

MS. RADHIKA VERMA

Senior Physiotherapist / Exceutive

Qualification

M.P.T (Community based rehabilitation)

Overview

Ms. Radhika Verma is a highly skilled Physiotherapist in Bangalore, currently practising as a Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore. With a Master's degree in Community-Based Rehabilitation (MPT) and extensive hands-on experience in diverse physiotherapy specialisations, she brings a deeply empathetic and evidence-based approach to patient care. Ms. Radhika is known for her ability to design holistic rehabilitation programmes that address not only physical impairments but also the psychosocial aspects of recovery, helping patients reintegrate into daily life with renewed strength, mobility, and confidence. Her core expertise lies in manual therapy, dry needling, kinesio-taping, cupping therapy, and myofascial trigger point release, each technique serving as a cornerstone in her multidimensional treatment approach. As a Certified Manual Therapy Practitioner (COMT), she is adept at identifying and correcting biomechanical dysfunctions, reducing pain, and improving musculoskeletal alignment. Her proficiency in dry needling and kinesio-taping allows her to effectively address muscle tension, inflammation,

and chronic pain conditions, while her training in cupping therapy enhances circulation and tissue recovery in patients with muscular tightness and postural issues. These modalities, when integrated with her expertise in Pilates-based rehabilitation and ergonomic therapy, create a comprehensive framework that promotes functional movement, injury prevention, and long-term musculoskeletal health. Ms. Radhika’s advanced qualifications include certifications from the Indian Academy of Fitness Training (IAFT) and credentials as a Pre/Post-Natal Instructor, reflecting her commitment to women’s health and fitness. She is particularly passionate about pre- and postnatal physiotherapy, where she guides expectant and new mothers through safe exercise programmes that enhance posture, core strength, and pelvic stability, supporting healthy recovery after childbirth. Her efforts in this area also extend to public health education, as seen through her webinars on physiotherapy in PCOS management and women’s wellness initiatives, where she educates women on the importance of maintaining musculoskeletal balance and metabolic health through structured physiotherapy. Beyond clinical work, Ms. Radhika has been actively involved in corporate wellness programmes, conducting numerous ergonomic and fitness sessions for IT professionals and organisations under the Manyata and Manipal Hospital Bangalore (MHB) initiatives. Her workshops on workplace posture correction, injury prevention, and stress reduction have been widely appreciated for their practicality and relevance in today’s sedentary work environments. Her dedication to preventive healthcare earned her multiple accolades, including recognition for conducting rehabilitation sessions for COVID-19 patients, an effort that played a pivotal role in restoring respiratory function, stamina, and mobility among post-COVID individuals. As an Ergonomic Instructor and Fitness Specialist, Ms. Radhika seamlessly combines clinical precision with lifestyle-based interventions. She believes in empowering patients through education and movement, fostering self-awareness about body mechanics and promoting sustainable fitness habits. Her sessions often blend manual

therapy with functional training, Pilates, and mobility exercises, ensuring that recovery is both therapeutic and empowering. Fluent in English, Hindi, Marathi, and Kannada, Ms. Radhika connects effortlessly with patients from diverse linguistic and cultural backgrounds, ensuring that communication remains clear and supportive throughout the treatment process. She is also Basic Life Support (BLS) certified, underscoring her readiness to handle medical contingencies during rehabilitation. Ms. Radhika's professional ethos is rooted in compassion, precision, and holistic healing. At Manipal Hospitals, she works collaboratively with multidisciplinary teams, including orthopaedists, neurologists, and rehabilitation specialists, to ensure that every patient receives integrated, outcome-oriented care. Whether she is helping an athlete recover from injury, guiding a new mother through postnatal rehabilitation, or assisting a corporate professional in managing chronic pain, her goal remains the same: to restore movement, enhance strength, and improve quality of life. Her extensive experience, academic excellence, and patient-centric approach make her an invaluable asset to Manipal Hospital's Physical Medicine and Rehabilitation Department, where she continues to set benchmarks in physiotherapeutic care through her dedication and clinical expertise.

Fellowship & Membership

- OT/PT Council, M.H 2014/10/PT/003603.
- Manual Therapy COMT 7962/T/A/179/Bengaluru/23.
- Indian Academy of Fitness Training: IAFT 13020.

Field of Expertise

- Manual Therapy.
- Dry Neelding.

- Kinesio Tapping.
- Cupping Therapy.
- Pilates.
- Myofascial Trigger Point Release.
- Pre /Post Natal Instructor.
- Ergonomic Instructor.
- TMD Management.
- Fitness Instructor.

Languages Spoken

- English
- Hindi
- Marathi
- Kannada

Awards & Achievements

- Awards for Conducting Rehab Session for COVID Patients.
- Manyata Award MHB.

Talks & Publications

- Webinar on the Importance of Physiotherapy in PCOS.
- Various Ergonomic Sessions at MHB.
- Various Fitness Sessions at MHB.
- Ergonomic Sessions for I.T Companies.