



MS. SHREYA JAISWAL (PT)

Junior Executive - Physiotherapist

Qualification

Bachelor of Physiotherapy (BPT)

Overview

Ms. Shreya Jaiswal 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, providing focused and structured physiotherapy support rooted in precision-based techniques and attentive clinical assessment. She holds a Bachelor’s degree in Physiotherapy and is known for her disciplined approach to patient evaluation, treatment planning, and therapeutic execution. With a special interest in scientific assessment methods and targeted interventions, Ms. Shreya utilises advanced skills and specialised certifications to contribute significantly to patient recovery, particularly in conditions requiring structured physical rehabilitation. Ms. Shreya has acquired certifications in CDNT (Certified Dry Needling Therapist), CIASTMT (Instrument-Assisted Soft Tissue Mobilisation), and CAFPT (Certificate in Advanced Functional Physiotherapy Techniques), which allow her to offer nuanced treatment approaches that support tissue mobility, pain relief, and functional reconditioning. These specialised skills enable her to treat patients with precision, especially when managing soft tissue restrictions,

postural dysfunctions, chronic stiffness, and movement limitations. Her training in the reflex release technique further enhances her ability to help patients experiencing neuromuscular tightness and functional restrictions, making her work particularly valuable for individuals with localised strain patterns or compensatory muscle responses. Her additional knowledge in Systematic Interpretation of X-Ray for Physical Therapists strengthens her clinical assessment capabilities, allowing her to understand structural findings and design rehabilitation programs based on visual diagnostic insights. This helps her customise therapy approaches to align with anatomical changes, joint alignment, postural deviations, or skeletal influences that affect rehabilitation progress. Working as part of the Physical Medicine and Rehabilitation team at Manipal Hospitals, Old Airport Road, Bangalore, Ms. Shreya is involved in patient-focused care that prioritises functional recovery, mobility enhancement, and movement restoration. Her careful observation, thorough evaluation, and methodical approach to therapy planning help in managing conditions that benefit from conservative rehabilitative strategies. Under collaborative clinical environments, she contributes to restoring musculoskeletal balance and improving the physical performance of patients recovering from injury, strain, weakness, immobility, or functional limitations. Her professional approach is defined by patience, clarity in communication, and a structured methodology that allows her to help individuals engage in therapy effectively. She interacts with patients in Hindi, English, and Bengali, ensuring that language is never a barrier to understanding rehabilitation goals, instructions, or exercise compliance. She takes care to explain home-based strategies, position corrections, movement awareness, and functional patterns, ensuring patients feel empowered and involved in their recovery process. As she works at Manipal Hospital's Old Airport Road, Bangalore, her continued dedication, certification-based expertise, and meticulous practice contribute to her growing reputation as a reliable and patient-focused rehabilitation professional. She is increasingly recognised as one of the best

physiotherapists in Bangalore, known for applying dry needling, soft tissue mobilisation, and functional physiotherapy methods with accuracy and care. Her work reflects an evidence-aware and skill-based approach to physiotherapy that supports both short-term recovery and long-term functional improvement. Through her focused certifications, systematic learning, and clinical discipline, Ms. Shreya continues to strengthen her role in rehabilitation services, shaping a practice that is rooted in both structured assessment and hands-on therapy execution, placing her among the emerging names in physiotherapy care and among the best physiotherapists in Bangalore delivering patient-centred support.

Field of Expertise

- CIASTMT
- CDNT
- CAFPT
- Reflex release technique
- Systematic interpretation of X-rays for physical therapists

Languages Spoken

- Hindi
- English
- Bengali