

**MR. UMASHANKAR L**

Lead Physiotherapist and Senior Executive - Physical Medicine and Rehabilitation

**Qualification**

MPT (Orthopaedics)

## Overview

Mr. Umashankar L is a highly skilled physiotherapist in Old Airport Road, Bangalore, currently practising as a Lead Physiotherapist and Senior Executive - Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore. With a Master's degree in Physiotherapy (Orthopaedics) and advanced fellowships in Osteopathy and Manipulation Therapy (FOMT), he brings over a decade of specialised expertise in the comprehensive management of musculoskeletal pain, orthopaedic rehabilitation, and movement disorders. His clinical philosophy is deeply patient-centred, focused on restoring functional independence, improving quality of life, and preventing recurrence of injury through evidence-based, holistic physiotherapy care. Mr. Umashankar's practice encompasses a wide range of rehabilitation areas including fracture rehabilitation, replacement and ligament reconstruction rehabilitation, and manual therapy-based recovery programmes tailored to the specific needs of each patient. He is known for his structured, science-driven approach that integrates manual manipulation, osteopathic corrections, fascial release, and movement re-education. As a Certified Dry Needling

Practitioner (CDNP), Certified Fascial Manipulation Practitioner (CFMP), and Certified Instrument-Assisted Soft Tissue Mobilisation Practitioner (CIASTMP), he combines a deep understanding of musculoskeletal anatomy with advanced therapeutic modalities to reduce pain, enhance mobility, and optimise physical performance. In addition to clinical expertise, Mr. Umashankar has played a pioneering role in spreading awareness about ergonomic health and workplace injury prevention. He has conducted expert sessions and corporate workshops for leading organisations such as Infosys, TCS, HCL, Schneider, and SAP Tech, focusing on posture correction, workstation modification, and exercise prescription for desk-bound professionals. His extensive work in ergonomics has earned him notable recognition, including the Pride Award for conducting workstation modification sessions and accolades for his sustained contributions to employee health and safety. His proficiency extends beyond orthopaedic care into neuro and onco rehabilitation, TMD (Temporomandibular Joint Disorder) management, and Pilates-based core stability training, making his practice versatile and adaptable to varied therapeutic needs. His approach blends traditional physiotherapy with modern movement sciences, integrating elements of osteopathy, dry needling, kinesiotaping, and manual therapy to treat both acute injuries and chronic conditions effectively. Over the years, Mr. Umashankar has also contributed significantly to the academic and professional advancement of physiotherapy. He has delivered live talks and expert lectures on topics such as Physical Therapy in Arthritis Management and Rehabilitation in Revision Arthroplasty at Manipal Hospital Bangalore, and has been a speaker at prestigious conferences including the Indian Association of Physiotherapists Women’s Cell (IAPWC) – Karnataka and BSS Karnataka. His contributions to clinical excellence have been recognised through multiple honours, including the CEO Pride Award, Manyata Pride Awards (2016 & 2018), and a commendation for lasting contributions to patient safety and care at Manipal Hospital in 2017. Mr. Umashankar’s professional memberships

include the Indian Association of Physiotherapists (IAP), reflecting his commitment to continuous learning and ethical clinical practice. His work is marked by a compassionate, goal-oriented approach that places patient well-being at the forefront. He ensures that each rehabilitation plan is thoughtfully customised, addressing not only physical symptoms but also the underlying biomechanical and lifestyle factors contributing to dysfunction. Fluent in English, Hindi, Tamil, Kannada, Telugu, Bengali, Malayalam, and Badaga, he engages effectively with patients from diverse linguistic backgrounds, fostering a warm and communicative therapeutic environment. Through his rich blend of technical expertise, teaching experience, and empathetic patient care, Mr. Umashankar continues to uphold the highest standards of physiotherapy at Manipal Hospital Old Airport Road. His work stands as a testament to the transformative power of rehabilitation, restoring movement, confidence, and independence in the lives of his patients.

### Fellowship & Membership

- Fellowship in Osteopathy and Manipulation Therapy (FOMT)
- Member in IAP Reg no :LA-37594

### Field of Expertise

- Musculoskeletal Pain Management
- Replacement &Ligament Reconstruction Rehabilitation
- Fracture Rehabilitation
- Dry Needling
- Kinesiotaping
- TMD Management
- Pilates Training
- Manual Therapy

## Languages Spoken

- English
- Tamil
- Kannada
- Telugu
- Hindi
- Bengali
- Malayalam
- Badaga

## Awards & Achievements

- Awarded for Lasting contributions to Patient safety & care and upholding the core value of Patient Centricity at MHB-2017.
- Pride Award for conducting workstation modification
- CEO Pride Award-MHB
- Manyata Pride Award (2016/ 2018)

## Talks & Publications

- Accolades for conducting expert sessions on ergonomics. (Infosys, TCS, HCL, Snider, SAP Tech, etc / Exercise Prescription
- Live Talk on Physical Therapy in Arthritis Management-MHB
- Live Talk on Physical Therapy Management in Revision Arthroplasty-MHB
- Speaker in IAPWC- Karnataka
- Speaker in BSS- Karnataka