



MS. RASHMI S (PT)

Junior Executive - Physiotherapist

Qualification

Bachelor of Physiotherapy (BPT)

Overview

Ms. Rashmi S is a highly skilled physiotherapist in Old Airport Road, Bangalore. She is currently practising as a Physiotherapist / Junior Executive – Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore, bringing strong expertise in sports rehabilitation, women’s health physiotherapy, aquatic therapy, and musculoskeletal conditioning. With a solid academic foundation and a deep passion for patient-centred care, she combines clinical precision, therapeutic innovation, and compassionate guidance to support individuals across all age groups in achieving optimal physical recovery and functional independence. As a college topper with distinction from Rajiv Gandhi University of Health Sciences (RGUHS), she has consistently demonstrated academic brilliance while actively contributing to the scientific development of physiotherapy care in India. Her areas of practice span orthopaedic rehabilitation, sports injuries, strength and conditioning, post-operative rehabilitation, aquatic therapy, exercise-based menstrual health support, and long-term functional recovery in women and young adults. Throughout her professional journey, Ms. Rashmi has been actively involved in

research, education, and clinical practice, making meaningful contributions to the advancement of physiotherapy in women's health. She has presented academic papers at recognised platforms, including Chettinad, Tamil Nadu, on women's health and the role of exercise in menstrual cycle regulation. Her research-driven approach allows her to integrate evidence-based therapeutic exercises into physiotherapy interventions, helping women manage menstrual discomfort, musculoskeletal changes related to hormonal fluctuations, postnatal recovery, and sports-related injuries. Her membership in the ICOH (International Commission on Occupational Health) further adds credibility to her expertise in workplace ergonomics, postural rehabilitation, stress-related musculoskeletal disorders, and prevention-focused physiotherapy models. She has additional certifications, including Dry Needling Therapy, CAFPT, CIASTMT, and multiple advanced training exposures in strength and conditioning, making her well-versed in modern physiotherapeutic technologies, electrotherapy modalities, manual therapy techniques, and functional rehabilitation strategies. At Manipal Hospitals Old Airport Road, Bangalore, she works closely with orthopaedic surgeons, rehabilitation teams, occupational therapists, and pain specialists to ensure holistic recovery for patients undergoing surgical and non-surgical treatment for injuries, joint conditions, chronic pain, muscle weakness, and neurological impairments. Known for her compassionate yet outcome-oriented approach, Ms. Rashmi believes physiotherapy is not just the science of movement, but also the art of restoring dignity, independence, and emotional well-being. She places strong emphasis on functional reconditioning, patient education, injury prevention, and long-term lifestyle-based wellness. Her patients - ranging from young athletes to post-operative patients, working professionals, children, and elderly individuals - appreciate her ability to communicate clearly, motivate consistently, and tailor therapy plans to individual needs, abilities, and goals. Her dedication to continuous professional growth, hands-on therapy excellence, and rehabilitation sciences has made her a trusted

choice for individuals seeking the best physiotherapist in Old Airport Road, Bangalore, for both preventive and restorative therapy. With her strong clinical acumen, multilingual communication (English, Kannada, Telugu, Hindi, Tamil), empathetic interpersonal skills, and evidence-based methodology, she is highly regarded in the field of Physical Medicine and Rehabilitation. Whether working with sports performers recovering from injuries, women struggling with pelvic floor issues or menstrual dysfunction, or patients recovering from surgery or neurological conditions, she remains committed to empowering every individual with the confidence to move, heal, and live better. Her growing contribution in structured rehabilitation and preventive physiotherapy positions her as an emerging name among the best physiotherapists in Old Airport Road, Bangalore, known for her expertise in sports, women's health, and functional conditioning.

Fellowship & Membership

- ICOH membership

Field of Expertise

- CIASTMT
- CDNT
- CAFPT
- Sports Rehabilitation
- Strength and Conditioning
- Aquatic therapy

Languages Spoken

- Kannada
- Telugu

- Hindi
- Tamil
- English

Talks & Publications

- BPT college topper, Distinction.
- presented a paper on women's health (Chettinad, Tamil Nadu).
- Was the academic head during the bachelor's.
- Presented a paper on women's health - Role of exercises on menstrual cycle (IAP women's cell 2023).