

ASHWIN BHAT H

Physiotherapist

Qualification

MSc Exercise and Sports Sciences (MAHE, Manipal) | PG Diploma Sports Biomechanics (Robert Gordon University, Scotland and MAHE, Manipal) | Bachelor of Physiotherapy (MAHE, Mangalore)

Overview

Mr. Ashwin Bhat H is one of the best physical therapists in Bangalore. He is also a highly skilled and experienced sports and exercise physiologist. He has made major contributions to sports biomechanics, exercise physiology, myofascial release (MFR), and orthopaedic physical therapy thanks to his solid educational background and competence in several areas. Additionally, Mr. Bhat has been actively involved in speaking about health issues and presenting his research findings in a number of forums. Mr. Ashwin Bhat H graduated from Manipal Academy of Higher Education (MAHE), Manipal, with a master's degree in exercise and sports sciences. He further mastered his specialisation in this field by earning a Postgraduate Diploma in Sports Biomechanics from MAHE, Manipal, and RGU, Scotland. Additionally, he graduated from MAHE, Mangalore, with a Bachelor of Science in Physiotherapy. Having had such a broad education, he has a solid basis in both academic and practical understanding. Sports biomechanics is Mr. Bhat's main area of interest and specialised skill. The study of how the body moves and works during physical activity is known as biomechanics. Mr. Ashwin Bhat can analyse and optimise movement patterns for sports in order to improve performance and reduce injuries. His knowledge of biomechanics is enhanced by his experience in exercise physiology, which enables him to evaluate the physiological reactions of athletes to exercise and create custom training regimens to realise their potential fully. Mr. Bhat also possesses expertise in myofascial release (MFR), a hands-on method that targets the fascia, the connective tissue in the body. MFR is frequently employed in physical therapy to reduce pain, increase mobility, and hasten healing. His expertise in MFR enables him to treat people with orthopaedic disorders successfully, assisting them in regaining their optimal function and quality of life. He is fluent in many languages like English, Hindi, etc. Mr. Ashwin Bhat H has actively disseminated his knowledge and research discoveries through presentations and publications in addition to his practical expertise. He has given health presentations to raise awareness and encourage healthy living on subjects including ergonomics and exercise prescription. Additionally, he gave a live presentation on managing obesity at MHB 2019, illustrating his dedication to tackling common health problems and offering evidence-based solutions. As a result, Mr. Ashwin Bhat H is a renowned sport & exercise physiologist and physical therapist with a wide range of expertise and a love for raising human performance. He is a tremendous asset in the industry due to his educational background, sports biomechanics, exercise physiology, MFR, and orthopaedic physical therapy skills. He actively contributes to sharing knowledge and encouraging healthy living through his speeches and publications. It is admirable how dedicated Mr. Ashwin Bhat is to his work and how committed he is to use his specialised knowledge and abilities to improve people's well-being.

Fellowship & Membership

- Life Membership Indian Association of Physiotherapists.

Field of Expertise

- Sports Biomechanics
- Exercise Physiologist
- MFR
- Orthopaedic Physical Therapy
- Strength and Conditioning
- BLS
- Replacement & Ligament Reconstruction Rehabilitation
- Clinical Biomechanics

Languages Spoken

- English
- Hindi
- Kannada
- Tamil
- Konkani
- Tulu
- Marathi

Talks & Publications

- Health talks in Ergonomics/ Exercise Prescription at various Multi-National Companies.
- Live Talk on Obesity Management- MHB 2019.