

Sarvani Garikapati

Clinical Physiotherapist

MSc Advanced Physiotherapy Practice | BSc (Physiotherapy)

HCPC Registered Physiotherapist | CSP Member

Sarvani Garikapati is a dedicated and compassionate **Clinical Physiotherapist** who is passionate about helping patients recover from injury, reduce pain, and regain confidence in movement. She holds a **Master's degree in Advanced Physiotherapy Practice from Glasgow Caledonian University, Scotland**, and is registered with the **Health and Care Professions Council (HCPC)** and the **Chartered Society of Physiotherapy (CSP)**.

Sarvani specialises in the assessment and treatment of **musculoskeletal and neurological conditions**, using a patient-centred and evidence-based approach. She works closely with each patient to understand their goals and develop personalised rehabilitation programmes designed to restore movement, improve strength, and support long-term recovery.

Her treatment approach combines **hands-on therapy, exercise rehabilitation, and movement re-education**, helping patients return safely to their daily activities, work, and sport.

Sarvani is particularly interested in the management of **back pain and functional rehabilitation**, and her postgraduate research explored the **effectiveness of Kinesio Taping in managing non-specific low back pain**.

She believes that education and collaboration are key to successful rehabilitation and takes time to ensure patients understand their condition and feel confident managing their recovery.

Clinical Interests

- Musculoskeletal physiotherapy
- Back and neck pain management
- Neurological rehabilitation
- Postural assessment and correction
- Gait and mobility training

- Exercise-based rehabilitation
- Functional movement restoration

Qualifications

MSc Advanced Physiotherapy Practice

Glasgow Caledonian University, Scotland (2022–2024)

BSc Physiotherapy

Professional Memberships

Health and Care Professions Council (HCPC) – Registered Physiotherapist

Chartered Society of Physiotherapy (CSP) – Member