

MR. DINESH DHARMALINGAM

Senior - Physiotherapist

Qualification

Master Of Physiotherapy - Musculoskeletal Disorders and Sports

Overview

Dinesh Dharmalingam is a highly skilled Senior Physiotherapist with 6 years of experience, specializing in Musculoskeletal Disorders and Sports Rehabilitation. He currently serves at Manipal Hospital, Sarjapur Road, Bengaluru, where he is dedicated to restoring optimal movement and function in patients ranging from athletes to post-surgical cases. Mr. Dharmalingam's academic foundation includes a Master of Physiotherapy (MPT) in Musculoskeletal Disorders and Sports, which strengthens his ability to integrate advanced clinical reasoning with manual therapy and evidence-based exercise rehabilitation. His core clinical expertise lies in comprehensive musculoskeletal disorder management and sports injury rehabilitation. He has extensive experience managing post-surgical cases involving major joints and structures such as ACL and meniscus repairs, rotator cuff injuries, spinal surgeries, and fracture rehabilitation. Mr. Dharmalingam's expertise spans advanced manual therapy, where he is proficient in globally recognized techniques such as Mulligan, Maitland, Muscle Energy Technique (MET), Myofascial Release (MFR), Proprioceptive Neuromuscular Facilitation (PNF), Instrument-Assisted Soft Tissue Mobilization (IASTM), and fascial manipulation. He also excels in sports and performance rehabilitation, focusing on sports biomechanics, functional strength training, taping techniques, and strict return-to-play protocols that support safe and effective athletic reentry. Additionally, his holistic management approach includes tailored chronic pain rehabilitation, evidence-based therapeutic exercise planning, and ergonomic assessments aimed at addressing underlying dysfunctions and preventing recurrence. He is a recognized member of the Indian Association of Physiotherapy (IAP). Committed to advancing physiotherapy practice, Mr. Dharmalingam has contributed to research articles and publications on hamstring flexibility, virtual-reality-based rehabilitation in stroke patients, and breathing techniques for asthmatic children. He is fluent in English, Kannada, Tamil, Telugu, Malayalam, and Hindi, enabling him to communicate effectively with a diverse patient population.

Fellowship & Membership

- Indian Association Of Physiotherapy

Field of Expertise

- Comprehensive assessment and management of musculoskeletal disorders
- Rehabilitation of sports-related injuries, acute and chronic
- Advanced manual therapy techniques (Mulligan, Maitland, MET, MFR, PNF, IASTM)
- Fascial Manipulation
- Post-surgical rehabilitation for ACL, meniscus, rotator cuff, spine, and fracture fixations
- Sports biomechanics analysis and correction
- Functional strength training, conditioning, and athletic performance optimization

- Return-to-play protocols and load-management strategies
- Kinesiology taping, rigid taping, and orthotic prescription
- On-field injury management and emergency sports care
- Chronic pain rehabilitation and evidence-based therapeutic exercise planning
- Ergonomic Assessment

Languages Spoken

- English
- Kannada
- Tamil
- Telugu
- Malayalam
- Hindi

Talks & Publications

- Article: Effects Of Muscle Energy Technique And Proprioceptive Neuromuscular Facilitation Stretch Technique On Hamstring Muscle Flexibility In Recreational Athletes. Dinesh, D.; Sudhakar, S.. Journal Of The Scientific Society 49(2):P 148-151, May-Aug 2022. | Doi: 10.4103/Jss.Jss_24_22.
- Article: Impact Of Muscle Energy Technique On Hamstring Muscle Flexibility In Recreational Athletes. Dinesh.D., Et Al. Acta Scientific Orthopaedics 5.6(2022): 61-65. Doi: 10.31080/Asor.2022.05.0480.
- Article: Impact Of Virtual Reality On Hand Grip Functional Activity In Stroke Patients. Velmurugan, Gladies Kamalam , Manivannan, Dinesh Dharmalingam And Mrudula J Pawar. Acta Scientific Orthopaedics 5.9 (2022):97-99. Doi: 10.31080/Asor.2022.05.0557.
- Article: Combined Effect Of Cognitive Behavioural Therapy And Relaxed Breathing Postures On The Peak Expiratory Flow Rate Of Asthmatic School Children. Dr. Gladies Kamalam S., Dr. Santheep S, Dr. Vel Murugan G., Dr. Manivannan S., & Dr. Dinesh Dharmalingam. (2025). Ijrdo -Journal Of Health Sciences And Nursing, 11(1), 1-5. <https://doi.org/10.53555/Hsn.V11i1.6242>.
- Article: The Combined Effect Of Buteyko Breathing And Cognitive Behavior Therapy On Chest Expansion In Asthmatic Collegiate Population. Kamalam S, G., Santheep, S., Murugan G, V., Manivannan, S., & Dharmalingam, D. (2025). International Journal Of Medical And Exercise Science. Doi:10.36678/Ijmaes.2025.V10i01.012.