



DR. DHARSHAN N. A.

Specialist - Physical Medicine and Rehabilitation (PM&R)

Qualification

MBBS | MD Physical Medicine and Rehabilitation (PMR)

Overview

Dr. Dharshan N. A. is currently serving as a Specialist - Physical Medicine and Rehabilitation (PM&R) in Manipal Hospital Sarjapur Road with an MBBS, an MD in Physical Medicine & Rehabilitation, and a Fellowship in Interventional Pain Management (FIPM). He is dedicated to helping patients regain mobility, independence, and quality of life through comprehensive, patient-centred rehabilitation and advanced pain management techniques. Dr. Dharshan specializes in the diagnosis and non-surgical management of pain, disability, neurological disorders, musculoskeletal conditions, sports injuries, and post-operative rehabilitation. With expertise in image-guided interventional pain procedures, he performs minimally invasive treatments for spine, joint, and nerve-related pain using ultrasound and fluoroscopy guidance. His treatment philosophy integrates evidence-based pain interventions with personalized rehabilitation programs to achieve lasting pain relief, restore function, and improve overall well-being. As a Rehabilitation Physician, Dr. Dharshan leads a multidisciplinary rehabilitation team comprising physiotherapists, occupational therapists, speech and language therapists, rehabilitation

nurses, psychologists, prosthetists, orthotists, dietitians, and social workers. By coordinating collaborative care, he develops individualized rehabilitation plans that address every aspect of recovery, enabling patients to return to their daily activities with confidence. His areas of expertise include neurological rehabilitation for stroke, spinal cord injury, and traumatic brain injury; orthopaedic rehabilitation following joint replacement, fractures, trauma, and spine surgery; sports rehabilitation; paediatric rehabilitation for cerebral palsy and autism spectrum disorder; geriatric rehabilitation; cardiac and pulmonary rehabilitation; and comprehensive disability management. He also has extensive experience in managing chronic back pain, neck pain, sciatica, knee pain, shoulder pain, and other musculoskeletal conditions. Dr. Dharshan is a Life Member of the Indian Association of PMR (IAPMR), KARM, and the Global Regenerative Orthopedic Sciences Foundation. He has authored multiple research publications in peer-reviewed journals, with studies focusing on regenerative therapies, ultrasound-guided interventions, osteoarthritis, spinal cord injury rehabilitation, and musculoskeletal disorders. Fluent in Tamil, Telugu, Kannada, English, Manipuri, and Hindi, he is committed to delivering compassionate, holistic rehabilitation care tailored to every patient's functional goals.

Fellowship & Membership

- Fellowship in Interventional Pain Management
- Life member of Indian Association of PMR (IAPMR)
- Life Member of KARM
- Life Member of Global Regenerative Orthopedic Sciences Foundation

Field of Expertise

- Stroke Rehabilitation
- Spinal Cord Injury Rehabilitation
- Traumatic Brain Injury (TBI) Rehabilitation
- Cerebral Palsy (CP)
- Autism Spectrum Disorder (ASD)
- Developmental & Functional Rehabilitation
- ACL & Meniscal Injuries
- Sports Injury Rehabilitation
- Return-to-Sport Rehabilitation
- Total Knee Replacement (TKR)
- Total Hip Replacement (THR)
- Spine Surgery Rehabilitation
- Fracture & Trauma Rehabilitation
- Age-related Functional Decline
- Balance & Fall Prevention
- Osteoarthritis & Mobility Restoration
- COPD
- Interstitial Lung Disease (ILD)
- Post-Critical Illness Rehabilitation
- Post-Heart Attack Rehabilitation
- Post-Cardiac Surgery Rehabilitation
- Heart Failure Rehabilitation
- Back Pain
- Neck Pain
- Sciatica
- Knee Pain
- Shoulder Pain
- Ultrasound & Fluoroscopy-Guided Pain Procedures

Languages Spoken

- Tamil

- Telugu
- Kannada
- English
- Manipuri
- Hindi

Talks & Publications

- Comparison of Ultrasound-Guided Intra-Articular Injection of Platelet-Rich Plasma Versus High Molecular Weight Hyaluronic Acid in Improving Cartilage Thickness and Physical Function in Patients with Primary Osteoarthritis of the Knee: A Randomized Controlled Trial (RCT) International Journal of Scientific Research (IJSR), October 2024.
- Profile of Pressure Ulcer and Other Complications in Traumatic Spinal Cord Injury Patients International Journal of Scientific Research (IJSR), April 2022.
- Effectiveness of Ultrasound-Guided Local Ozone Injection in the Treatment of Carpal Tunnel Syndrome: A Randomized Controlled Trial International Journal of Scientific Research (IJSR), February 2022.
- Efficacy of Ultrasound-Guided Autologous Blood Injection Versus Extracorporeal Shockwave Therapy in Chronic Achilles Tendinopathy: A Randomised Controlled Trial International Journal of Scientific Research (IJSR), March 2021.