



MS. MANJUSHREE U (PT)

Junior executive - Physiotherapist

Qualification

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

Overview

Ms. Manjushree U 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 Hospitals, Old Airport Road, Bangalore, bringing advanced knowledge in women's health physiotherapy and specialised pelvic floor rehabilitation. With strong academic training that includes BPT – SDM College of Physiotherapy (RGUHS) and MPT – SDM College of Physiotherapy (SDM University), she has developed a deep understanding of female pelvic health, musculoskeletal care during pregnancy, and hormonal transition-related physiotherapy for women across different life stages. Her focus on personalised, functional recovery makes her one of the best physiotherapists in Bangalore, especially for women requiring structured rehabilitation and guided functional recovery. Her specialised work in Pelvic Floor Rehabilitation supports individuals experiencing bladder and bowel dysfunction, pelvic organ support issues, and physical discomfort related to pelvic muscle instability. She also offers physiotherapy care for Antenatal and Postnatal Care, helping expectant and new mothers manage pain,

improve posture, strengthen core and pelvic muscles, and adapt to musculoskeletal changes during and after pregnancy. Her work is rooted in improving functional mobility, reducing discomfort, and enhancing postural alignment to support safe pregnancy and recovery experiences. She has proven expertise in managing Incontinence Issues, guiding patients through muscle reconditioning, pelvic stability techniques, and functional strengthening to improve bladder control, reduce discomfort, and prevent further complications. She is also trained in Problems During Menopause, where she assists individuals with pelvic floor strengthening, hormonal transition-related musculoskeletal issues, and mobility enhancement to improve physical comfort and overall well-being. She is also experienced in developing structured physiotherapy plans for Exercises for Breech Babies, using specialised positioning and therapeutic guidance to assist mothers during the prenatal phase. Her focus on neuromuscular awareness, postural correction, and safe guided exercises empowers mothers to participate in their own recovery and improve outcomes. A key part of her work includes managing Musculoskeletal Conditions During Pregnancy, where she supports women coping with lower back pain, pelvic girdle discomfort, postural strain, and functional mobility limitations. She also provides therapy for Menstrual Problems, incorporating physiotherapy strategies for pain management, hormone-related musculoskeletal discomfort, and functional relief. Ms. Manjushree holds certifications in CAFPCT, CIASTMT, and CDNT, which strengthen her ability to integrate advanced physiotherapeutic interventions in pelvic health, musculoskeletal care, and assisted manipulation techniques. Her specialised training in Trans Vaginal WOW – Invasive – Female Pelvic Floor Rehab Specialist and WOW – Non Invasive – Female Pelvic Floor Rehab Practitioner demonstrates her focus on evidence-based pelvic floor rehabilitation, helping women address core stability, pelvic discomfort, postpartum issues, and functional limitations. She communicates in Kannada, Hindi, English, and Telugu, enabling her to create a comfortable and supportive

environment for women from diverse backgrounds. Her empathetic approach, combined with clinical precision, attention to detail, and clear guidance, helps patients feel supported, empowered, and actively involved in their healing journey. Ms. Manjushree continues to contribute to Manipal Hospitals Old Airport Road, Bangalore, where she works towards promoting functional wellness, pelvic health, safe recovery during pregnancy and postpartum, and physical confidence for women at every stage of life. Her holistic approach to women's physiotherapy care further strengthens her reputation as one of the best physiotherapists in Old Airport Road, Bangalore, particularly for pelvic floor rehabilitation, antenatal and postnatal physiotherapy, and women's musculoskeletal health. She remains deeply committed to improving awareness, providing expert guidance, and ensuring that every patient receives the highest quality care, making her a trusted name among those seeking the best physiotherapist in Old Airport Road, Bangalore.

Field of Expertise

- Pelvic floor rehabilitation.
- Antenatal and postnatal care.
- Incontinence issues.
- Problems during menopause.
- Exercises for breech babies.
- Musculoskeletal conditions during pregnancy.
- Menstrual problems.

Languages Spoken

- Hindi
- English
- Kannada

- Telugu

Awards & Achievements

- CAFPCT
- CIASTMT
- CDNT
- Transvaginal - WOW (Invasive) - Female Pelvic Floor Rehab Specialist.
- WOW (Non-invasive) - Female Pelvic Floor Rehab Practitioner.