

PRIYANKA PAUL

Physiotherapist

Qualification

MPT (Ortho & Musculoskeletal and Sports)

Overview

One of the top physiotherapists in Old Airport Road, Bangalore, Ms Priyanka Paul, is a senior practitioner specialising in sports physical therapy. With a Bachelor's degree in Physical Therapy (BPT) and a Master's degree in Sports Physical Therapy (MPT), Priyanka has honed her expertise in various rehabilitation and injury management aspects. Her field of interest encompasses acute sports injury rehabilitation, advanced sports rehabilitation, exercise prescription, replacement and ligament reconstruction rehabilitation, dry needling, cupping therapy, kinesio taping therapy, manual therapy, myofascial release/trigger point release, and acute orthopaedic injuries. Ms Priyanka's dedication is reflected in her knowledge and professional development. She is a member of the Indian Association of Physical Therapists (MIAP) and has acquired several certifications and fellowships to enhance her skills. As a Certified Dry Needling Practitioner (CDNP), she employs this technique as part of her treatment approach. Additionally, Priyanka is a Certified Cupping Therapy Practitioner (CCTP) and utilises this modality for therapeutic purposes. She is also well-versed in Myofascial Postural Rehabilitation (MPR) and has completed a certified Orthopedics Manual Therapy (C.O.M.T) course. Furthermore, Ms Priyanka has acquired proficiency in Instrument Assisted Soft Tissue Mobilization (IASTM). Ms Priyanka has garnered recognition for her academic and professional achievements throughout her career. Ms Priyanka Paul was awarded the Model category competition in Research Conclave 16, organised by the Students' Academic Board of the Indian Institute of Technology Guwahati. This showcases her research abilities and commitment towards the field of physical therapy. Apart from her clinical expertise, Priyanka also engages in sharing her knowledge and experiences through talks and publications. She has contributed to the field of physical therapy by presenting informative talks on various topics related to rehabilitation and sports injuries. Additionally, she has authored publications in reputable journals, disseminating valuable insights and research findings to her professional community. With a good background, Ms Priyanka is good in Hindi, English, Bengali, Assamese, and Kannada. This allows her to effectively communicate and connect with patients from different cultures, promoting a comprehensive and inclusive approach with extensive care. In summary, Ms Priyanka Paul is a highly qualified and accomplished senior physical therapist specialising in sports physical therapy. With her extensive qualifications, expertise in various therapeutic techniques, and dedication to ongoing professional development, she consistently provides exceptional patient care and contributes to advancing the field. Ms Paul is a skilled and experienced Senior Physical Therapist specialising in sports physical therapy. With a strong academic background, diverse expertise, and a commitment to continuous learning, she delivers exceptional patient care while actively contributing to advancing the field through research and professional engagements.

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)
- Stroke Management
- Anetnal and Poast anetnal Rehabilitation
- Weight Management and Lifestyle Correction

Languages Spoken

- English
- Hindi
- Bengali
- Assamese
- Kannada

Awards & Achievements

- CDNP (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).
- COMT (Certified Manual therapist).
- Osteopathy.
- Instrumental-assisted soft tissue mobilization Practitioner.

Talks & Publications

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