

DR. NAVEEN MATHEW JOSE

Consultant - Physical Medicine & Rehabilitation

Qualification

MBBS | MD (PM&R) AIIMS, New Delhi

Fellowship & Membership

- Life member of Indian Medical Association
- Life member of Indian Association of PMR (IAPMR)
- Indian chapter of Spinal cord Society
- Indian Federation of Neurorehabilitation

Field of Expertise

- Neurorehabilitation: Providing Acute to sub-acute consultation for stroke, Brain injuries and other neurological conditions admitted in the Neurology, Neurosurgery and intensive units, making comprehensive rehab planning including management of neurogenic bladder and bowel, Musculoskeletal pain, prevention and treatment of pressure ulcers, spasticity and contractures and supervising early mobilization of the critically ill patients and their return to the functional capacity.
- Chronic neurological conditions like spastic hemiplegia, GBS, Traumatic brain injury and spinal cord injury.

- Musculoskeletal pain conditions like low back ache, neck pain, shoulder and other joint pain and their management using pharmacological and non-pharmacological methods.
- Management of sports specific injuries especially ankle and foot related pathologies like sprains, tendonitis, fasciitis etc.
- Chronic pain syndromes like fibromyalgia, myofascial pain, chronic fatigue syndromes and lifestyle related conditions like obesity.
- Interventional procedures like Botulinum toxin (BOTOX) injections (nerve stimulator guided) for spasticity and intra articular injections like steroid and hyaluronic acid for chronic and painful conditions like frozen shoulder, osteoarthritis of knee.

Languages Spoken

- English
- Hindi
- Kannada
- Malayalam
- Tamil

Talks & Publications

- Presented a lecture on “How do we Optimize Post Stroke Spasticity management with Onabotulinumtoxin A” in the Workshop on Cadeveric workshop on upper limb spasticity, May 2019.
- Presented a lecture on” Neurological Evaluation In ICU ;a Rehabilitation perspective” for a workshop organised by Manipal College of Allied Sciences, 2017
- Presented a lecture on ‘Stroke Rehabilitation’ in CME on

Rehabilitation organised by Manipal Hospitals on 2016.

- Presented lecture on ‘Concepts in Holistic Neurorehabilitation” during the inauguration of Dr Umashankar centre for neurorehabilitation at S Vyasa,(Swamy vivekanada university for Yoga, Jigni, Bangalore) ,Feb/2014.
- Presented lecture on ‘Rehab Principles in managing neurogenic bladder’ in CME on Neuro-urology conducted by Bangalore neurological society, Jan2014.
- Presented lecture on “Orthotic management and offloading in Diabetic foot” in the course on “Diabetic Foot Care” organized by Schieffelin Institute of Health Research, Karigiri, Vellore in collaboration with Tameside General Hospital, Lancashire, UK(March 2012)
- Presented lectures on Physical Medicine and Rehabilitation role in disaster management at Administration Training Institute (ATI), Mysore on Aug 10th, 2012.
- Provided professional recourse help for the spinal injury community rehabilitation camp organized by APD (Association of people with disability) at Bangalore and Magadi on 13th June 2012
- Presented lecture on “Neuro rehabilitation” and orthopaedic rehabilitation in the CNE on Rehabilitation Nursing organized by College of Nursing Alumnae Association at SJMCH 19th July 2012.
- Dr. Naveen Mathew Jose on World Physical Therapy Day: 4 tips given by a physical therapist to recover from injuries and arthritis | Boldsky Kannada. Click Here