



# Dr. Nishita Sachdev (PT)

Musculoskeletal  
physiotherapist

## About Me

I'm a musculoskeletal physiotherapist who is patient focused, highly motivated and passionate about evaluating, planning and delivering the best quality evidence based holistic treatment based on the functional requirements of the patient and recent advances in the field of physiotherapy. My focus is to keep a record of patient prognosis using the latest technology and achieve the pre set goals.

## Contact

 +91 7057775442

 nishita.sachdev15@gmail.com

 Dr. Nishita Sachdev (PT)

## Skills

- Dry Needling
- Myofascial Release Therapy
- Patient Counseling
- Manual Therapy
- Kinesio Taping

## Language

- English
- Hindi

## Education

**TERNA COLLEGE OF PHYSIOTHERAPY,  
MUHS.**

Bachelors of Physiotherapy  
(BPTH) in 2018

**TERNA COLLEGE OF PHYSIOTHERAPY,  
MUHS.**

Masters of Physiotherapy in musculoskeletal  
Physiotherapy (MPT) in 2022.

## Experience

- Currently working as a consultant at V cure physiotherapy clinic, Ambarnath (since 2022)
- Consultant at Satva multispeciality clinic (since 2021)
- Physio align clinic, Ulhasnagar (1 year)
- Held multiple consultations camps in Ambarnath & Ulhasnagar areas.
- Two years of clinical practice as per MUHS during MPT course. (OPD IPD and ICU postings at Terna hospital and research centre, Meenatai Thackeray, Kikabhai hospital, Paraplegic Foundation, NMMC Vashi hospital, Vishwabalkendra orphanage and NeuroGen Brain and spine institute)
- One year of experience at COVID setups.
- Worked as a sports physiotherapist for state level football players at FCM.
- Done various factory and company site visits for ergonomic assessment and consultation.



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## Certificate

- Certified expert in spinal manipulation 1 by Global Initiative of Expert Manual therapist
- Certified expert in upper and lower extremity manipulation by Global Initiative of Expert Manual therapist
- Certified expert in dry needling advanced level by Global Initiative of Expert Manual therapist
- Certified expert in differential diagnosis, clinical reasoning and exercise prescription by Global Initiative of Expert Manual therapist
- Certified expert in neurodynamics and muscle energy techniques by Global Initiative of Expert Manual therapist
- Certificate of experience by Paraplegic foundation, Mumbai.
- Workshop on ICF and motor relearning by Dr. Gaurish kenkere
- Certificate of kinesio taping by Dr. Prakash Shroff.
- Certificate of Neurodynamic Solutions by Michael Shacklock
- Certificate of basic workshop in research methodology by MUHS, Nashik.
- Certificate of basic workshop in Education Methodology by MUHS, Nashik.
- Certificate of short term course in posture evaluation and it's therapeutic taping techniques by ABHIAHS.
- Certificate of attendance for six webinars in one- CASE STUDY DISCUSSION, an extension of regional interdependence by ISOMT.
- Certificate of ANTENATAL FITNESS EXPERT by simplifying birth.
- Certificate of attendance for ICPT
- Certification of POSTNATAL FITNESS EXPERT by simplifying birth.



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## Skills

- Patient education that involves explaining the condition, plan of treatment, do's and don'ts, pain education, home program in layman terms.
- Various manual therapy techniques including joint and soft tissue mobilisations, neurodynamic therapy.
- Hands on interventions to improve mobility, reduce pain.
- Design and implement tailored therapeutic exercise programs, ability to progress or modify exercises based on individual patient needs and progression.
- Communicate effectively within a multidisciplinary team to ensure comprehensive patient care.
- Utilize clinical reasoning to identify contributing factors and develop targeted treatment plans.
- Maintain accurate and detailed patient records, documenting assessments, interventions, and progress.
- Commitment to ongoing professional development through workshops, courses, and conferences.