

DR. DHEERAJ A

HOD & Consultant - Physical Medicine & Rehabilitation

Qualification

MBBS | MD (Physical Medicine & Rehabilitation, AIIMS, New Delhi) | Postdoctoral Fellow (Neuro-Rehab, NIMHANS, Bengaluru)

Overview

Dr Dheeraj A is a highly experienced doctor based in Bangalore, having expertise in Physical Medicine and Rehabilitation. He has been working in this field for more than 16 years and currently works at the Manipal Hospital in the city's Whitefield area. He is a consultant in Physical Medicine and Rehabilitation and is also the Head of the Department there. He completed his MBBS in the year 2006. He studied at the Vijayanagara Institute of Medical Sciences. The college is situated in Bellary in the state of Karnataka and he worked there as a Junior Resident too. He has worked on complex medical cases related to Fibromyalgia, Osteoarthritis, Osteoporosis, and Cerebrovascular accidents. Dr Dheeraj has a life membership of the Indian Federation of Neurorehabilitation. He has a Post-doctoral Neurological Rehabilitation fellowship from the National Institute of Mental Health and Neuro Sciences in Bangalore. He worked as a Consultant at the St John's Medical College Hospital for one year before joining Manipal Hospitals. He has treated nerve disorders, muscular disorders, and musculoskeletal pain. He has also written about other topics like Sleep Disorders in Children with Cerebral Palsy and its relation to sleep

disturbance in primary caregivers. He has worked in the area of obesity management and managing lifestyle diseases like blood pressure and diabetes. Dr. Dheeraj is the best physical medicine physician in Old Airport Road, Bangalore. He has given lectures at CME (Continuing Medical Education) conferences about geriatric rehabilitation, stroke rehabilitation, and paediatric rehabilitation (rehabilitation of children and infants). He has managed patients with Myopathies, Neuropathies, traumatic brain injuries, and multiple trauma. He has worked on treating patients having traumatic brain injuries, spinal cord injuries, neuromuscular disorders, and diabetic foot. He has guided his patients about cancer, amputation, pressure ulcer, cerebral palsy, movement disorders, and balance disorders. He studied the topic 'Nerve Conduction Studies on Median and Ulnar Nerves of Patients with Rheumatoid Arthritis' for writing his dissertation. He is an expert in Neurological Rehabilitation, Geriatric Rehabilitation, and Paediatric Rehabilitation as well. He has lectured at various conferences on orthosis prescription, delayed development disorders in children, rehabilitation after a stroke, and other comprehensive rehabilitation approaches. He completed his MD in Physical Medicine and Rehabilitation from the All India Institute of Medical Sciences located in New Delhi He worked at the All India Institute of Medical Sciences of New Delhi as a Junior Resident and as a Senior Resident doctor. He worked at St John's Medical College as a professor of Physical Medicine and Rehabilitation.

Fellowship & Membership

- Life member of Indian Medical Association.
- Life member of Indian Association of PMR (IAPMR).
- Indian Federation of Neurorehabilitation.

Field of Expertise

- Neurological Rehabilitation
- Paediatric Rehabilitation
- Musculoskeletal Rehabilitation and Pain Medicine
- Geriatric Rehabilitation

Languages Spoken

- English
- Hindi
- Kannada

Talks & Publications

- Nerve Conduction Studies on Median and Ulnar nerves of Patients with Rheumatoid Arthritis (Dissertation for Degree of Doctor of Medicine, PM&R, AIIMS, New Delhi)
  Pachydermodactyly: Bhaskaraiah SK, Adiga D, Sardana R, Singh U. Pachydermodactyly. Astrocyte 2015;2:105-6.
- Sleep Disorders in Children with Cerebral Palsy: Adiga D, Gupta A, Khanna M, Taly AB, Thennarasu K. Sleep disorders in children with cerebral palsy and its correlation with sleep disturbance in primary caregivers and other associated factors. Ann Indian Acad Neurol 2014;17:473-6.
- Presented lectures in various CMEs on topics ‘Stroke Rehabilitation’, Geriatric Rehabilitation, Orthosis / Prosthesis prescriptions, Comprehensive Rehabilitation Approaches, Paediatric Rehabilitation in Delayed developmental disorders, etc.