

MS. BANDANA DEBBARMA

Exceutive - Senior Physiotherapist

Qualification

MPT (Musculoskeletal Disorder and Sports)

Overview

Ms. Bandana Debbarma is a highly skilled physiotherapist in Old Airport Road, Bangalore. She is currently practising as a Senior Physiotherapist – Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore, bringing advanced clinical expertise in musculoskeletal disorders, neurological rehabilitation, and sports injury management. With a Master's degree in Physiotherapy (Musculoskeletal Disorders and Sports) and membership in the Indian Association of Physiotherapists, she has established herself as a dedicated professional committed to restoring mobility, function, and quality of life in patients across all age groups and clinical conditions. Her practice is deeply rooted in evidence-based methodologies, integrating manual therapy, therapeutic exercise, and modern physiotherapeutic interventions for holistic recovery. Throughout her career, Ms. Bandana has demonstrated exceptional proficiency in managing spinal cord injuries, stroke rehabilitation, and critical care physiotherapy within ICU, ITU, and CCU settings. She has extensive experience in designing and implementing customised rehabilitation protocols for patients recovering from neurological and orthopaedic

impairments, ensuring optimal functional independence and reintegration into daily life. Her deep understanding of neuroplasticity and motor relearning enables her to facilitate progressive recovery in patients with movement impairments through targeted neuro-muscular re-education and therapeutic exercises. In the realm of musculoskeletal care, Ms. Bandana’s expertise encompasses soft tissue mobilisation, trigger point management, and osteopathic techniques, providing effective solutions for chronic pain, postural dysfunctions, and repetitive strain injuries. As a Certified Clinical and Sports Dry Needling Practitioner (CDNP) and a Certified Therapeutic Taping Expert, she employs advanced modalities to address muscle imbalances, enhance circulation, and accelerate recovery in both clinical and athletic populations. Her approach reflects a seamless blend of traditional physiotherapy principles with contemporary manual and myofascial techniques, offering patients a comprehensive, result-oriented path to recovery. Ms. Bandana has also contributed to sports physiotherapy, having been associated with the Khelo India University Games 2021, where she provided on-field assessment, injury prevention strategies, and rehabilitation support to athletes. This experience further refined her expertise in sports biomechanics, fitness assessment, and high-performance rehabilitation, enabling her to deliver precise interventions that facilitate a safe return to play. Her competence in ICU and critical care rehabilitation underscores her ability to manage complex cases requiring respiratory physiotherapy, early mobilisation, and post-ICU syndrome management. By working collaboratively with multidisciplinary teams, she ensures continuity of care from intensive settings to outpatient rehabilitation, helping patients regain strength and endurance following prolonged hospitalisation. Fluent in multiple languages, including English, Hindi, Bengali, Kokborok, Kannada, Tamil, Odia, and Assamese, Ms. Bandana is able to communicate effectively with patients from diverse linguistic and cultural backgrounds, enhancing patient comfort and compliance throughout the treatment process. Her patient-centric approach,

technical expertise, and compassionate communication form the cornerstone of her practice at Manipal Hospital. By integrating clinical insight with empathetic care, she strives to empower patients through education, motivation, and guided physical recovery, ensuring that every individual regains not only physical ability but also confidence and independence.

Fellowship & Membership

- Member in IAP Reg no : L-45114.

Field of Expertise

- PT Management in Spinal Cord Injury.
- Stroke Management.
- Therapeutic Taping.
- ICU Rehabilitation.
- ITU Rehabilitation.
- CCU Rehabilitation.
- CDNP (Certified in Clinical & Sports Dry Needling).

Languages Spoken

- English
- Hindi
- Bengali
- Kokborok
- Kannada
- Tamil
- Odia
- Assamese

Awards & Achievements

- Osteopathy Practitioner.
- Khelo India University Games 2021, held at Bengaluru, Karnataka.
- Certified in Therapeutic Taping.
- CDNP (Certified in Clinical & Sports Dry Needling).