

Dr. Sunita Patel, PT

Women Health Expert & Founder of Pelvicare- Women Health Physiotherapy

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Academics



Physiotherapist | India

- Bachelors in Physiotherapy (BPT) from M. D. University, Rohtak, Haryana, 2006
- Post Graduate Diploma in Healthcare Management from UK, 2009

Additional Learnings



- EWBCx: Existential Well-being Counselling, KU LEUVEN, edX, USA
- Anti-natal & Post-natal Training Program, Nigeria Society of Physiotherapy
- Fertility Massage Therapist, USA
- Pre-natal & Post-natal Training Program, Fit for Life, India
- Safeguarding Children & Adults Training Program, UK
- PMTS Course Pelvic Specialist Course from Academy of Orthopaedic Manual Physical Therapist (AOMPT), India
- Certification Course in Patho Mechanics of Nerve Dysfunctions from Academy of Orthopaedic Manual Physical Therapist (AOMPT), India

Achievements



- Eminent speaker Kashi Physiocon, June 2024
- Eminent speaker award by ICPTA, Agra, April 2024
- Eminent speaker Award by GAPIO Global, Lucknow 2024
- Physio Excellence 2022 award & Physio Conclave 2024 Award, Bhopal
- Eminent Speaker Awards 2023
- Empowered Women Award 2023
- Eminent Speaker Award, Jaggannath University

Expertise

- Pelvic Floor Rehab
- Women Health PT
- Fertility Massage Therapy
- Ante-natal/Post-natal Care
- Menstrual Health

Overseas PT Consultancy

- Impala Pain & Rehabilitation Care, Bangladesh
- Physiostep Clinic, Egypt
- Fit ME, Philippines

Affiliations

- Registered member of Gujarat State Council for Physiotherapy
- Member of Women Health Society, Nigeria
- International Educator with Rosary International Institute of Health Science & Research (RIIHSR)
- Member of Indian Association of Physiotherapy (MIAP)
- Associated partner with PELVI EASE (Pelvic Rehab Devices), AVANI (Menstrual Health Products), TIENS HEALTH

Women Health Educator & Speaker

Facilitated international practical workshops & online webinars programs on Pelvic Floor Rehab & Women Health, aimed for therapists, providing each participants with hands-on experience and practical insights and increasing their theoretical knowledge and skills.



International Workshops & Webinars

Pelvic Floor Rehab Hands-on Workshops

- MedicAsia- Trained physiotherapists & medical professionals at Malaysia in 2025
- Physiostep & Nesapedia to train physiotherapist in Women's Health & Pelvic Floor from Egypt & Kuwait: Trained 60+ Therapists in 2022 & Trained 50+ therapists during 2023 & 2024
- The Mentors- Healthcare Courses, Abu Dhabi, UAE: Trained 20+ therapists in Women's Health & Pelvic Floor Rehab in 2024
- Pelvic Floor Rehab Workshop at Regan Rehab Hospital, Malaysia & others: Trained 25+ therapists through hands-on practical workshop in 2023 and 100+ therapists through online learning platforms
- The Mentors- Healthcare Courses, Dubai, UAE: Trained 45+ therapists in Women's Health & Pelvic Floor Rehab in 2022
- Pelvic Floor Rehab Workshop at Philipino Physio, Philippines: Trained 26 therapists through hands-on practical workshop in 2022
- Impala team of Pain & Rehab in Bangladesh to train all their team of male and female physiotherapist in pelvic floor rehabilitation
- Mummas Institute of Fistula & Woman's health Bangladesh to train their team of urogynec, gynec, MBBS doctors and nursing staff for pelvic floor training session

Women Health Online Webinar Programs

- Crisland University and Nigeria Society of Physiotherapy, Nigeria, Africa: Trained 2000+ women health physiotherapists from 2021 till now
- United Kingdom: Trained 15+ Pelvic Therapist, Canada: Trained 26 therapist since 2021, USA : Trained 12 therapist since 2021, Pakistan: Trained 400+ therapist since 2021, Qatar : Trained 10 therapist since 2021, Kuwait: Trained 14 therapist since 2021

Dr. Sunita Patel, PT

Conducted more than 150 Hands-on workshops and more than 650 webinars in Women Health & Pelvic Floor across the India & world

Eminent speaker in more than 40 national & international universities, conferences & educational platforms

Women Health Educator & Speaker

Invited by national level organizations such as universities, colleges & hospitals to train physiotherapy students, professionals & doctors for improving their skills & practices in women health & pelvic floor rehab by conducting exclusive workshops & webinars at large scale.



