

# Dr. Ashitha Charoth.PT

## Senior Physiotherapist



### About Me

With 12 years of clinical expertise as a dedicated Senior Physiotherapist, I've successfully led my own clinic, helping countless individuals regain their optimal health and movement. My approach integrates advanced therapeutic techniques with a deep understanding of body mechanics, empowering you on your journey to recovery and well-being.

### Hard skills

Advanced Physiotherapy Techniques  
Yoga Science & Therapy  
Kinetic Control Movement Therapy  
Arthro-Rehab Certified  
Pelvic floor Rehab certification

### Soft skills

Patient-Centered Communication  
Empathy & Compassion  
Problem-Solving & Critical Thinking  
Leadership & Clinic Management  
Adaptability & Continuous Learning

### My contact

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Pondicherry-605001.

### Professional Experience:

- For over a decade, I've been committed to delivering exceptional physiotherapy care. My journey began with a Bachelor's Degree in Physiotherapy (B.P.T.), laying a strong foundation in rehabilitation science.
- My pursuit of excellence led me to further specialize with a PG Diploma in Yoga Science, equipping me with holistic approaches to movement and wellness.
- I've also attained certifications in Kinetic Control Movement Therapy and ArthroRehab, demonstrating my dedication to advanced, targeted interventions.
- Most recently, I've expanded my expertise with a certification in Pelvic Floor Physiotherapy, allowing me to offer specialized and sensitive care for conditions impacting pelvic health.
- This extensive background culminates in 12 years of hands-on clinical experience, successfully running my own practice and guiding patients to achieve their health goals.

