

MS. GOPIKA VARMA

Senior Physiotherapist /Exceutive

Qualification

BPT

Overview

Ms. Gopika is a highly skilled Physiotherapist in Bangalore. She is currently practising as a Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, where she provides expert care in the prevention, management, and rehabilitation of musculoskeletal and neurological conditions. With a Bachelor's degree in Physiotherapy (BPT) and extensive certifications in advanced physiotherapeutic modalities, Ms. Gopika is deeply committed to helping patients regain mobility, strength, and functional independence through personalised and evidence-based treatment programmes. Her approach combines clinical precision, patient empathy, and scientific understanding, ensuring each rehabilitation plan is tailored to meet individual goals and recovery needs. Throughout her professional journey, Ms. Gopika has demonstrated exceptional skill in managing post-operative orthopaedic rehabilitation, helping patients recover following joint replacements, ligament reconstructions, and fracture fixations. Her expertise in this area ensures smooth post-surgical recovery, improved joint mobility, and the restoration of daily functional abilities. She closely collaborates

with orthopaedic surgeons, pain specialists, and rehabilitation experts to create structured and progressive recovery plans, ensuring every patient transitions safely from hospital-based therapy to independent mobility. Her clinical acumen is further enhanced by her specialisation in manual therapy, dry needling, and kinesio-taping techniques, which allow her to address complex pain and movement disorders with remarkable efficacy. A Certified Dry Needling Practitioner (CDNP) and Certified Manual Therapy Practitioner (COMT), Ms. Gopika integrates both traditional and modern physiotherapeutic interventions to relieve pain, reduce inflammation, and restore muscular balance. Her proficiency in Dynamic and Kinesio Taping supports soft-tissue healing, improves posture, and prevents re-injury, making it especially valuable for athletes and individuals with repetitive strain injuries. Additionally, she is a Certified Instrument-Assisted Soft Tissue Mobilisation Practitioner (CIASTMP), using IASTM techniques to break down scar tissue, enhance blood flow, and accelerate the healing of chronic soft-tissue injuries. These advanced methods, combined with her understanding of Neurodevelopmental Treatment (NDT) principles, enable her to manage neurological rehabilitation cases effectively, especially in patients recovering from stroke, spinal injuries, or post-COVID complications. Ms. Gopika’s passion for physiotherapy extends beyond the clinic into public health awareness and community engagement. She has received awards for conducting rehabilitation sessions for COVID-19 patients, where her expertise in respiratory physiotherapy and graded exercise therapy played a crucial role in helping patients rebuild lung capacity, endurance, and strength after prolonged illness. Her contribution to such community-based rehabilitation initiatives reflects her deep sense of professional commitment and compassion. Fluent in English, Hindi, Marathi, Malayalam, Tamil, and Kannada, Ms. Gopika is able to communicate seamlessly with patients from diverse linguistic and cultural backgrounds, ensuring comfort, clarity, and trust throughout the therapeutic process. She takes pride in educating patients about their

condition, empowering them to take an active role in their recovery through home exercise programmes, posture correction, and ergonomic guidance. At Manipals Hospital, Old Airport Road, Ms. Gopika is known for her holistic and patient-centred approach. She views rehabilitation not merely as physical recovery but as the process of restoring overall well-being — helping patients regain confidence, mobility, and independence. Her warm demeanour, combined with her mastery of clinical techniques, makes her a valued member of the Physical Medicine and Rehabilitation Department, where she continues to contribute to the hospital's commitment to excellence in physiotherapeutic care. Through her diverse training, clinical experience, and dedication to ongoing professional development, Ms. Gopika stands as an exemplary physiotherapy professional whose work is guided by compassion, precision, and a deep desire to improve quality of life through movement and recovery.

Field of Expertise

- Dry Needling.
- Manual Therapy.
- Dynamic / Kinesio Taping.
- Post-Op Orthopaedic Rehabilitation.
- IASTM.
- NDT.

Languages Spoken

- English
- Hindi
- Marathi
- Malayalam
- Tamil

- Kannada

Awards & Achievements

- CDNP (Certified Dry Needling Practitioner).
- COMT (CERTIFIED manual therapy practitioner).
- CIASTMP (certified iastm practitioner).
- Certified K-tape practitioner.
- Awards for Conducting Rehab Sessions for COVID Patients.