

## UMASHANKAR L

Physiotherapist

### Qualification

MPT (Orthopaedics)

### Overview

One of the best physical therapists in Bangalore, Mr. Umashankar Lakshmanan, is the lead physical therapist in Rehabilitation and Physical Medicine. He completed graduation from Mr MGR Medical University with a Bachelor of Science in Physical Therapy and a Master of Science in Orthopaedics. Mr Umashankar has the registration number LA-37594 and is a member of the Indian Association of Physical Therapists (MIAP). He also has a Fellowship in Osteopathy and Manipulation Therapy (FOMT) under his belt. Mr Umashankar has a broad range of knowledge and interests. Still, his practice is primarily focused on managing musculoskeletal pain, rehabilitating patients after replacement and ligament reconstruction surgeries, treating fractures, dry needling, kinesio-taping, managing TMJD (temporomandibular joint disorder), teaching Pilates, manual therapy, and ergonomics. His multifaceted skill set enables him to give his patients thorough care, ensuring successful treatment and recovery. He is a top physiotherapist in Bangalore. Throughout his career, Mr. Umashankar has achieved several accolades. He has received recognition for upholding the fundamental ideal of patient centricity and his long-lasting contributions to patient safety and care. He was presented with the renowned Pride Award for his skill in carrying out workstation improvements. As a Certified Dry Needling Practitioner (CDNP), Certified Instrumental Assisted Soft Tissue Mobilisation Practitioner (CIASMP), Certified Osteopathy Practitioner (COP), and Orthopaedic Manual Therapist, Mr Umashankar has also earned credentials in a variety of specialised procedures and proved to be a highly skilled physical therapist. Mr. Umashankar Lakshmanan is multilingual and proficient in a number of languages. English, Tamil, Kannada, Telugu, Hindi, and Badaga are all languages he speaks fluently. Umashankar can interact and speak with a wide range of patients from various origins and places thanks to his diverse collection of linguistic abilities. He fosters a welcoming and inclusive environment for his patients by speaking their native tongues, ensuring clear communication and understanding. Umashankar's proficiency in several languages improves his capacity to give individualised care and establish close bonds with his patients, thereby enhancing their overall treatment experience and yielding favourable results. Umashankar participates actively in information exchange and has given expert ergonomics and exercise prescription lectures at numerous illustrious software firms, including Infosys, TCS, HCL, Snider Electronics, Champion Infometry, and SAP Tech. His live presentations on managing arthritis and revision arthroplasty will highlight his knowledge in these fields. At the International Association of Physical Therapists in Karnataka, Umashankar also gave a presentation on treating low back pain. Mr. Umashankar Lakshmanan is an accomplished and highly skilled physical therapist with a wealth of knowledge in treating musculoskeletal pain, rehabilitation, and various specialised procedures. His commitment to providing excellent patient care and his skill and knowledge have brought him acclaim from his peers and countless awards. Umashankar continues to make major contributions to the field of physical therapy and patient well-being through his clinical practice, educational presentations, and publications.

### Fellowship & Membership

- Fellowship in Osteopathy and Manipulation Therapy
- Member in IAP Reg no :LA-37594

## Field of Expertise

- Musculoskeletal Pain Management
- Replacement & Ligament Reconstruction Rehabilitation
- Fracture Rehabilitation
- Dry Needling
- Kinesiotaping
- TMD Management
- Pilates Training
- Manual Therapy
- Ergonomic Specialist

## Languages Spoken

- English
- Tamil
- Kannada
- Telugu
- Hindi
- Bengali
- Malayalam
- Badaga

## Awards & Achievements

- Awarded for Lasting contributions to Patient safety & care and upholding the core value of Patient Centricity at MHB-2017.
- Pride Award for conducting workstation modification
- CEO Pride Award-MHB
- Manyata Pride Award (2016/ 2018)

## Talks & Publications

- Accolades for conducting expert sessions on ergonomics. (Infosys, TCS, HCL, Snider, SAP Tech etc / Exercise Prescription
- Live Talk on Physical Therapy in Arthritis Management-MHB
- Live Talk on Physical Therapy Management in Revision Arthroplasty-MHB
- Speaker in IAPWC- Karnataka.