



## **MS. NIKITHA MENON (PT)**

Junior Executive - Physiotherapist

### **Qualification**

BPT - AIMS | MPT - MS Ramaiah | Master's in Cardiopulmonary  
Physiotherapy

### **Overview**

Ms. Nikitha Menon 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 Hospital, Old Airport Road, Bangalore, bringing specialised expertise in cardiopulmonary rehabilitation, post-amputation care, post-surgery physiotherapy, and transplant rehabilitation. With rich academic training that includes BPT - AIMS Gujarat University and MPT - MS Ramaiah (RGUHS) Master's in Cardiopulmonary Physiotherapy, she has developed strong clinical proficiency in restoring functional mobility, enhancing pulmonary performance, and improving quality of life in patients with complex rehabilitation needs. Her work reflects a deep understanding of both the physical and psychosocial aspects of patient recovery, making her one of the best physiotherapists in Old Airport Road, Bangalore, for cases requiring specialised and structured rehabilitation. She offers structured post-amputation rehabilitation, focusing on stump conditioning, gait training, balance improvement, prosthetic adaptation, and strengthening exercises that help patients regain functional independence. Her expertise in Heart & Lung

Transplantation Rehabilitation involves designing progressive pulmonary conditioning programs, monitoring functional endurance, and helping patients prepare for the physical demands of life after transplant surgery. Her advanced training in post-abdominal surgery rehabilitation allows her to assist patients recovering from complex abdominal procedures by improving core stability, preventing post-operative complications, and gradually strengthening respiratory and musculoskeletal systems. She is also skilled in plastic surgery rehabilitation, where she aids patients recovering from reconstructive surgeries by supporting mobility, scar management, muscle reconditioning, and functional restoration. Her knowledge is strengthened by her participation in workshops such as Bands, Balls, and Balance Workshop – Theraband Academy, which enhances her skills in balance therapy, proprioception training, and muscle stabilisation. She completed training in Mechanical Ventilation for COVID-19 – Harvard Medical Sciences, gaining deeper insight into managing respiratory complications, critical care physiotherapy, and pulmonary rehabilitation for post-ICU patients. Additionally, she has trained in Clinical Reasoning in Rehabilitation and Physiotherapy, Ghent University, Belgium, which refined her ability to design evidence-based, outcome-driven therapy plans tailored to each patient's recovery goals. Her clinical practice integrates essential tools such as Kinesiotaping, which she uses for pain relief, support, swelling control, and muscle activation across surgical and orthopaedic cases. Her patient care approach emphasises education, functional goal-setting, movement correction, and gradual progression to maximise recovery outcomes. Fluent in English, Hindi, Malayalam, Gujarati, Kannada, and Bengali, she ensures clear communication and emotional support for patients from diverse backgrounds. Ms. Nikitha is recognised for her compassionate, patient-centred approach that prioritises long-term mobility restoration, strength conditioning, and functional independence. By combining clinical skill with empathetic care, she helps patients regain confidence and control over their physical

abilities. Her contributions to rehabilitation make her a trusted professional among those seeking the best physiotherapist in Bangalore, particularly for transplant rehabilitation, cardiopulmonary therapy, and post-amputation recovery. She continues to build her professional journey at Manipal Hospitals Old Airport Road, Bangalore, helping patients return to their everyday lives with improved strength, mobility, and well-being, further reinforcing her reputation as one of the best physiotherapists in Old Airport Road, Bangalore.

### **Field of Expertise**

- Post amputation rehabilitation.
- Heart & lung transplantation specialist.
- Post-abdominal surgery rehabilitation.
- Plastic surgery rehabilitation.

### **Languages Spoken**

- English
- Hindi
- Malayalam
- Gujarati
- Kannada
- Bengali

### **Awards & Achievements**

- Certified in BLS.
- Kinesiotaping.
- Bands, Balls and Balance Workshop – Theraband Academy.
- Mechanical Ventilation for COVID-19 – Harvard Medical Sciences.

- Clinical Reasoning in Rehabilitation and Physiotherapy - Ghent University, Belgium.