



DR. NAVEEN MATHEW JOSE

Consultant - Physical Medicine & Rehabilitation

Qualification

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

Overview

Dr. Naveen Mathew Jose is a renowned doctor specialising in Physical Medicine and Rehabilitation. He is based in Bangalore and works at the Manipal Hospital in the Whitefield locality of the city. Dr. Naveen Mathew Jose is one of the best Physical Medicine and Rehabilitation specialist in Bangalore. He has worked in this field for over 11 years and is now a Consultant in Physical Medicine and Rehabilitation. He is a member of various reputed societies and has worked at some of the best hospitals in the city. He works in the highly specialised area of pain management as well. He completed his MBBS from the Academy of Medical Sciences in Kannur 2001. He is a fellow of a reputed institute in Chennai in pain management. He was a Senior Resident at the All India Institute of Physical Medicine and Rehabilitation - AIIPMR for two years. He is skilled in rehabilitating children (paediatric rehabilitation) and rehabilitating patients after chronic pain. He has worked as a member with the Indian Association of Physical Medicine & Rehabilitation for few years. He has given lectures on various topics during CMEs and workshops held at Manipal Hospitals, Dr. Umashankar Centre for Neurorehabilitation, Administration Training Institute (ATI), Mysore, etc. He did an MD (Doctor of Medicine) from the All India Institute of Physical Medicine and Rehabilitation in 2006. Dr. Naveen is the the best physicial medicine professional in Whitefield, Bangalore. Dr. Naveen has been a Research Associate at the famous All India Institue of Medical Sciences for 6 months in 2007. He is an expert in the field of managing and modification of obesity and lifestyle diseases. He is a part of the Indian chapter of the Spinal Cord Society. He has treated common injuries like ankle sprains, low back pain, shoulder pain, joint pain, etc. He gave a lecture about "How to do we Optimise Post Stroke Spasticity Management with Onabotulinumtoxin A" in May 2019 at a workshop on upper limb spasticity. He has experience in treating chronic syndromes such as myofascial pain, fibromyalgia, and lifestyle diseases. He is skilled in performing interventional procedures like nerve simulator-guided BOTOX (Botulinum toxin) injections for spasticity. He has also used intra-articular hyaluronic acid injections and steroids for treating frozen shoulders and osteoarthritis. He gave a lecture about 'Stroke Rehabilitation' at Manipal Hospital in the year 2016. Internationally, he has lectured about "Orthotic management and offloading in Diabetic foot" during a course designed by the Schieffelin Institute of Health Research in collaboration with Tameside General Hospital, Lancashire, in the United Kingdom. He was part of a rehabilitation camp organised by the Association of People with Disability in 2012 to provide professional recourse help. He consults patients about neurosurgery, intensive units, rehab planning, and managing neurological pains. He helps critically ill patients return to everyday lifestyles through rehabilitation and pain management.

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 vivekananda 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](#)