

**Anuja Dalvi**

Master of Musculoskeletal & Sports Physiotherapy – Australia  
Consultant Physiotherapist, Sports & Manual therapist

**Niranjan Pandit**

Master of Musculoskeletal Physiotherapy – K.E.M. Hospital, Mumbai  
Consultant Physiotherapist, Sports & Manual therapist

30/12/21

TO WHOMSOEVER IT MAY CONCERN

Mr Abhishek Pabil 27 ya IM, has sprained his left ankle for which he will be undergoing treatment here. He will need a rehab of minimum 6-8 weeks; during which he is advised to avoid impact activities and heavy strengthening at the gym. He can resume running post 2 months after a thorough assessment.

*S. K. Shivharegar*  
Por

**Anuja Dalvi-Pandit**  
Master of Musculoskeletal  
& Sports Physiotherapy  
(Australia)  
Reg No L-23758



Dr. Abhishek Kini  
DNB (Orth), MNAMS.  
Foot & Ankle Reconstruction, Orthopaedic Surgeon

Registration No.: 2007/05/2083

+91 99208 61187 | kiniabhishek@gmail.com | www.footark.com  
Monday to Friday - 11am to 9pm, 022 24460845, +91 9820789797.  
306, Shreenath Apartment, Opp. Catering College, Cadell Road, Dadar(West), Mumbai 400028.

Hinduja Hospital | Monday - 6pm to 8pm; Thursday - 10am to 12pm, 1st Floor, OPD Building, Room No. 1407, Mahim (W), Mumbai.

Doctor House | Tuesday & Thursday - 7pm to 9pm; 101, Health Suites, Opp. Jaslok Hospital, Peddar Road, Mumbai. (T) 022 23521656, 2352 2327

Lilavati Hospital | Monday / Thursday - 12noon to 2pm Bandra(West), Mumbai.

Wockhardt Hospital- Mumbai Central, SRV Hospital- Goregoan, Jupiter Hospital- Thane, MGM Hospital- Vashi


Parekhs Hospital | 2nd Saturday, Ahmedabad - 380051, Gujrat. (T) 079 40219999, (M) 75729 10010

The Orthopaedic Speciality Clinic | 3rd Saturday Pune - 380051, Maharashtra. (T) 020 26167643

Date: 30/4/22

To whom it may concern

Mr. Abhishek Patil has undergone R knee medial  
meniscus surgery and was advised to avoid  
gym training from 1/3/2022 till 15/5/2022.

  
DR. ABHISHEK KINI  
D.N.B. (ORTHO), MNAMS  
REG. NO. 2007/05/2083