

MR. PARTHIBAN A

Junior Executive - Physical Medicine and Rehabilitation

Qualification

BPT | MPT (Neurology)

Overview

Mr. Parthiban A is a highly skilled physiotherapist in Bangalore, currently practising as a Physiotherapist – Junior Executive - Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore. With a Bachelor's and Master's degree in Physiotherapy (Neurology) and professional registration as a Member of the Indian Association of Physiotherapists, he brings specialised expertise in neurological rehabilitation and movement science to his clinical practice. His work reflects a deep understanding of the brain–body connection, where every therapeutic intervention is designed to restore function, confidence, and independence to individuals living with neurological impairments. Mr. Parthiban's professional foundation is rooted in scientific precision and compassionate patient care. His postgraduate specialisation in neurology has enabled him to develop expertise in managing a wide spectrum of neurological disorders, including stroke, Parkinson's disease, spinal cord injury, multiple sclerosis, neuropathies, and traumatic brain injury. His clinical approach is built on the principles of neuroplasticity—the brain's ability to reorganise and form new neural pathways through targeted

rehabilitation. By integrating structured movement therapy with patient education and cognitive engagement, he helps patients regain lost abilities and reintegrate into daily life with greater ease and independence. At Manipal Hospital Old Airport Road, Mr. Parthiban plays a key role in the multidisciplinary rehabilitation team, collaborating closely with neurologists, neurosurgeons, occupational therapists, and speech-language pathologists. His sessions are tailored to address both motor and sensory deficits while promoting balance, coordination, endurance, and postural control. He employs evidence-based techniques such as task-oriented training, motor relearning, proprioceptive neuromuscular facilitation, and balance retraining to help patients achieve measurable functional outcomes. Beyond hands-on rehabilitation, Mr. Parthiban's academic contributions highlight his commitment to the advancement of physiotherapy research and practice. He has conducted systematic reviews exploring the effects of yoga therapy on enhancing brain-derived neurotrophic factors (BDNF) and cognitive function, and the effectiveness of yoga in improving functional independence and mental health in Alzheimer's disease. His scholarly work also includes the development and validation of a lower-limb task-oriented exercise programme for individuals with sub-acute stroke, demonstrating his deep interest in blending clinical practice with scientific exploration. Mr. Parthiban believes that rehabilitation is more than restoring physical function; it is about rebuilding identity and confidence. His empathetic approach creates an environment of trust, where patients feel motivated and supported through each stage of recovery. He emphasises patient education and caregiver training, ensuring that rehabilitation continues seamlessly beyond the hospital setting. His clinical proficiency is complemented by advanced certifications such as Basic Life Support (BLS), ensuring the highest standards of patient safety during all therapeutic interventions. He is also fluent in English and Tamil, allowing him to connect effectively with patients from diverse linguistic backgrounds and communicate complex therapeutic concepts in an accessible manner. Over the

years, Mr. Parthiban has earned recognition for his clinical excellence, including the Team Award at BPN, reflecting his collaborative spirit and consistent contribution to patient-centred outcomes. His balanced blend of academic insight, practical skill, and compassionate care defines his approach to physiotherapy, one that restores hope alongside health. By integrating evidence-based techniques with holistic mind–body practices such as yoga, he brings a multidimensional perspective to neurological rehabilitation. His deep interest in the role of exercise and neurophysiological modulation in recovery reflects his belief that therapy should not only treat symptoms but also empower individuals to live more fulfilling lives. At Manipal Hospital Old Airport Road, Mr. Parthiban A continues to make a meaningful difference in the lives of his patients, helping them rediscover movement, rebuild strength, and regain confidence through skilled, empathetic, and scientifically guided physiotherapy care.

Fellowship & Membership

- MIAP (Member of Indian Association of Physiotherapy) Reg no 67380

Field of Expertise

- Neurological rehabilitation

Languages Spoken

- English
- Tamil

Awards & Achievements

- Team award in BPN
- BLS

Talks & Publications

- Effects of yoga therapy on enhancing BDNF(brain-derived neurotrophic factors) and Cognitive function: A Systematic review.
- Effectiveness of yoga in improving functional independence and mental health in Alzheimer's disease: A Systematic review.
- Development and validation of a lower limb task-oriented exercise program for individuals with sub-acute stroke.