine (R/E) HbA1C PSA (Male)
<b>X-Rays &amp; Scans</b> B/L Knee AP/LAT KUB LS Spine LAT	<b>X-Rays &amp; Scans</b> B/L Knee AP/LAT Whole Spine AP/LAT KUB LS Spine LAT Pelvis (AP) BMD*	<b>X-Rays &amp; Scans</b> B/L Knee AP/LAT Pelvis (AP) Whole Spine AP/LAT BMD* DEXA**
<b>₹1299</b>	<b>₹2599</b>	<b>₹4499</b>

All plans include Orthopaedic & Dental Consultations by Doctors.

All blood tests will need a minimum of 7-8 hours of fasting.

# Advanced Orthopaedics & Robotics in the very heart of Calicut.

## Our Centres & Departments

- Robotic Joint Replacement
- Arthroscopy & Sports Medicine
- Paediatric Orthopaedics
- Endoscopic Spine Surgery
- Hand, Microvascular & Plastic Surgery
- Orthopaedic Trauma
- Physiotherapy & Rehabilitation
- Arthritis Care & Rheumatology
- General Medicine & Diabetology
- Dental & Maxillofacial Surgery

Super-Speciality  
Orthopaedic Hospital  
with Advanced Robotics.





NH-66, Pantheerankavu, Calicut, Kerala, India

0495 3 555 000 • [hello@astenortho.com](mailto:hello@astenortho.com)

**[www.astenortho.com](http://www.astenortho.com)**