



## MS. GEETA RANA

Executive - Senior Occupational Therapist

### Qualification

MOT (NEURO Rehabilitation)

### Overview

Ms. Geeta Rana is a highly accomplished physiotherapist in Bangalore. She's currently practising as a Senior Occupational Therapist - Physical Medicine and Rehabilitation, Manipal Hospital Old Airport Road, Bangalore, with extensive experience in the assessment, treatment, and rehabilitation of patients across neurological, orthopaedic, paediatric, and geriatric domains. With a Master's degree in Occupational Therapy (Neuro-Rehabilitation) and more than a decade of clinical expertise, she has made a significant impact in restoring functional independence and enhancing the quality of life of her patients. Her clinical proficiency lies in designing and executing individualised rehabilitation programmes that address both physical and cognitive aspects of recovery. Ms. Geeta's therapeutic approach integrates evidence-based techniques, functional training, and patient-centred care to optimise recovery outcomes. She has successfully worked with individuals recovering from neurological conditions such as stroke, traumatic brain injury, spinal cord injury, and multiple sclerosis, employing techniques like Constraint-Induced Movement Therapy (CIMT) and Neuro-Developmental Treatment (NDT) to facilitate motor relearning and neuroplasticity. In the realm of paediatric rehabilitation, she focuses on early intervention for children with developmental delays, cerebral palsy, and sensory processing disorders, employing play-based therapy and adaptive strategies that foster functional skills and independence in daily living. She also has significant experience in geriatric rehabilitation, helping elderly patients manage conditions related to ageing, arthritis, and limited mobility through tailored programmes that enhance strength, coordination, and safety in day-to-day functioning. Her expertise further extends to rheumatology and sports rehabilitation, where she applies manual techniques, joint protection methods, and activity modification strategies to assist patients in regaining functional capacity following musculoskeletal injuries or chronic joint conditions. Additionally, she has contributed to liver rehabilitation programmes, offering occupational therapy interventions that support post-surgical recovery and functional reintegration for patients with hepatic conditions. Ms. Geeta's contributions have been recognised through multiple accolades, including the CEO Pride Award (2019) and the Competency Award (2022) at Manipal Hospital, honouring her excellence in patient care, clinical outcomes, and professional dedication. She remains deeply committed to professional development, holding certifications as a CIMT Practitioner, NDT Practitioner, and in specialised neurorehabilitation methods. Her holistic perspective on rehabilitation encompasses not only physical restoration but also psychological empowerment and community reintegration, ensuring that her patients achieve sustained functional independence. Fluent in English, Hindi, Kannada, Bengali, and Kumauni, she effectively bridges communication gaps, making therapy inclusive and empathetic for individuals from varied linguistic and cultural backgrounds.

### Fellowship & Membership

- UKPR1085/088OT(R-1)

## Field of Expertise

- Pediatric rehabilitation.
- Geriatric rehabilitation.
- Rheumatology.
- Liver rehabilitation.
- Neuro rehabilitation.
- Neuro rehabilitation.
- Platic surgery rehabilitation.

## Languages Spoken

- English
- Hindi
- Kannada
- Bengali
- Kumauni

## Awards & Achievements

- CEO Pride Award- MHB 2019.
- Competency Award MHB 2022.