

MS. JOYSHREE SINGHA

Senior Physiotherapist

Qualification

Master Of Physiotherapy (Musculoskeletal Disorders and Sports)

Overview

Joyshree Singha is a dedicated Senior Physiotherapist in the Department of Physical Medicine and Rehabilitation (PMR) with 5 years of specialized experience. Practicing at Manipal Hospital Sarjapur Road, Bengaluru, she focuses on musculoskeletal health and sports-related rehabilitation, helping patients recover from chronic conditions and injuries. Her academic background includes a Master of Physiotherapy specializing in Musculoskeletal Disorders and Sports. This advanced training provides her with an in-depth understanding of complex movement patterns, joint mechanics, and tissue healing. Ms. Singha's clinical expertise is centered on musculoskeletal disorders, post-operative orthopedic care, and chronic pain management. She employs a comprehensive and hands-on approach, utilizing a wide array of specialized techniques to restore strength, flexibility, and pain-free movement. Her core areas of skill include: Chronic Pain Management: Developing long-term strategies to alleviate persistent pain and improve quality of life, Orthopedic Rehabilitation: Expertise in post-operative care and non-surgical management of orthopedic conditions, Manual Therapy and Manipulation: Utilizing skilled, hands-on techniques to mobilize joints and soft tissues, Biomechanical Analysis: Performing detailed biomechanical movement analysis and gait correction to identify and fix underlying causes of injury, Taping and Orthotics: Proficient in Kinesiology taping, rigid taping, and orthotic prescription to provide support and facilitate movement correction, Sports Injury Management: Focused on both the rehabilitation and prevention of sports injuries, often incorporating strength and conditioning principles. She is an active member of the Indian Association of Physiotherapy. Ms. Singha ensures clear and effective patient communication through her proficiency in English, Kannada, Hindi, and Bengali.

Fellowship & Membership

- Indian Association of Physiotherapy

Field of Expertise

- Chronic Pain Management
- Orthopedic Rehabilitation
- Manual therapy
- Biomechanical analysis of movement and gait correction
- Kinesiology taping, rigid taping, and orthotic prescription
- Therapeutic Manipulation Technique

Languages Spoken

- English
- Kannada
- Hindi
- Bengali