

Dr. Beena Walawalkar



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Physical Therapist

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Biography

Dr. Beena is one of the gifted doctors who is as good a leader, as she is a doctor. Armed with a rich background which started as her emerging top of her class when she graduated from Bombay University with a Master's degree in Physiotherapy to her post graduate diplomas and PhD in health care administration, she has demonstrated great leadership capabilities in managing physiotherapy departments.

She possesses expertise in orthopaedic injuries, sports injuries, neurological conditions, pain management and neuro-developmental techniques for special needs children and is also involved in stress management for adult and children through various therapeutic measures. She is practising rehabilitation medicine in international market for last 15 years and her special interest is in treating special needs children, especially cerebral palsy, delayed milestones cases and paediatric neurological conditions.

She is well versed in the latest technologies in diagnostics and patient care in the realm of physiotherapy and rehabilitation medicine and also is a firm believer in the healing powers of yoga and meditation & also practises art of living techniques.

Video



Expertise

Dr. Beena is a highly qualified consultant physiotherapist with over 15 years of experience in managing outpatient, inpatient, physiotherapy and sports medicine patients.

She specializes in:

- Sports Injuries
- Orthopaedic injury and surgical rehabilitation
- Foot and ankle surgery

- Hip joint surgery
- Shoulder joint surgery
- Elbow, wrist and hand surgery
- Spinal surgery
- Musculoskeletal disorders
- Rheumatology
- Occupational Medicine

Other than this, her area of expertise covers:

- Treatment of special needs children
- Behavioural therapy
- Stress management for adults and children
- Office ergonomics

Education / certification

- Graduated with a first rank from Bombay University with a Master's Degree in Physiotherapy in 1996
- M.Sc. in Physical Therapy
- Post Graduate Diploma in Rehabilitation
- Post Graduate Diploma in Hospital and Healthcare Management
- PhD in Health Care Administration from U.S.A.
- Advanced course in medical acupuncture

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