



MS. PRINCY MARY PRASAD (PT)

Junior Executive - Physiotherapist

Qualification

Master of Physiotherapy (Cardiopulmonary Physiotherapy) | Bachelor of Physiotherapy (BPT)

Overview

Ms. Princy Mary Prasad is a highly skilled physiotherapist in Old Airport Road, Bangalore. She is currently practising as a Physiotherapist / Junior Executive - Physical Medicine & Rehabilitation at Manipal Hospital Old Airport Road, bringing expertise in cardiopulmonary physiotherapy and advanced rehabilitative care to patients recovering from cardiac, pulmonary, liver, and post-surgical conditions. She holds a Bachelor of Physiotherapy (BPT) and a Master's degree in Cardiopulmonary Physiotherapy, reflecting her academic and clinical excellence in managing both acute and chronic conditions affecting the heart and lungs. As a Gold Medalist in MPT Cardiopulmonary Sciences from Manipal University, she has demonstrated high academic performance and strong foundational knowledge in evidence-based rehabilitation practices. She is certified as a Diabetic Rehabilitation Specialist (CDRS), strengthening her ability to manage rehabilitation for diabetic patients requiring supervised physical therapy, mobility retraining, post-operative recovery, and functional strengthening. Her expertise extends across Cardiac Rehabilitation, supporting patients recovering from heart surgeries, heart failure, arrhythmias, myocardial

infarction, and heart and lung transplantation. By using structured rehabilitation protocols, Ms. Princy helps patients rebuild cardiovascular strength, improve breathing capacity, enhance post-operative recovery, and reduce long-term complications, positioning her strongly among the best physiotherapists in Old Airport Road, Bangalore for cardiopulmonary rehabilitation. Ms. Princy is experienced in Pulmonary Rehabilitation, including physiotherapy management for patients with chronic lung disease, COPD, asthma, ARDS, and post-COVID respiratory conditions. She applies specialised techniques, including breathing retraining, airway clearance, secretion management, and exercise conditioning programs to enhance lung capacity, reduce breathlessness, and improve mobility. Her knowledge is particularly valuable in handling heart and lung transplantation rehabilitation, where she supports patients in adjusting to post-transplant physiological changes, building respiratory efficiency, and improving overall strength. Her expertise in Liver Rehabilitation includes physiotherapy for patients recovering from liver transplant, liver failure, or prolonged hospital stay due to hepatic conditions. She focuses on conditioning, circulation training, early mobilisation, functional independence, and post-surgical recovery support. Alongside organ-specific therapy, she is also trained in Post-Abdominal Surgery Rehabilitation, offering physiotherapy support post-hernia repair, C-section, gastrointestinal surgeries, and major abdominal procedures, focusing on preventing complications like DVT, atelectasis, and mobility loss. Additionally, she provides Plastic Surgery Rehabilitation, supporting healing, movement correction, scar management, and circulation enhancement, alongside Post-Amputation Rehabilitation, guiding patients through conditioning, prosthetic training, muscle restructuring, and return to daily function. With multilingual fluency in English, Hindi, Kannada, Tamil, and Malayalam, she communicates effectively with a diverse patient group, making her an approachable and effective specialist. She has presented papers at national conferences, including Pune and Delhi

(CAHOCON), showcasing her dedication to continuing education and contribution to physiotherapy research. With her clinical expertise, communication skills, and structured approach to rehabilitation, Ms. Princy is widely acknowledged as one of the best physiotherapists in Old Airport Road, Bangalore, for cardiopulmonary and transplant rehabilitation. Through her detailed assessments, personalised therapy plans, and compassionate guidance, she helps patients reclaim independence, enhance mobility, and restore quality of life, reaffirming her role as one of the best physiotherapists in Old Airport Road, Bangalore, in the field of physical medicine and rehabilitation.

Field of Expertise

- Cardiac Rehabilitation.
- Pulmonary Rehabilitation.
- Liver Rehabilitation.
- Post-abdominal surgery rehabilitation.
- Plastic surgery rehabilitation.
- Heart & lung transplantation specialist.
- Post amputation rehabilitation.

Languages Spoken

- English
- Hindi
- Kannada
- Tamil
- Malayalam

Awards & Achievements

- Certified Diabetic Rehab Specialist (CDRS).

- Gold medalist in MPT Cardiopulmonary Sciences from Manipal University.

Talks & Publications

- Paper presentation at the National Conference, Pune.
- Paper presentation at the CAHOCON conference, Delhi.