



MS. JUHI

Executive - Physical Medicine and Rehabilitation

Qualification

MPT (Neurological Disorders)

Overview

Ms. Juhi is an experienced neurorehabilitation physiotherapist in Bangalore, currently practicing as an Executive – Physical Medicine and Rehabilitation at Manipal Hospital Sarjapur Road. With over 5+ years of expertise in physiotherapy, she specialises in neurological rehabilitation, patient-centred therapy, and evidence-based treatment approaches. Ms. Juhi is dedicated to enhancing mobility, function, and overall quality of life for individuals recovering from neurological conditions, orthopaedic injuries, and post-surgical interventions. She is a leading physiotherapist in Sarjapur Road. Her academic journey includes a Master of Physiotherapy (Neurological Disorders) from Garden City University, where she earned a gold medal for academic excellence. She pursued an Executive MBA in Hospital Management at the Indian Institute of Management (IIM), underscoring her commitment to integrating clinical expertise with healthcare administration. Ms. Juhi's strong patient rehabilitation foundation and leadership skills in hospital management allow her to deliver holistic and efficient physiotherapy services. Ms. Juhi specialises in managing neurological conditions such as stroke, spinal cord injuries, traumatic

brain injuries, and Parkinson's disease. Her approach integrates advanced neurodevelopmental therapy (NDT), functional rehabilitation techniques, and cognitive-behavioral therapy (CBT) to restore motor function and improve patient independence. She also has extensive experience in musculoskeletal rehabilitation, post-operative recovery, and chronic pain management, utilising techniques such as dry needling, manual therapy, and balance training. An advocate of patient education and empowerment, Ms. Juhi ensures that individuals and their families are well-informed about rehabilitation processes, exercises, and lifestyle modifications essential for long-term recovery. She actively incorporates psychological counseling in her treatment plans, addressing the emotional and mental well-being of patients undergoing prolonged rehabilitation. Her compassionate approach fosters a supportive healing environment, enabling patients to regain confidence and achieve functional recovery. Ms. Juhi is proficient in managing rehabilitation programs for ICU, inpatient, and outpatient patients. She collaborates closely with multidisciplinary teams, including neurologists, orthopedic specialists, and occupational therapists, to provide comprehensive and individualised treatment plans. Her meticulous documentation of patient progress and incident reporting ensures adherence to clinical protocols and enhances patient safety. Beyond clinical practice, Ms. Juhi is actively training and mentoring rehabilitation teams. She conducts workshops on advanced physiotherapy techniques, patient handling, and NABH accreditation standards to maintain the highest quality of care in rehabilitation services. Additionally, she has contributed to hospital marketing initiatives by delivering public health awareness talks and educating communities on preventive physiotherapy and mobility enhancement strategies. Committed to continuous learning, Ms. Juhi has certifications in neurodevelopmental therapy (NDT), dry needling, cognitive-behavioural therapy (CBT), and Balls-Bands-Balance therapy. She remains updated with advancements in physiotherapy, ensuring her patients receive cutting-edge treatment options for optimal

recovery. Ms. Juhi is fluent in English, Hindi, and Bengali and effectively communicates with patients from diverse linguistic backgrounds. Her ability to explain complex rehabilitation processes clearly and reassuringly fosters trust and confidence, ensuring a comfortable and engaging patient experience.

Fellowship & Membership

- IAP; License No - L- 43808

Field of Expertise

- Neuro Rehabilitation

Languages Spoken

- Hindi
- English
- Bengali

Awards & Achievements

- University Topper, Gold Medalist Batch 2018, MPT

Talks & Publications

- Published paper on - A comparative study on the effectiveness of Problem oriented willed movement and CBT in chronic post stroke subjects. BPJ/3235/2020