



MR. RAKSHITH BR (PT)

Junior Executive - Physiotherapist

Qualification

Bachelor of Physiotherapy (BPT) | Master of Physiotherapy
(Neurological Sciences)

Overview

Mr. Rakshith B. R. is a highly skilled physiotherapist in Old Airport Road, Bangalore. He is currently practising as a Physiotherapist / Junior Executive – Physical Medicine and Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore, delivering specialised physiotherapy care through targeted techniques that support recovery, mobility, and functional restoration. He holds a Bachelor’s degree in Physiotherapy and a Master’s degree in Physiotherapy in Neurological Sciences, equipping him with a strong foundation in movement science and advanced rehabilitation approaches for neurological and musculoskeletal conditions. His clinical work is marked by a structured understanding of physical dysfunction and a methodical approach to addressing pain, weakness, and restricted mobility. Fluent in Kannada, Telugu, Hindi, Tamil, and English, Mr. Rakshith ensures communication is clear, personalised, and comforting for patients and their families. His ability to explain techniques, progress, and expectations in a language the patient understands enhances compliance and helps individuals play an active role in their recovery journey. Working as part of the Physical Medicine and Rehabilitation team at Manipal

Hospitals, Old Airport Road, Bangalore, he provides therapy focused on functional recovery, movement correction, and long-term rehabilitation support. His clinical expertise includes Taping, a widely used therapeutic method that provides joint stability, improves muscular alignment, and supports postural correction. Taping techniques are especially useful for individuals recovering from acute muscular strain, ligament injuries, or neurological movement disorders. His knowledge of Myofascial Release enables him to work on pain related to soft tissue restrictions, muscle tightness, and fascial adhesions. By applying hands-on methods, he helps reduce stiffness, relieve tension, and restore smoother functional mobility. His proficiency in NDT (Neurodevelopmental Treatment) for adults is especially significant for neurological rehabilitation, particularly for individuals affected by stroke, spinal cord injuries, or movement disorders that impact postural control and functional movements. Using NDT principles, he helps patients relearn normal movement patterns and improve postural alignment, balance, symmetry, and motor control. Additionally, Mr. Rakshith is trained in IASTM (Instrument-Assisted Soft Tissue Mobilisation), which allows him to address tissue abnormalities, muscle fibrosis, and soft tissue dysfunction using specialised tools, improving mobility and reducing pain. His expertise in Dry Needling supports relief of trigger point-induced muscular pain, nerve sensitivity, and muscle tightness. By targeting specific areas, this technique improves mobility, enhances circulation, and accelerates tissue healing. He also utilises Manual Therapy, applying hands-on therapeutic approaches to mobilise joints, release tension, and correct muscular imbalances. These methods are widely effective in treating stiffness, movement restrictions, and neuromuscular coordination issues. Mr. Rakshith combines these techniques in a personalised and patient-centric manner, tailoring each session based on functional assessment, pain levels, mobility goals, and condition-specific needs. His work contributes to enhanced recovery outcomes for patients requiring neuro-rehabilitation, musculoskeletal support, mobility

restoration, or post-injury recovery. His methodical understanding of movement science and patient-focused approach position him among the best physiotherapists in Old Airport Road, Bangalore for structured and targeted rehabilitation support. Through his expertise, communication skills, and therapy-driven approach, he applies clinical knowledge to improve patient function, promote recovery, and restore quality of life, reinforcing his reputation as one of the best physiotherapists in Old Airport Road, Bangalore.

Field of Expertise

- Taping
- Myofascial Release
- NDT- adult
- IASTM
- Dry needling
- Manual Therapy

Languages Spoken

- Kannada
- Telugu
- Hindi
- Tamil
- English