

VO2 Max Aur Active, Healthy **Umar**

Fitness, joints aur healthy saalon ka connection - ek
orthopaedic surgeon ki nazar se

Aapne shayad "VO2 max" term social media ya fitness circles mein suna hoga - longevity aur healthy ageing ke context mein. Ye guide isko simple bhasha mein samjhati hai, aur ortho lens se batati hai ki joint problems is fitness journey ko kaise disturb karte hain, aur agar aapke joints perfect nahi hain to bhi capacity kaise safely build ki ja sakti hai. Ye general patient-education material hai - aapke apne case ke liye qualified orthopaedic surgeon se hi milna zaroori hai.

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■ VO2 Max Kya Hota Hai?

Simple bhasha mein, VO2 max ek measure hai ki exercise ke dauran aapka body maximum kitna oxygen use kar pata hai. Jitna better ye number, utna efficiently aapka heart aur lungs kaam karte hain jab body ko zyada energy chahiye hoti hai - jaise brisk walk, seedhi chadhna, ya koi physical activity karte waqt.

Isse precisely measure karne ke liye lab-based test hota hai, jo generally sports medicine ya cardiology setting mein hota hai. Lekin roughly iska andaza aapko khud bhi milta hai - agar routine activities karte waqt aap jaldi thak jaate hain ya saans zyada phoolti hai compared to pehle, to ye ek signal ho sakta hai ki cardiorespiratory fitness time ke saath kam hui hai. (Note: thakaan aur saans phoolna kayi doosri wajah se bhi ho sakta hai - jaise anemia, thyroid ya heart-related causes - isliye ye sirf ek assessment ka trigger hai, khud diagnosis nahi.)

■ Fitness Aur Healthy Saalon Ka Rishta

Overall direction ye dikhati hai ki better cardiorespiratory fitness generally acche long-term health se associated hoti hai - heart, lungs aur metabolism better function karte hain jab body regularly move karta hai. Ye kehna sahi nahi hoga ki fitness badhane se koi bimari nahi hogi ya specific number of years zyada milenge - har insaan ki health genetics, existing medical conditions aur overall lifestyle par depend karti hai.

Jo baat consistently dekhi jaati hai wo ye hai ki jo log apni umar ke saath bhi regular movement maintain karte hain, unka cardiorespiratory system dheere dheere maintain rehta hai, jabki sedentary rehna is capacity ko gradually kam kar sakta hai.

■ Jab Joint Problem Activity Ka Loop Tod Deti Hai

Orthopaedic practice mein ek pattern bahut common dikhta hai. Knee ya hip mein dard start hota hai, isliye aap walking ya exercise kam kar dete hain. Kam activity se surrounding muscles weak hone lagte hain, aur kabhi weight bhi badh jata hai - jisse joint par aur zyada load aata hai. Isse dard aur badh sakta hai, aur activity aur kam ho jati hai.

Is cycle ke saath saath cardiorespiratory fitness bhi dheere dheere gir sakti hai, kyunki jo regular movement fitness ko maintain karta tha, wahi ruk jata hai. Ye loop akele todna mushkil hota hai - sirf 'rest karo' bhi hamesha sahi solution nahi hai, aur dard ke bawajood 'push through' karna bhi sahi approach nahi hai. Yahan sahi assessment aur guidance ki zaroorat hoti hai.

■ Capacity Kaise Banayein - Doctor-Guided Tareeke

Agar joints mein already kuch dikkat hai, to bhi fitness build karna possible hota hai - lekin planned tarike se, apne orthopaedic surgeon ki guidance mein. Neeche kuch general directions hain; inhe apne case par apply karne se pehle assessment zaroor karwayein.

- Low-impact cardio options - jaise swimming, stationary cycling, ya elliptical - joints par kam stress daalte hain, phir bhi cardiovascular system ko kaam mein rakhte hain
- Joint ke around strength training - jaise knee ke liye quadriceps aur hip muscles strong karna - joint ko better support deta hai
- Activity ko gradually badhana - ek dum se volume ya intensity badhane se avoid karein, dheere dheere progress karein
- Proper warm-up aur guided technique se injury ka risk kam kiya ja sakta hai
- Physiotherapist ke saath structured programme - especially agar surgery history hai ya chronic joint issue hai

■ Online Consultation Ki Apni Seema Hai

Agar aap door rehte hain ya pehle discussion ke liye online consultation karna chahte hain, wo initial guidance ke liye theek hai. Lekin ye physical examination ka substitute nahi hai. Joint ki condition samajhne ke liye hands-on examination, movement assessment, aur kabhi imaging zaroori hoti hai - jo sirf in-person visit mein hi ho sakti hai.

Agar aapko severe pain, sudden swelling, joint lock ho jaana, ya weight bear na kar paana jaisi situation ho, to online consultation ka wait na karein - seedha nearest hospital ya emergency mein jaayein.

Turant doctor se milein agar —

- Sudden severe joint pain ke saath swelling
- Joint par weight bear na kar paana ya chal na paana
- Joint achanak lock ho jaana ya baar-baar 'give way' hona (dabal ho jaana)
- Activity ke dauran chest pain ya achanak zyada saans phoolna
- Joint pain ke saath fever hona
- Limb mein numbness ya weakness mehsoos hona

Apne surgeon se ye poochhein

1. Mere current joint condition ko dekhte hue, kaunsa cardio activity mere liye safe rahega?
2. Kya fitness build karne se pehle mujhe koi imaging ya detailed assessment karwani chahiye?
3. Strength training start karne ka sahi aur safe tareeka kya hoga mere case mein?
4. Activity ka level kitni jaldi aur kitna badhana safe hai?
5. Kya mujhe physiotherapist ki supervision mein hi shuruat karni chahiye?
6. Kaunse warning signs par mujhe activity turant rokni chahiye aur aapse contact karna chahiye?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Ye guide sirf general patient-education ke liye hai aur kisi bhi individual ke liye diagnosis ya treatment recommendation nahi hai. Apni specific joint condition ke liye kripya kisi qualified orthopaedic surgeon se hi consult karein. Online/teleconsultation sirf guidance ke liye hai, physical examination ka substitute nahi - severe symptoms ya emergency mein nearest hospital jaayein.

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Clinics: Prish Hospital, Vesu (12-2 pm) | Mahavir Hospital, Athwa Gate (4-6 pm), Surat.

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Sources – Mandsager K, et al. Association of Cardiorespiratory Fitness With Long-term Mortality Among Adults Undergoing Exercise Treadmill Testing. JAMA Netw Open. 2018;1(7):e183605. · Ross R, et al. Importance of Assessing Cardiorespiratory Fitness in Clinical Practice. Circulation. 2016 (AHA Scientific Statement). · Kodama S, et al. Cardiorespiratory Fitness as a Quantitative Predictor of All-Cause Mortality and Cardiovascular Events. JAMA. 2009. · Kolasinski SL, et al. 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee. Arthritis Care Res. 2020. · Bannuru RR, et al. OARSI Guidelines for the Non-Surgical Management of Knee, Hip, and Polyarticular Osteoarthritis. Osteoarthritis Cartilage. 2019.