



MR. KISHAN KUMAR

Senior Associate - Physiotherapy

Qualification

MPT (Neurology/Neuro Surgery)

Overview

Mr. Kishan Kumar is an experienced neurorehabilitation physiotherapist in Bangalore. He is currently practicing as a Senior Associate - Physiotherapy at Manipal Hospital Sarjapur Road, Bangalore. With extensive neurological and musculoskeletal rehabilitation expertise, Mr. Kishan is dedicated to restoring movement, improving function, and enhancing the quality of life for his patients. He is a skilled physiotherapy Consultant. Mr. Kishan holds a Master's in Physiotherapy (MPT) specialising in Neurological Disorders from Garden City University, Bengaluru. His academic journey includes a Bachelor's in Physiotherapy (BPT) under Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru. With a strong foundation in physiotherapy principles, he combines scientific knowledge with hands-on skills to provide effective treatment plans tailored to each patient's needs. Mr. Kishan is proficient in curating rehabilitation programs for patients with conditions such as stroke, multiple sclerosis, Parkinson's disease, spinal cord injuries, and neuropathies. His expertise extends to post-operative orthopaedic rehabilitation, where he assists patients in recovering from surgeries such as total knee replacements, spinal

surgeries, and ligament reconstructions. He is also skilled in sports injury management, utilising evidence-based techniques to help athletes recover and regain peak performance. Mr. Kishan Kumar adopts a holistic approach to physiotherapy, integrating manual therapy, therapeutic exercises, and advanced rehabilitative techniques. His proficiency includes myofascial release (MFR), joint mobilisation, trigger point therapy, deep tissue mobilisation, and neural mobilisation. He is trained in dry needling, cupping therapy, and Instrument-Assisted Soft Tissue Manipulation (IASTM), ensuring comprehensive pain management and recovery strategies. His ergonomic expertise enables him to provide workplace assessments and preventive strategies for postural correction and injury prevention. A strong advocate of patient education, Mr. Kishan emphasises the importance of rehabilitation exercises and lifestyle modifications. He designs individualised home exercise programs to facilitate long-term recovery and prevent future complications. His focus on functional independence helps patients regain confidence in performing daily activities. Mr. Kishan's dedication to staying updated with advancements in physiotherapy is evident in his active participation in national and international conferences, workshops, and certification programs. He has received specialised training in FIFA Diploma in Football Medicine, enhancing his expertise in sports-related rehabilitation. Additionally, he has conducted research on cognitive impairment and balance issues in multiple sclerosis patients, contributing to the field of neurological rehabilitation. His patient-centric approach ensures that individuals receive compassionate and personalised care. He is committed to delivering evidence-based treatments prioritising patient well-being, whether assisting post-surgical patients, individuals with chronic pain, or athletes recovering from injuries. His ability to combine advanced techniques with empathetic communication makes him a trusted physiotherapist in Bangalore. Mr. Kishan, fluent in English, Hindi, and Kannada, ensures clear and effective communication with patients from diverse

backgrounds, fostering a supportive and comfortable treatment environment.

Field of Expertise

- Neuro Rehabilitation

Languages Spoken

- English
- Hindi
- Kannada