National Workshops & Webinars

Pelvic Floor Rehab Hands-on Workshops & Women Health Online Webinar Programs

- RIIHSR Institute, Kochi, Kerala
- Kenzo Hospital, Tamilnadu
- Enduring Rehab, Patna, Bihar
- Aditya Physiotherapy Clinic, Hyderabad, Telangana
- Sukhija Physiotherapy Chiropractic Clinic, Chandigarh, Punjab
- Recoup Healthcare, Bangaluru, Karnataka
- M.A Rangoonwala College of Physiotherapy & Research, Pune, Maharashtra
- Pandav College of Physiotherapy, Nagpur, Maharashtra
- Minaxi Physiotherapy Clinic, New Delhi
- Om Namoh Clinic, Indore, Madhya Pradesh
- Physion Clinic, Nagpur, Maharashtra
- Apollo Hospital, Lucknow, Uttar Pradesh
- Mother Theresa PG Research Institute of Health Sciences, Govt. of Puducherry
- Meenakshi College of Physiotherapy, Chennai, Tamilnadu
- Tilak Maharashtra Vidyapeeth University, Maharashtra
- SGT University, New Delhi
- Chitkara University, Punjab
- Santosh Medical College of Physiotherapy
- MGM School of Physiotherapy, Maharashtra
- Shradhha Physiotherapy Clinic, Pune, Maharashtra
- RajkalasPhysio Plus, Coimbatore, Tamil Nadu
- Physio World Ludhiana, Punjab
- Chandigarh University, Punjab
- Vishwakarma Government Engineering College, Gujarat
- Parul University, Gujarat
- DBU College of Physiotherapy, Punjab
- GNA UNIVERSITY, Punjab
- C T College of Physiotherapy, Punjab
- IAP (Indian Association of Physiotherapy)
- Connect Start-up dots, Gujarat
- ACCWF organisation, Gujarat
- Ekta Knowledge Seeker Academy, Gujarat
- AGAPE Charitable Society, Tamil Nadu
- Veranna Healthcare Research & Training Organisation, Tamil Nadu
- Society of Physiotherapy, Pune
- Karkinos Healthcare, Mumbai: Webinar on Prevention against Cervical cancer

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Work Experience



- Individual Practice, Consultant & Educator in Women Health & Pelvic Floor Rehab since Jan 2020 and Founder of Pelvicare-Women Health Physiotherapy
- CEO, Pelvic Floor Educator & Successfully Trained more than 300 Pelvic Rehab Practitioners with Trans-vaginal/Trans-rectal approach at WOW IIPRE, Oct 2018-Dec 2019.
- Project Partner in WOW Children Fitness Centre, Manager in WOW Women Fitness Centre & Pelvic Floor Rehab Specialist in WOW Pelvic Rehab clinic from March 2016-Dec 2019.
- Physiotherapist in Samurai Fitness Centre, Apr 2015-Jan 2016
- Physiotherapist in Recharge Fitness Centre, Jan 2013-Dec 2013
- Physiotherapist in Mission Health, March 2011-Oct 2011
- Assistant Professor, East Ham College, UK, Oct 2009-Dec 2010
- Social Worker for Women with Learning Disabilities, March 2007-Sep 2009
- Physiotherapist in Jaipur Golden Hospital, Jan 2007-Oct 2007

Volunteer Services & Associations



- Avani Organization: 2022- Till present
- Karma Foundation: 2021-Till present
- Sarwa Foundation: 2020-2021
- Served as Physiotherapist & Assistant Lecturer in Blind People's Association, March 2012-Oct 2016
- Served as Physiotherapist, Muscular Dystrophy Society, Jan 2014-July 2017
- Served as Senior Physiotherapist, Helpage India, Sep 2011- June 2014
- Sewak Sabha Charitable Trust, 2002-2005

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Dr. Sunita Patel (PT)'s
Pelvicare®
Women Health Physiotherapy