

DR. MOKSHI KOUL

Consultant - Physiotherapy

Qualification

BPT | MPT (Orthopedics) | COMT | CDNP

Overview

Dr. Mokshi Koul is an accomplished Consultant in Physiotherapy with over 12 years of professional experience, currently practising at Manipal Hospital, Kharadi. Her clinical expertise lies in musculoskeletal and orthopaedic rehabilitation, combining modern therapeutic techniques with evidence-based care. Holding a Bachelor's and Master's degree in Physiotherapy with a specialisation in Orthopaedics, Dr. Koul further enhanced her credentials through advanced certifications such as Certified Orthopaedic Manual Therapist (COMT) and Certified Dry Needling Practitioner (CDNP). Her comprehensive training enables her to manage a wide range of conditions including post-traumatic rehabilitation, joint disorders, neck and back pain, sports injuries, paediatric and geriatric physiotherapy, and vertigo. Dr. Koul adopts a patient-centred approach and is skilled in various hands-on techniques like spinal manipulation, myofascial release, kinesiology taping, and ergonomics-based therapies. She also runs a specialised Gait and Posture Clinic that focuses on postural correction and functional movement, particularly beneficial for office-based individuals and athletes alike. Her contributions to physiotherapy have been

recognised through several awards, including the Best Research Paper at an international spine conference and the Best Resource Person award for her educational efforts in scapular dyskinesia. She has authored research papers published in respected journals and actively creates educational videos that simplify complex conditions such as olecranon bursitis, crepitus, and morning stiffness. Dr. Mokshi Koul's practice blends advanced techniques with personalised care plans, aiming to not only treat symptoms but also to restore overall functionality and prevent recurrence. With her strong academic background, clinical experience, and passion for public education, she stands out as a trusted physiotherapist in Pune, delivering high-quality rehabilitation services at Manipal Hospital, Kharadi.

Field of Expertise

- Trauma Rehabilitation (Fractures and Dislocations)
- Arthritis and Joint Pain
- Vertigo, Dizziness & Balance loss
- Ligament and muscle injuries
- Neck Pain & Low Back Pain
- Joint Replacement Rehabilitation
- Gediatric Physiotherapy
- Sports Injury Rehabilitation
- Dry Needling
- Kinseo Taping
- Manual Therapy
- Myofascial Release
- Ergonomic Advisor
- Spinal Manipulation

Languages Spoken

- English
- Hindi
- Marathi

Awards & Achievements

- Awarded Best Research Paper - Common Clinical & Functional Outcome Measures Used In Lumbar Spine Disc Herniation - By International Spine Conference.
- Awarded Best Resource Person- Assessment & Management of Scapular Dyskinesia by World Assist Records In 2020.
- Certified Orthopaedic Manual Therapy from Capri Institute, New Delhi.
- Conducted Ergonomic Approach Seminar in Cooperates.
- Certified PSRP.

Talks & Publications

- Publication in World Journal Of Pharmaceutical Research.
- Publication in Journal of orthopedics.