



## **MS. DEEPANSHI YADAV (PT)**

Junior Executive - Physiotherapist

### **Qualification**

Bachelor of Physiotherapy (BPT) | Master of Physiotherapy  
(Cardiovascular and Pulmonary Sciences)

### **Overview**

Ms. Deepanshi Yadav is a highly skilled physiotherapist in Bangalore. She is currently practising as a Physiotherapist / Junior Executive – Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore, bringing strong clinical expertise in cardiopulmonary rehabilitation, transplant recovery, and critical care physiotherapy. Her practice focuses on restoring functional independence, enhancing respiratory and cardiovascular strength, and optimising post-operative recovery through evidence-based physiotherapy protocols. She has completed her Bachelor's and Master's degrees in Physiotherapy with a specialization in Cardiovascular and Pulmonary Rehabilitation, which has equipped her with advanced capabilities to manage patients with cardiac, pulmonary, and critical care needs at various stages of treatment and recovery. With her strong foundation in critical care physiotherapy, she plays a pivotal role in early mobilisation, ICU rehabilitation, risk assessment for ICU-acquired weakness, and recovery planning for patients undergoing major surgeries, organ transplantation, and prolonged hospitalisation. Ms. Deepanshi is deeply committed to improving patients' quality of life through individualised

treatment plans. Her clinical expertise spans respiratory therapy, functional reconditioning for transplant patients, physiotherapy for liver rehabilitation, and structured care for post-operative management. She specialises in designing targeted therapy programs for critically ill patients, particularly those recovering from cardiac surgery, liver transplant, respiratory illnesses, sepsis, prolonged ICU stays, and mechanically ventilated patients. Her work focuses on enhancing pulmonary capacity, preventing post-surgical complications, improving muscle mobility, and facilitating safe transition from ICU to ward and eventually home. Her proficiency extends to monitoring equipment used in intensive care settings, allowing her to work closely with multidisciplinary teams for integrated patient recovery. She has successfully helped many patients regain mobility, respiratory stamina, strength, and independence after long periods of immobility. With advanced knowledge in emergency response, Basic Life Support (BLS), and rehabilitation science, she ensures safe therapy practices while supporting patients through customised care interventions. She is also known for her patient-friendly approach, calm communication, and ability to instil confidence in patients and families during critical recovery journeys. Parents, caregivers, and transplant recipients often describe her as compassionate, skilled, and deeply attentive to individual medical needs. Her practice goes beyond therapy delivery—she educates patients and families on breathing techniques, post-transplant care, home-based rehabilitation, posture correction, and long-term mobility management. She strongly believes that physiotherapy is not just about treatment but about empowering individuals to reclaim functionality, emotional strength, and independence. This holistic philosophy has helped many families seek her guidance and has earned her recognition as one of the best physiotherapists in Bangalore. At Manipal Hospitals Old Airport Road, Bangalore, she collaborates with intensivists, transplant surgeons, cardiologists, pulmonologists, and rehabilitation specialists to provide a structured recovery pathway for patients. Her involvement in early

mobilisation protocols improves lung function, reduces respiratory complications, prevents muscle wasting, and shortens hospital stay durations. Her dedication to transplant physiotherapy and ICU rehabilitation positions her as a reliable and trusted physiotherapy expert in critical care, particularly for organ transplant recipients and post-operative patients. Her commitment to patient-centred recovery, interdisciplinary synchronisation, and structured rehabilitative frameworks continues to make a meaningful impact in the field of physical medicine and rehabilitation. With her growing experience in cardiopulmonary physiotherapy and critical care rehabilitation, she is increasingly sought after by individuals looking for the best physiotherapist in Bangalore for ICU recovery, transplant rehabilitation, respiratory strengthening, and post-surgical mobility restoration.

### **Field of Expertise**

- Cardiopulmonary rehabilitation in critical care.
- Liver Rehabilitation.
- Postoperative management.
- Emergency Response BLS.
- Functional Reconditioning for Transplant Patients.
- Risk Assessment and Prevention of ICU Acquired Weakness.
- Proficiency with Monitoring Equipment.
- Expert in ICU Physiotherapy and Early mobilisation.

### **Languages Spoken**

- Hindi
- English