MS. MONICA R

Consultant - Physiotherapy

Qualification

Bachelor of Physiotherapy

Overview

Mrs. Monica R is a dedicated physiotherapist in Bangalore. She is currently practising as a Consultant – Physiotherapy at Manipal Hospital Malleshwaram, Bangalore, bringing with her strong clinical training, hands-on experience across diverse healthcare settings, and a patient-centred approach to restoring health and mobility. A graduate with a Bachelor of Physiotherapy from Dayanand Sagar University, Mrs. Monica has cultivated expertise in musculoskeletal rehabilitation, pain management, postnatal care, and posture correction. Her work reflects a blend of scientific knowledge, practical skills, and compassionate care, enabling her to guide patients through recovery and support their long-term well-being. From the very beginning of her career, Mrs. Monica has shown a keen interest in understanding the human body in its entirety, particularly how movement, posture, and daily habits impact health. She pursued physiotherapy at Dayanand Sagar University’s College of Physiotherapy, graduating in 2024 with distinction. Her undergraduate years were marked by active participation in research, workshops, and clinical postings, allowing her to explore advanced concepts in rehabilitation while applying them in

patient care. She has exposure to varied fields, ranging from hospital-based rehabilitation to sports physiotherapy, equipping her with the ability to design customised treatment plans for patients with different conditions and goals. Mrs. Monica has developed proficiency in pain management techniques, exercise prescription and planning, posture evaluation and correction, and specialised support for new mothers, including postnatal care, breastfeeding education, and guidance on pumping techniques and equipment use. This niche focus reflects her strong interest in women's health, particularly in promoting breastfeeding and supporting mothers during the perinatal and postnatal phases. Mrs. Monica has complemented this interest with additional certification in Breastfeeding and Infant & Young Child Feeding Counselling from the Breastfeeding Promotion Network of India (BPNI), further strengthening her expertise in this vital area of care. In addition to her clinical work, Mrs. Monica has engaged in research and academic activities. She presented posters on spinal cord cancer and the benefits of yoga in enhancing breastmilk production, earning recognition at physiotherapy conferences such as DSU Physiocon and Karnataka Physiocon. Her ongoing research focuses on screening risk factors for female sexual dysfunction in perimenopausal women, a subject that demonstrates her commitment to advancing women's health physiotherapy and addressing underexplored areas of healthcare. She also contributed her services to the Karnataka 3rd Mini Olympic Games in 2024, where she provided on-ground support to athletes, addressing injuries and facilitating recovery. She has also actively pursued continuing education through workshops on neonatal care, birth care, research methodology, radiology in physiotherapy practice, vestibular rehabilitation, and the International Classification of Functioning, Disability, and Health (ICF). With a strong grounding in anatomy, a passion for women's health, and dedication to patient empowerment, Mrs. Monica R stands out as a new-generation physiotherapist who combines scientific precision with empathy. At Manipal Hospitals, she continues to extend her services in

physiotherapy and rehabilitation, committed to helping patients regain mobility, improve their quality of life, and achieve long-term health goals.

Field of Expertise

- Antenatal
- Postnatal
- Labour Management
- Breastfeeding and Infant Feeding

Languages Spoken

- Kannada
- English
- Hindi

Talks & Publications

- Systematic Review on Spinal Cord Cancer in DSU Physiocon – March 2023.
- Benefits of Yoga in Increasing Breastmilk Production in Lactating Mothers (1st Karnataka Physiocon, SDM College of Medical Science, Dharwad) – February 2024.