

MR. NAVEEN G

Junior Exceutive - Physiotherapist

Qualification

MPT (Orthopaedics)

Overview

Mr. Naveen G is a highly skilled physiotherapist in Old Airport Road, Bangalore. He is currently practising as a Junior Executive - Physical Medicine and Rehabilitation, Manipal Hospital, Old Airport Road, Bangalore. With a Master’s degree in Physiotherapy (Orthopaedics) and extensive clinical experience, he is dedicated to delivering advanced, evidence-based rehabilitation for patients recovering from musculoskeletal injuries, post-surgical conditions, and neurological impairments. His approach is rooted in a deep understanding of human biomechanics and movement science, allowing him to create precise, personalised rehabilitation programmes that restore strength, flexibility, and overall function. Throughout his career, Mr. Naveen has worked with a wide range of patients, from athletes recovering from ligament reconstruction and joint replacement surgeries to individuals managing chronic pain or spinal cord injuries. His clinical practice integrates a multidisciplinary perspective, combining manual therapy, dry needling, ergonomic correction, and functional retraining to achieve optimal recovery outcomes. With specialised training as a Certified Manual Therapy Practitioner (COMT) and certifications in

Movement Retraining and Soft Tissue Manipulation, he employs hands-on techniques that address the root cause of pain and dysfunction rather than merely alleviating symptoms. His expertise in Cardiopulmonary Rehabilitation allows him to assist patients recovering from cardiac or respiratory conditions, focusing on improving endurance, breathing efficiency, and quality of life. He has also been deeply involved in Fracture Rehabilitation, Replacement and Ligament Reconstruction Rehabilitation, and Stroke Management, where he applies progressive therapeutic interventions that help patients regain mobility, coordination, and independence. Mr. Naveen's proficiency in Neuro and Onco Rehabilitation reflects his comprehensive training in managing complex cases that require long-term physical restoration, functional adaptation, and emotional support. An integral part of his clinical philosophy is patient education, empowering individuals to understand their conditions and actively participate in their recovery. As an Ergonomic Specialist, he conducts detailed postural assessments and guides patients in workplace modifications to prevent repetitive strain injuries and musculoskeletal disorders, particularly in corporate and industrial settings. His keen attention to movement efficiency and injury prevention makes him an invaluable asset to both clinical and occupational health programmes. Mr. Naveen's dedication to excellence has been recognised through the Competency Award (2022) at Manipal Hospital, acknowledging his consistent commitment to patient welfare and professional growth. His compassionate approach and meticulous technique have earned him the trust of patients and colleagues alike. Fluent in English, Hindi, Tamil, Telugu, and Kannada, he communicates effectively across linguistic backgrounds, ensuring a comfortable and inclusive therapeutic environment for every patient under his care. Through his blend of technical expertise, empathetic communication, and scientific precision, Mr. Naveen continues to contribute meaningfully to the field of physical medicine and rehabilitation. His practice at Manipal Hospital reflects a holistic vision of healing, one that combines physical

restoration, mental resilience, and functional empowerment, helping patients reclaim their confidence and independence after injury or illness.

Field of Expertise

- Cardiopulmunary Rehabilitation.
- Recent trends in Neuro & Onco Rehabilitation.
- PT Management in Spinal Cord Injury.
- Stroke Management.
- Manual Therapy.
- Replacement and Ligament Reconstruction Rehabilitation.
- Fracture Rehabilitation.
- Dry Needling.
- Ergonomic Specialist.
- Acute Orthopaedic Injuries (Conservative).
- Sports rehabilitation.

Languages Spoken

- English
- Tamil
- Telugu
- Kannada
- Hindi

Awards & Achievements

- Competency award MHB 2022