

MR. SETHURAJA S

Junior Executive - Physical Medicine and Rehabilitation

Qualification

BPT | MPT (Neurology)

Overview

Mr. Sethuraja S is a highly skilled physiotherapist in Bangalore. He is currently practising as a Physiotherapist – Junior Executive - Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore, bringing specialised expertise in neurological rehabilitation to patients recovering from neurological impairments and musculoskeletal dysfunctions. With a strong academic foundation including both Bachelor's and Master's degrees in Physiotherapy (Neurology), Mr. Sethuraja has developed a comprehensive understanding of the nervous system and its functional recovery, allowing him to design highly effective, evidence-based rehabilitation programs. His clinical approach is rooted in combining scientific precision with patient-focused care, ensuring that each individual receives therapy tailored to their specific needs, functional goals, and lifestyle. Mr. Sethuraja's expertise encompasses a wide spectrum of neurological rehabilitation techniques, including stroke rehabilitation, spinal cord injury management, post-traumatic brain injury recovery, and other central and peripheral nervous system disorders. He integrates functional re-education therapy, task-specific training,

balance and coordination exercises, and gait retraining into personalised treatment plans, emphasising the restoration of independence, mobility, and overall quality of life. Additionally, his proficiency in manual therapy techniques, dry needling (Levels 1 & 2), and cupping therapy (Levels 1 & 2) enables him to address soft tissue restrictions, musculoskeletal pain, and postural imbalances effectively, complementing neurological recovery and enhancing functional outcomes. A key aspect of Mr. Sethuraja's practice is his patient-centred approach. He collaborates closely with neurologists, occupational therapists, speech-language pathologists, and other rehabilitation professionals to deliver coordinated, multidisciplinary care. He also prioritises patient and caregiver education, equipping them with strategies and exercises to continue therapy at home. This ensures continuity of care, reinforces therapeutic gains, and empowers patients to actively participate in their recovery journey. Fluent in English and Tamil, Mr. Sethuraja communicates effectively with a wide variety of patients, establishing a supportive, empathetic environment that fosters confidence and motivation. He is certified in Basic Life Support (BLS), ensuring safe practice during interventions. His ongoing commitment to professional development and staying abreast of evolving rehabilitation techniques reflects a dedication to clinical excellence and improved patient outcomes. With a combination of advanced neurological rehabilitation skills, manual therapy expertise, and a compassionate, personalised approach, Mr. Sethuraja S has become a trusted physiotherapist in Bangalore. His commitment to helping patients regain function, independence, and confidence makes him an invaluable member of the rehabilitation team at Manipal Hospital Old Airport Road.

Field of Expertise

- Neurological Rehabilitation
- Certified Dry Needling Therapy Level 1 &2

- Certified Cupping Therapy Level 1 & 2
- Functional Re Education Therapy

Languages Spoken

- English
- Tamil

Awards & Achievements

- BLS