

**MR. VIGNESH KUMAR**

Junior Executive - Physical Medicine and Rehabilitation

**Qualification**

BPT | MPT (Neurology)

## Overview

Mr. Vignesh Kumar 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 advanced expertise in neurological rehabilitation and comprehensive musculoskeletal care. With a solid academic foundation, holding both a Bachelor's and Master's degree in Physiotherapy (Neurology), Mr. Vignesh has developed a nuanced understanding of the complexities of neurological disorders, including stroke, spinal cord injuries, traumatic brain injuries, and neurodegenerative conditions. His approach integrates evidence-based therapeutic strategies with patient-centred care, ensuring that each individual receives a customised rehabilitation plan that addresses their functional needs, cognitive challenges, and overall well-being. Mr. Vignesh Kumar's clinical practice is deeply rooted in the principles of neuroplasticity, aiming to retrain the nervous system to restore lost motor functions and enhance neurological recovery. He combines task-oriented exercises, balance and coordination training, and cognitive-motor integration techniques to help patients regain independence in

daily activities. His expertise extends beyond neurological rehabilitation to include manual therapy for spinal dysfunction and advanced soft tissue release techniques, enabling him to address musculoskeletal pain, postural imbalances, and movement limitations effectively. These interventions not only target symptomatic relief but also promote long-term functional improvement, improving the patient's quality of life significantly. At Manipal Hospital Old Airport Road, Mr. Vignesh Kumar works closely with a multidisciplinary team of neurologists, occupational therapists, speech-language pathologists, and other rehabilitation specialists to deliver holistic care. He places strong emphasis on patient and caregiver education, equipping families with the knowledge and exercises necessary to support recovery outside the clinical environment. This comprehensive approach ensures continuity of care and empowers patients to take an active role in their rehabilitation journey. His professional credentials are further strengthened by certifications in Basic Life Support (BLS), ensuring patient safety during all therapeutic interventions. Mr. Vignesh's approach is highly personalised; he meticulously assesses each patient's neurological and musculoskeletal status to design precise treatment plans that consider the patient's age, lifestyle, and functional goals. Fluent in English and Tamil, he communicates complex therapeutic concepts in a clear and empathetic manner, fostering a supportive environment for patients and their families. Beyond his clinical practice, Mr. Vignesh Kumar is actively involved in professional development and continued learning, staying abreast of emerging techniques and rehabilitation research. His combined expertise in neurological rehabilitation, manual therapy, and soft tissue release, alongside his patient-focused philosophy, positions him as a trusted and proficient physiotherapist in Bangalore. Through his dedication, technical skill, and compassionate care, Mr. Vignesh Kumar ensures that each patient experiences meaningful functional recovery and enhanced quality of life, making a significant impact in the field of physical medicine and rehabilitation.

## Field of Expertise

- Neurological Rehabilitation
- Certified in manual therapy on spinal dysfunction
- Certified in soft tissue release techniques

## Languages Spoken

- English
- Tamil

## Awards & Achievements

- BLS