

MR. ASHWIN BHAT H

Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation

Qualification

MSc Exercise and Sports Sciences (MAHE, Manipal) | PG Diploma Sports Biomechanics (Robert Gordon University, Scotland and MAHE, Manipal) | Bachelor of Physiotherapy (MAHE, Mangalore)

Overview

Mr. Ashwin Bhat H is a highly skilled physiotherapist in Bangalore, currently practising as a Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore. With a strong academic foundation, including an M.Sc. in Exercise and Sports Sciences from MAHE, Manipal, a PG Diploma in Sports Biomechanics from Robert Gordon University, Scotland, and a Bachelor's in Physiotherapy from MAHE, Mangalore, he brings an exceptional blend of clinical expertise and academic excellence to his practice. His career reflects a deep commitment to advancing physical health through scientific precision, functional training, and evidence-based rehabilitation, especially in the areas of sports biomechanics, orthopaedic physical therapy, and exercise physiology. Throughout his professional journey, Mr. Ashwin has been instrumental in designing and implementing structured rehabilitation programmes for athletes, patients recovering from musculoskeletal injuries, and individuals seeking preventive care through movement

optimisation. His expertise in sports biomechanics allows him to assess and correct movement patterns that contribute to overuse injuries, performance inefficiencies, or postural strain. By combining biomechanical analysis with therapeutic exercise, he tailors treatment plans that enhance functional performance while minimising risk of reinjury. His approach extends beyond symptom relief, focusing on movement efficiency, strength restoration, and long-term musculoskeletal resilience. Mr. Ashwin’s background as an Exercise Physiologist complements his physiotherapy expertise, giving him a holistic understanding of how the body adapts to training, recovery, and rehabilitation. This dual perspective enables him to craft precise exercise regimens for patients recovering from orthopaedic injuries, cardiac conditions, or metabolic disorders. His skill set also includes Myofascial Release (MFR) and Strength and Conditioning techniques, which he applies to restore flexibility, improve circulation, and promote muscular balance. His patients range from elite athletes recovering from competitive injuries to professionals seeking ergonomic and postural correction after prolonged sedentary work. A passionate advocate for preventive physiotherapy, Mr. Ashwin has conducted numerous health talks and ergonomic sessions at leading multinational companies, empowering employees to adopt healthy movement habits and avoid workplace-related musculoskeletal disorders. His sessions on Exercise Prescription and Obesity Management, including his live talk at Manipal Hospital Bangalore in 2019, highlight his dedication to public health awareness and his ability to translate clinical knowledge into practical, actionable strategies for daily life. As a Life Member of the Indian Association of Physiotherapists (IAP), Mr. Ashwin is deeply engaged with the professional community, staying updated with the latest advancements in physiotherapy, sports rehabilitation, and performance science. His interdisciplinary approach is further enhanced by his ability to communicate complex biomechanical concepts in a relatable way, helping patients understand their conditions and actively participate in their recovery journey. Mr.

Ashwin’s linguistic fluency in English, Hindi, Kannada, Tamil, Konkani, and Tulu enables him to effectively connect with patients from diverse linguistic and cultural backgrounds, a quality that enhances trust, comfort, and adherence to therapy plans. His calm demeanour, patient education skills, and meticulous attention to clinical detail make him a valued member of Manipal Hospital’s rehabilitation team. In the domain of orthopaedic physiotherapy, Mr. Ashwin specialises in post-operative rehabilitation, fracture recovery, and joint replacement care, providing targeted therapy to restore strength, range of motion, and daily functionality. His evidence-driven techniques help patients transition from limited mobility to complete independence through structured phases of rehabilitation. He also plays a key role in supporting sports injury recovery, designing tailored conditioning plans that align with each athlete’s unique biomechanical profile and sport-specific demands. Beyond the clinical space, Mr. Ashwin remains committed to education and outreach, whether through corporate wellness initiatives, seminars on exercise science, or fitness awareness campaigns. His career embodies a modern, integrative approach to physiotherapy that combines the science of biomechanics with the art of patient care. Through his expertise, professionalism, and passion for movement science, Mr. Ashwin Bhat H continues to make a lasting contribution to the field of physical medicine and rehabilitation at Manipal Hospital Old Airport Road, empowering patients to regain mobility, strength, and confidence in every step of their recovery.

Fellowship & Membership

- Life Membership, Indian Association of Physiotherapists.

Field of Expertise

- Sports Biomechanics

- Exercise Physiologist
- MFR
- Orthopaedic Physical Therapy
- Strength and Conditioning
- BLS

Languages Spoken

- English
- Hindi
- Kannada
- Tamil
- Konkani
- Tulu

Talks & Publications

- Health talks in Ergonomics/ Exercise Prescription at various Multi-National Companies.
- Live Talk on Obesity Management- MHB 2019.