

MISS. PRIYANKA PAUL

Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation

Qualification

MPT (Ortho & Musculoskeletal and Sports)

Overview

Miss. Priyanka Paul is a highly skilled physiotherapist in Bangalore, currently practising as a Senior Physiotherapist and Executive - Physical Medicine and Rehabilitation at Manipal Hospital Old Airport Road, Bangalore. With a Master's degree in Physiotherapy (Orthopaedics, Musculoskeletal, and Sports) and a Fellowship from the Federation of Indian Manual Therapists (FIMT), she brings extensive expertise in sports rehabilitation, musculoskeletal pain management, and orthopaedic physiotherapy. Over the years, she has established herself as a compassionate clinician who combines evidence-based therapy with personalised care, helping patients regain strength, mobility, and confidence after injury, surgery, or chronic pain conditions. Miss. Priyanka's practice encompasses a broad range of physiotherapeutic interventions, with specialised proficiency in return-to-sport rehabilitation, ligament reconstruction and joint replacement rehabilitation, fracture recovery, and manual therapy. She is widely recognised for her expertise in musculoskeletal pain management, providing comprehensive care that addresses not just symptoms but the root causes of discomfort. Her approach integrates manual mobilisation, posture retraining, and exercise therapy, ensuring long-term functional recovery and prevention of reinjury. As a Certified Dry Needling Practitioner (CDNP), Certified Manual Therapist (COMT), and Certified Cupping Practitioner (CCP), she utilises advanced modalities to relieve pain, reduce muscle tension, and promote faster healing. In the field of sports rehabilitation, Miss. Priyanka has played a key role in on-field management of athletes, providing preventive and post-injury care that supports optimal performance and safe return to play. She also holds certifications in Strength and Conditioning (CSNC), Kinesio and Dynamic Taping (CKNDT), and Instrument-Assisted Soft Tissue Mobilisation (IASTM), which allow her to design dynamic, evidence-driven programmes tailored to the unique physical demands of each sport. Her expertise in ergonomics and exercise prescription has also made her a valuable contributor to corporate health initiatives, where she has conducted numerous health talks and fitness sessions at Manipal Hospital Bangalore (MHB), promoting workplace wellness and posture correction. Miss. Priyanka's scope of practice extends to women's health physiotherapy, with specialised training in pre-natal and post-natal rehabilitation, pelvic floor strengthening, and lifestyle modification. She provides holistic care that supports women through different stages of life, addressing issues such as postural strain, pelvic instability, and post-surgical recovery. Her compassionate, patient-centric approach ensures that every individual receives therapy designed to meet their specific physical and emotional needs. A recipient of the CEO Manyata Pride Award (2019), Miss. Priyanka has been recognised for her clinical excellence, leadership, and dedication to advancing physiotherapy standards within the hospital. Her work reflects a deep commitment to continuous learning and professional development—qualities reinforced by her multiple international certifications and ongoing engagement in physiotherapy research and workshops. Her communication skills and cultural sensitivity make her a trusted professional among patients from diverse backgrounds. Fluent in English, Hindi, Bengali, Assamese, and Kannada, she ensures that every patient interaction is empathetic, informative, and empowering. Whether it's guiding an athlete through recovery or supporting an elderly patient in regaining mobility, she prioritises patient education and motivation as key elements of rehabilitation success. At Manipal Hospital Old Airport Road, Miss. Priyanka's contributions extend beyond individual therapy sessions. She is actively involved in community outreach and clinical education, delivering sessions on workplace ergonomics, sports injury prevention, and safe exercise practices. Her dedication to improving patient outcomes through modern, evidence-based physiotherapy continues to make her an integral part of the hospital's multidisciplinary rehabilitation team. Through her rich blend of clinical expertise, academic accomplishments, and compassionate care, Miss. Priyanka Paul exemplifies excellence in physiotherapy practice. Her holistic and proactive approach to rehabilitation ensures that patients not only recover from their injuries but also rediscover the strength and balance necessary to lead healthy, active lives.

Fellowship & Membership

- Fellowship in (FIMT - Federation of Indian Manual Therapist).

Field of Expertise

- Return to sports Rehabilitation
- Musculoskeletal Pain Management
- Replacement & Ligament Reconstruction Rehabilitation.
- Fracture Rehabilitation
- Dry Needling
- Kinesiotaping
- TMD Management
- Sports Rehabilitation
- Manual Therapy
- Ergonomic Specialist
- Cupping Therapy
- IASTM
- Women's Health (OBG)
- Pre-natal & Post-natal Rehabilitation
- Weight Management and Lifestyle Correction

Languages Spoken

- English
- Hindi
- Bengali
- Assamese
- Kannada

Awards & Achievements

- CDPN (Certified clinical and sports Dry Needling Practitioner)
- COMT (Certified Manual Therapist)
- CEO Manyata Pride Award 2019
- CCP (Certified Cupping Practitioner)
- CSNC (Certified Strength and Conditioning)
- CKNDT (Certified Kinesio and Dynamic Tapping)
- Instrumental-assisted soft tissue mobilisation Practitioner

Talks & Publications

- Health Talks in Ergonomics / Exercise Prescription.
- Various Fitness Sessions at MHB.
- On-field management for Sports Athlete.

- BLS AND ALS.