



## **MS. AKANKSHA SHALINI BAXLA (PT)**

Junior Executive - Physiotherapist

### **Qualification**

Master of Physiotherapy (Paediatrics – Neonatal & Paediatric Respiratory Care) | Bachelor of Physiotherapy (BPT)

### **Overview**

Ms. Akanksha Shalini Baxla (PT) is a highly skilled physiotherapist in Old Airport Road, Bangalore. She is currently practising as a Physiotherapist / Junior Executive – Physical Medicine & Rehabilitation at Manipal Hospitals Old Airport Road, Bangalore, bringing specialised expertise in paediatric, neonatal and respiratory physiotherapy care to infants, children, and adolescents. With a strong academic foundation, she completed her BPT – SJMCH, Bangalore, followed by a Master's in MPT – Paediatrics (Neonatal & Paediatric Respiratory Care), KMC (MAHE) Mangalore, which has equipped her with advanced clinical knowledge in paediatric rehabilitation, neonatal respiratory interventions, and developmental physiotherapy. Her areas of clinical expertise include NICU/PICU Physiotherapy Management, Neurodevelopmental assessment/evaluation & management, Paediatric Cardiac Rehabilitation, Paediatric Pulmonary Rehabilitation, Paediatric Outcome Measures Assessment, and post-operative/Surgery Rehabilitation. With extensive experience in NICU/PICU Physiotherapy Management, she plays a vital role in early mobilisation, respiratory therapy, secretion clearance, ventilator weaning support, and

developmental positioning for neonates and infants requiring critical care support. Her approach focuses on enhancing functional recovery, preventing complications, and promoting optimal development for high-risk babies who have undergone intensive neonatal treatments and surgeries. As a specialist in Neurodevelopmental assessment/evaluation & management, Ms. Akanksha uses clinical evaluation techniques to assess gross motor skills, fine motor development, muscle tone abnormalities, postural control, reflex development, and milestone progression. She designs therapeutic strategies aimed at improving cognitive, motor, and sensory integration, supporting children with developmental delays or neurological challenges. In the domain of Paediatric Cardiac Rehabilitation, she facilitates structured recovery support for children after cardiac surgery, focusing on respiratory function, endurance building, circulation optimisation, and long-term strength enhancement. Her expertise in Paediatric Pulmonary Rehabilitation encompasses breathing exercises, airway clearance techniques, ventilation support strategies, and pulmonary function enhancement for children with chronic lung disorders, infections, or post-surgical respiratory challenges. Her practice includes Paediatric Outcome Measures Assessment, where she uses structured tools to monitor functional progress, mobility improvements, developmental milestones, and rehabilitation outcomes. She ensures that treatment plans remain goal-oriented, patient-specific, and measurable. In addition, her involvement in postoperative/Surgery Rehabilitation helps children regain physical mobility, improve pain control, enhance posture, and restore independence after surgical interventions. She is also trained in Kinesiotaping, using this technique for pain relief, joint support, postural correction, swelling management, and facilitation of muscle activation in both paediatric and surgical rehabilitation settings. As a Certified BLS professional, she ensures preparedness to respond to emergency situations within paediatric and neonatal clinical setups. Ms. Akanksha presented a scientific paper and received a Gold

Medal in paper presentation in Kruptacon 2021, reflecting her academic excellence and clinical insight into paediatric rehabilitation practices. Fluent in English and Hindi, she ensures effective communication with children and their families, educating them about rehabilitation goals, home exercise strategies, and long-term functional development. Her expertise, dedication, and compassionate approach make her recognised as one of the best physiotherapists in Old Airport Road, Bangalore, for paediatric and neonatal rehabilitation. With evidence-based techniques, structured therapy planning, and empathetic patient care, she is known for helping children achieve physical recovery, developmental progress, and improved quality of life. Her well-rounded capabilities firmly establish her as a trusted name among the best physiotherapists in Old Airport Road, Bangalore, especially for specialised paediatric care, postoperative management, and NICU-based rehabilitation. Through her work at Manipal Hospitals, Old Airport Road, Bangalore, she continues to contribute significantly to paediatric physical medicine and rehabilitation and is consistently recommended among the best physiotherapists in Old Airport Road, Bangalore for children needing structured and sensitive rehabilitative care.

### **Field of Expertise**

- NICU/PICU Physiotherapy Management.
- Neurodevelopmental assessment/evaluation & management.
- Paediatric Cardiac Rehabilitation.
- Paediatric Pulmonary Rehabilitation.
- Paediatric Outcome Measures Assessment.
- Post Operative/Surgery Rehabilitation.

### **Languages Spoken**

- English
- Hindi

### **Awards & Achievements**

- Certified in BLS.
- Kinesiotaping.
- Gold Medal in paper presentation in Kruptacon 2021.