



## **MS. VARSHINI K**

Occupational Therapist

### **Qualification**

Bachelor Of Occupational Therapy (BOT)

### **Overview**

Ms. Varshini K is an experienced physiotherapist in Bangalore. She is currently practicing as a Senior Consultant - Occupational Therapy at Manipal Hospital Sarjapur Road. With extensive experience in neurorehabilitation and developmental disabilities, Ms. Varshini is dedicated to enhancing the functional abilities and quality of life for individuals facing neurological and developmental challenges. She has a strong background in evaluating, diagnosing, and providing targeted therapeutic interventions to children and adults with various conditions, including cerebral palsy, autism spectrum disorders (ASD), stroke, traumatic brain injuries, and spinal cord injuries. Her approach focuses on personalised treatment plans that improve motor function, coordination, sensory integration, and cognitive skills, helping patients regain independence in their daily activities. She is an experienced physiotherapist in Sarjapur Road. Ms. Varshini K holds a Bachelor of Occupational Therapy (BOT) and is a member of the All India Occupational Therapists' Association (AIOTA). Her commitment to professional excellence is reflected in her continuous pursuit of knowledge and advanced training in neuromuscular rehabilitation,

sensory-motor integration, and developmental therapy. She regularly participates in workshops, seminars, and research programs to stay updated with the latest advancements in occupational therapy. As an expert in neurorehabilitation, Ms. Varshini specialises in working with individuals recovering from neurological conditions such as stroke, multiple sclerosis, and Parkinson's disease. She employs evidence-based rehabilitation strategies to improve mobility, strength, and coordination, including constraint-induced movement therapy (CIMT), motor relearning techniques, and functional electrical stimulation. She also integrates assistive technology and adaptive equipment into her practice to enhance her patients' ability to perform daily tasks easily. In the area of developmental disabilities, Ms. Varshini provides specialised therapy for children with sensory processing disorders, ADHD, learning disabilities, and Down syndrome. Her therapy sessions focus on improving fine motor skills, visual-motor coordination, social interaction, and self-care abilities. She incorporates play-based therapy, sensory integration techniques, and cognitive-behavioural strategies to create an engaging and supportive environment for children to develop essential life skills. Ms. Varshini is passionate about providing holistic, patient-centred care beyond physical rehabilitation. She works closely with families, caregivers, and multidisciplinary teams to create individualised therapy programs tailored to each patient's needs. She believes in empowering patients and their families with the knowledge and resources necessary to achieve long-term success in therapy. Fluent in English, Tamil, and Telugu, Ms. Varshini K ensures effective communication with patients and their families from diverse backgrounds. Her ability to convey complex medical information simply and reassuringly fosters trust and confidence, creating a comfortable experience for those seeking occupational therapy.

### **Fellowship & Membership**

- AIOTA

### **Field of Expertise**

- Neuro Rehabilitation and Developmental Disabilities

### **Languages Spoken**

- English
- Tamil
- Telugu