



## **MR. GURUPRASAD**

Junior Executive - Physiotherapist

### **Qualification**

MPT (sports and msk)

### **Overview**

Mr. Guruprasad is a skilled physiotherapist in Bangalore. He is currently practising as a Physiotherapist – Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bengaluru, where he focuses on sports rehabilitation, musculoskeletal injury management, and performance optimisation for athletes and active individuals. With a Master's degree in Sports and Musculoskeletal Physiotherapy (MPT), he brings a strong scientific foundation combined with hands-on expertise in the prevention, assessment, and rehabilitation of sports-related injuries. His approach integrates evidence-based rehabilitation with performance conditioning to ensure a safe and efficient return to play. Having developed a keen interest in human biomechanics and movement science early in his career, Mr. Guruprasad has dedicated his professional journey to helping individuals restore function, regain confidence, and achieve their peak physical potential. His clinical work spans sports injury prevention, acute and chronic musculoskeletal pain management, functional rehabilitation, and athletic conditioning. His experience allows him to design tailored rehabilitation plans that address the specific demands of each sport or activity, helping

patients transition seamlessly from injury recovery to full physical performance. As a Certified K-Taping Practitioner (static and dynamic) and an expert in Myofascial Release, Trigger Point Therapy, and Myofascial Needling, Mr. Guruprasad employs a comprehensive therapeutic toolkit to relieve pain, improve flexibility, and accelerate tissue healing. His advanced manual therapy techniques are complemented by scientific fitness assessments and performance testing protocols. Through return-to-play assessments and high-performance analysis, he ensures that athletes and sportspersons meet objective benchmarks of strength, endurance, and coordination before resuming competitive activity — minimising reinjury risks and enhancing long-term resilience. At Manipal Hospital Old Airport Road's Department of Physical Medicine and Rehabilitation, Mr. Guruprasad plays an integral role in multidisciplinary care. He collaborates closely with orthopaedic surgeons, sports medicine specialists, and physiatrists to deliver holistic rehabilitation programmes for individuals recovering from ligament tears, tendon injuries, fractures, post-operative conditions, and overuse syndromes. His particular interest lies in rehabilitating Achilles tendinopathy, a condition for which he presented an academic paper exploring recent advances in treatment protocols. This scholarly contribution underscores his commitment to continuous learning and integrating cutting-edge research into daily clinical practice. In addition to his hospital-based role, Mr. Guruprasad is an active member of the Fitness and Rehab Forum, where he engages in ongoing professional development, case discussions, and collaborative learning with peers in the sports and physiotherapy domains. His patient philosophy centres on movement restoration through progressive and individualised rehabilitation, combining modern physiotherapeutic techniques with motivational guidance to empower patients in their recovery journey. Fluent in English, Tamil, and Sourashtra, he connects effortlessly with patients from diverse linguistic and cultural backgrounds, ensuring clarity in communication and comfort throughout treatment. Known for his methodical assessments,

empathetic care, and results-oriented approach, Mr. Guruprasad has earned a reputation for excellence in sports and musculoskeletal physiotherapy. With his blend of technical knowledge, clinical acumen, and passion for performance science, Mr. Guruprasad continues to contribute significantly to the advancement of sports rehabilitation and functional recovery at Manipal Hospitals. His work exemplifies the integration of physiotherapy, fitness, and athletic science, restoring not only physical health but also confidence and competitive spirit in every patient he treats.

### **Fellowship & Membership**

- Member of the fitness and rehab forum.

### **Field of Expertise**

- Return to play.
- Fitness testing.
- High Performance Analyst.
- Sports rehabilitation.

### **Languages Spoken**

- English
- Tamil
- Sourastra

### **Awards & Achievements**

- Certified K-Tape (Static and Dynamic).
- Myofascial Release and Trigger Point Therapy.

- Dry Needling.

### **Talks & Publications**

- Presented a paper on treatment advances in Achilles tendinopathy.