

# **Dr. Pothireddy Surendranath Reddy Medical Videos and other 11-20**

## **◆ Author Meta Data – Dr. Pothireddy Surendranath Reddy**

**Author Name:** Dr. Pothireddy Surendranath Reddy

**Profession:** Orthopaedic Surgeon, Joint Replacement Surgeon, General Physician

**Expertise:** Musculoskeletal disorders, joint diseases, preventive medicine, public health education

**Location:** Hyderabad, Telangana, India

**Interests:** Public health awareness, medical education, healthcare systems, and active interest in politics and governance

### **Author Bio:**

Dr. Pothireddy Surendranath Reddy is a senior Orthopaedic Surgeon and Joint Replacement Specialist with extensive clinical experience. He is dedicated to educating the public by explaining complex medical topics in a clear and practical manner. Along with his medical practice, he actively follows political and governance issues related to healthcare, believing that informed policy and leadership are essential for improving public health outcomes.

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## **1 1 Normal and Abnormal Lung Breathing Sounds Explained**

Breathing sounds provide important clues about lung health. In this video, **Dr. Pothireddy Surendranath Reddy** explains normal breath sounds and abnormal sounds such as wheezing, crackles, and stridor. He discusses what these sounds indicate about underlying lung conditions like asthma, infections, or airway obstruction. The explanation is simple and useful for students, healthcare learners, and the general public. Early recognition of abnormal breathing sounds can help in timely medical intervention and better outcomes.

 Watch here:

[Lung breathing sound](#)

**URL:** <https://youtu.be/NSTR9SqirT4>

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## 1 2 Dr. Pothireddy Surendranath Reddy Explains Bunion

A bunion is a painful bony deformity that develops at the base of the big toe. In this video, **Dr. Pothireddy Surendranath Reddy**, an experienced Orthopaedic Surgeon, explains the causes, symptoms, progression, and treatment options for bunions. He discusses footwear correction, lifestyle changes, and when surgical intervention may be required. This video is helpful for patients experiencing foot pain and deformity.

👉 Watch here:

Bunion

URL: [https://youtu.be/oR4U6p\\_vqGg](https://youtu.be/oR4U6p_vqGg)

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## 1 3 Normal and Abnormal Nerve Conduction Explained

Nerve conduction is essential for movement and sensation. In this educational video, **Dr. Pothireddy Surendranath Reddy** explains how nerves transmit signals and what happens when nerve conduction becomes abnormal. Conditions such as neuropathy, nerve injury, and compression syndromes are discussed in a clear and simplified manner. This video is valuable for patients, medical students, and anyone interested in understanding nerve function.

👉 Watch here:

Nerve conduction study

URL: <https://youtu.be/2fcI-4JBljo>

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## 1 4 Knee Osteoarthritis Explained

Knee osteoarthritis is a common cause of pain and disability, especially in older adults. In this video, **Dr. Pothireddy Surendranath Reddy** explains the causes, symptoms, stages, and treatment options for knee osteoarthritis. He discusses weight management, exercises, medications, injections, and joint replacement surgery. This video helps patients understand how early treatment can slow disease progression.

👉 Watch here:

## Knee OA

URL: [https://youtu.be/B\\_55UdtC8wo](https://youtu.be/B_55UdtC8wo)

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## 1 5 Osteoporosis Explained

Osteoporosis is a condition characterized by weak and fragile bones. In this video, **Dr. Pothireddy Surendranath Reddy** explains the causes, risk factors, symptoms, and prevention of osteoporosis. He emphasizes calcium intake, vitamin D, exercise, and early screening to reduce fracture risk. This video is especially useful for elderly individuals and postmenopausal women.

👉 Watch here:

### Osteoporosis

URL: <https://youtu.be/CAC-8vSZhVU>

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## 1 6 Ovulation Process and Hormonal Changes Explained

Ovulation is a key part of the female reproductive cycle. In this video, **Dr. Pothireddy Surendranath Reddy** explains the ovulation process, hormonal changes, and their role in fertility. He discusses how hormones regulate the menstrual cycle and common problems related to ovulation. This video is helpful for women, couples planning pregnancy, and health learners.

👉 Watch here:

### Ovulation process

URL: <https://youtu.be/6H5NIOFH8ds>

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## 1 7 Parkinsonism and Abnormal Movement Explained

Parkinsonism is a neurological condition affecting movement and coordination. In this video, **Dr. Pothireddy Surendranath Reddy** explains abnormal movements such as tremors, rigidity, and slowed motion. He discusses causes, early symptoms, and the importance of

timely diagnosis. The explanation is simple and informative for patients and caregivers.

👉 Watch here:

## Parkinsonism

URL: <https://youtu.be/vp2fiZf5kOs>

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## 1 8 Allergy Explained Clearly | Causes, Symptoms & Treatment Guide

Allergies occur when the immune system overreacts to harmless substances. In this video, **Dr. Pothireddy Surendranath Reddy** clearly explains allergy causes, symptoms, triggers, and treatment options. He also discusses prevention strategies and lifestyle modifications. This video is highly useful for people suffering from seasonal or chronic allergies.

👉 Watch here:

## Allergy Explained

URL: [https://youtu.be/t7a\\_Y5d9Rxk](https://youtu.be/t7a_Y5d9Rxk)

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## 1 9 Mountain & Lake Nature | Peaceful Scenic Relaxation

In this calming video, **Dr. Pothireddy Surendranath Reddy** shares serene mountain and lake views that promote relaxation and mental well-being. Nature exposure helps reduce stress, improve focus, and support emotional health. This video is ideal for meditation, relaxation, and stress relief.

👉 Watch here:

## Mountain & Lake Nature

URL: <https://youtu.be/vn0UfBpmCQ4>

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## 2 0 Beautiful Clouds | Soothing Music & Relaxing Nature View

This video features beautiful cloud formations accompanied by soothing music. **Dr. Pothireddy Surendranath Reddy** presents this relaxing visual to promote calmness,

mindfulness, and stress relief. It is suitable for relaxation, meditation, or background ambience for mental peace.

👉 Watch here:

## **Beautiful Clouds**

**URL:** <https://youtu.be/1Zx7IoRUAW4>