



## **MISS. DHANALAKSHMI V**

Chief Physiotherapist and Associate Manager – Physical Medicine and Rehabilitation

### **Qualification**

MPT (Cardio-respiratory)

### **Overview**

Miss. Dhanalakshmi V is a highly accomplished physiotherapist in Bangalore. She is currently practising as the Chief Physiotherapist and Associate Manager – Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bengaluru, where she brings over a decade of clinical experience in advanced rehabilitation sciences. Her expertise spans cardio-pulmonary physiotherapy, musculoskeletal rehabilitation, geriatric care, and women’s wellness, with a distinct focus on holistic recovery and functional independence. Renowned for her compassionate approach and evidence-based practice, she has been instrumental in restoring mobility, enhancing cardiopulmonary endurance, and improving quality of life for countless patients recovering from acute and chronic conditions. A postgraduate in Cardio-Respiratory Physiotherapy (MPT), Miss. Dhanalakshmi has pursued advanced training through a Fellowship in Osteopathy and Manipulation Therapy, equipping her with a deep understanding of biomechanical and musculoskeletal alignment. She is also a Certified Manual Therapy Practitioner, Certified Dry Needling Practitioner, Certified Cranio-Sacral Therapy Practitioner, and Certified Dynamic

Taping Specialist, reflecting her commitment to integrating diverse therapeutic modalities for optimal outcomes. Her multidisciplinary expertise allows her to provide precise and personalised rehabilitation programmes for patients with complex physical and functional impairments. At Manipal Hospitals Old Airport Road, Miss. Dhanalakshmi plays a key role in the management of cardio-pulmonary rehabilitation, including pre- and post-operative care for cardiac and thoracic surgery patients, pulmonary rehabilitation for those with chronic respiratory disorders, and physical conditioning for individuals with reduced exercise tolerance. Her contributions extend to acute orthopaedic injury management, ergonomic correction, vestibular rehabilitation, and geriatric physiotherapy, where she adopts a patient-centric model that emphasises function restoration and sustainable wellness. She is deeply invested in preventive and educational initiatives and has delivered numerous health talks and workshops on ergonomics, exercise prescription, cardiac rehabilitation, and women's health. Her sessions on "Evolution to Revolution of Physiotherapy" at the 2nd State IAPWC Conference and her webinar on the role of physiotherapists in women's well-being at the 6th Master Medics Training Programme for nurses across the world stand as a testament to her thought leadership in the field. She has also conducted seminars on post-COVID rehabilitation and geriatric care, raising awareness about the role of physiotherapy in improving long-term health outcomes. Miss. Dhanalakshmi's exceptional service has earned her multiple accolades, including the Award for Lasting Contributions to Patient Safety and Care at Manipal Hospital (2017), the Pride Award by the Times of India (2019) for conducting fitness sessions for women entrepreneurs, and several recognitions for her continuous engagement with corporate wellness programmes. These honours reflect not only her professional excellence but also her dedication to empowering individuals to take charge of their physical well-being through knowledge and movement. Her philosophy of care integrates the precision of scientific physiotherapy with the empathy essential to

patient recovery. As an Ergonomic Specialist, she guides individuals in adapting better postural habits, preventing workplace injuries, and enhancing musculoskeletal efficiency. Her structured rehabilitation protocols ensure that each patient experiences comprehensive recovery, addressing not just the physical impairment but the emotional and social dimensions of healing as well. A member of the Indian Association of Physiotherapists, Miss. Dhanalakshmi continues to contribute actively to the advancement of physiotherapy in India. Fluent in English, Tamil, Telugu, Kannada, and Hindi, she bridges communication gaps and builds trust with a diverse patient population. Her leadership at Manipal Hospitals has been pivotal in setting high standards for physiotherapeutic care, promoting multidisciplinary collaboration, and nurturing a culture of patient safety and compassion. Through her clinical expertise, academic insight, and community involvement, Miss. Dhanalakshmi remains a driving force in modern rehabilitation medicine. Her unwavering commitment to patient-centric care ensures that every individual under her guidance achieves not only recovery but a renewed sense of strength and well-being.

### **Fellowship & Membership**

- Fellowship in Osteopathy and Manipulation Therapy.
- Member in IAP Reg no :4972-L.

### **Field of Expertise**

- Cardio-Pulmonary Rehabilitation.
- Acute Orthopaedic Injuries (Conservative).
- Dry Needling.
- Kinesio-Taping Therapy.
- Manual Therapy.

## Languages Spoken

- English
- Tamil
- Telugu
- Kannada
- Hindi

## Awards & Achievements

- Awarded for Lasting contributions to Patient safety & care and upholding the core value of Patient Centricity at MHB-2017.
- Pride Award for conducting fitness sessions to women entrepreneurs for Times of India, 2019.
- Awards for conducting numerous Health Talks in Software Companies.

## Talks & Publications

- Health Talks in Ergonomics / Exercise Prescription.
- Talk on women's wellness for Times of India 2019.
- Talk on evolution to revolution of physiotherapy at the 2nd state IAPWC conference.
- Seminars about COVID-19 rehabilitation at various colleges.
- seminars about cardiac rehabilitation to various institutions.
- webinar about the role of physiotherapists in women's wellbeing at the 6th master medics training programme for nurses across the world.
- Importance of geriatric rehabilitation in geriatric homes.