

MS. SUMA

Senior Executive - Lead Physiotherapist

Qualification

BPT

Overview

Ms. Suma is a highly skilled Physiotherapist in Old Airport Road, Bangalore. She is currently practising as a Lead Physiotherapist – Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore, bringing a wealth of experience and clinical expertise in the management of musculoskeletal, neurological, cardiopulmonary, and oncological rehabilitation cases. With a strong academic foundation, holding a bachelor’s degree in Physiotherapy (BPT) and an IAP Lifetime Membership, Ms. Suma is dedicated to improving patient outcomes through evidence-based, personalised, and holistic rehabilitation approaches. Her practice embodies the philosophy that recovery extends beyond the treatment of symptoms — it encompasses education, empowerment, and lifestyle modification to prevent recurrence and promote long-term well-being. Over her years of professional experience, Ms. Suma has built an outstanding reputation for her proficiency in treating a wide range of repetitive strain injuries, post-operative orthopaedic conditions, and sports-related musculoskeletal issues. She is a Certified Clinical and Sports Dry Needling Practitioner (CDNP), which adds significant depth to her

approach in managing pain, muscle dysfunction, and chronic soft tissue conditions. Her expertise in manual therapy allows her to deliver precise, hands-on interventions aimed at restoring mobility, flexibility, and optimal functional movement. Patients under her care benefit from an integrative model of treatment that combines manual techniques, therapeutic exercise, ergonomic education, and functional reconditioning. Ms. Suma's special interests also extend to cardiopulmonary rehabilitation, where she provides structured recovery plans for patients recovering from cardiac events, pulmonary diseases, and post-intensive care syndromes. Through graded exercise programmes, respiratory retraining, and patient education, she helps individuals regain endurance, improve lung function, and return to their daily activities safely. In addition, her work in neuro and onco rehabilitation reflects her commitment to advancing care in complex clinical areas — helping patients navigate neurological deficits, cancer-related fatigue, and the physical challenges of long-term illness with compassion and clinical precision. Another defining aspect of her practice is her emphasis on weight management and lifestyle correction. Recognising that many musculoskeletal and cardiometabolic issues arise from sedentary habits and poor posture, Ms. Suma integrates preventive physiotherapy and ergonomic counselling into her treatment plans. Her sessions are not just therapeutic but also educational, guiding patients to make sustainable choices in movement, nutrition, and posture. This holistic perspective ensures that recovery is not only achieved but maintained, reducing relapse and fostering independence. Fluent in English, Hindi, Kannada, Malayalam, and Tamil, Ms. Suma is able to connect with patients from diverse linguistic and cultural backgrounds, ensuring that communication remains clear and supportive throughout the rehabilitation journey. Her approachable demeanour, empathetic patient care, and keen diagnostic acumen make her a trusted physiotherapy professional at Manipal Hospital. With her deep understanding of human movement and rehabilitation science, Ms.

Suma continues to contribute significantly to the multidisciplinary framework of Manipal Hospital's Physical Medicine and Rehabilitation Department. Her work embodies the hospital's ethos of patient-centred care, evidence-based practice, and collaborative healing, ensuring that each patient receives comprehensive and compassionate rehabilitation tailored to their unique needs.

Fellowship & Membership

- IAP Lifetime membership

Field of Expertise

- Management of Repetitive Strain Injuries.
- Weight Management and Lifestyle Correction.
- Manual Therapy.
- Orthopaedic Rehabilitation.
- Women's Health.

Languages Spoken

- English
- Hindi
- Kannada
- Malyalam
- Tamil

Awards & Achievements

- CDNP (Certified in Clinical & Sports Dry needling).