

DR. JANHAVI MISHRA

Consultant – Physiotherapy

Qualification

BPT | MPT (Sports Physiotherapy)

Overview

Dr. Janhavi Mishra is an experienced physiotherapist in Millers Road, currently practising as a Consultant – Physiotherapy at Manipal Hospital Millers Road, Bangalore. With over 4+ years of clinical experience in physiotherapy and rehabilitation care, she has developed expertise in sports rehabilitation, musculoskeletal recovery, movement restoration, and structured rehabilitation planning. Her experience in functional recovery and personalised therapy programmes has established her among the best physiotherapists in Millers Road for rehabilitation and movement-related concerns. Dr. Janhavi completed her Bachelor of Physiotherapy (BPT) from Vinoba Bhave University, followed by a Master of Physiotherapy (MPT) in Sports Physiotherapy from Suresh Gyan Vihar University. To strengthen her clinical expertise, she completed specialised certifications in Dry Needling, Manual Therapy with a focus on spinal dysfunction, Kinesio-Taping, and is also a Certified Yoga Trainer through Bodhi International Yoga. At Manipal Hospital Millers Road, Dr. Janhavi's clinical work focuses on sports rehabilitation, manual therapy, spinal dysfunction management, and comprehensive physical rehabilitation. Her clinical approach

focuses on detailed physical assessment, customised rehabilitation protocols, pain reduction strategies, and restoration of mobility and strength. Her work in structured rehabilitation and movement restoration has positioned her among the best sports physiotherapists in Millers Road for patients requiring targeted rehabilitation and recovery support. Dr. Janhavi's procedural and therapeutic expertise extends to dry needling, kinesio-taping, manual joint mobilisation, therapeutic yoga interventions, and specialised exercise prescription for athletic and non-athletic injuries. She works in close coordination with orthopaedics, sports medicine, neurology, and pain management teams to deliver integrated, multidisciplinary rehabilitation plans for complex musculoskeletal conditions. Dr. Janhavi Mishra actively participates in continuous medical education and professional advancement, having contributed to and attended major national platforms, including the 55th and 57th Annual Conferences of the Indian Association of Physiotherapists (IAP) and the National Physiotherapy Conference at IMS BHU, Varanasi. Fluent in English and Hindi, Dr. Janhavi ensures clear, empathetic communication with patients, helping them understand their recovery pathways and long-term physical wellness goals.

Fellowship & Membership

- Certified Yoga Trainer – Bodhi International Yoga
- Certified Dry Needling Practitioner
- Certified in Manual Therapy & Kinesio-Taping

Field of Expertise

- Sports Physiotherapy
- Rehabilitation Therapy
- Manual Therapy

- Dry Needling
- Spinal Dysfunction
- Kinesio-Taping

Languages Spoken

- English
- Hindi

Talks & Publications

- Participation in National Physiotherapy Conferences and Workshops