



Dr Nigam Mehta

Bachelor of Physiotherapy (BPT), Master of Physiotherapy (MPT) 16+ Years Experience

Hospitals

Apollo Hospitals, Pune ,

Doctor's Working
Weekdays
MON - SAT

Doctor's Working
Hours
10:00 - 15:00



Call Now



Book Appointment

Overview

Dr. Nigam Mehta is a qualified Physiotherapist at Apollo Hospitals, Pune, with 16 years of expertise in restoring mobility, function, and quality of life for patients across a wide range of conditions. He holds a Bachelor of Physiotherapy (BPT) and Master of Physiotherapy (MPT), reflecting his advanced training and clinical knowledge in physiotherapy and rehabilitation sciences. His practice includes managing musculoskeletal, neurological, orthopedic, and post-surgical rehabilitation cases with precision and care. Fluent in English, Hindi, and Marathi, Dr. Mehta ensures clear communication with patients from diverse backgrounds. He is known for his compassionate, patient-focused approach, taking time to understand each individual's unique needs, lifestyle, and goals. By tailoring therapy plans to suit personal requirements, he empowers patients to actively participate in their recovery journey.

At Apollo, Dr. Mehta integrates evidence-based physiotherapy techniques and modern rehabilitation practices to deliver effective outcomes. Whether helping patients recover from injuries, manage chronic pain, or improve mobility post-surgery, he is dedicated to achieving long-term results. Dr. Nigam Mehta is recognized as a trusted physiotherapy specialist in Pune, committed to enhancing recovery, function, and

overall well-being.

Experience

- Fitness Manager – Talwalkars Better Pvt. Ltd, Gujarat
- Physiotherapist – Shri Kutchi Jain Sewa Samaj, Gujarat
- Physiotherapist – Ruby Hall Clinic, Pune
- Physiotherapy Head – Endura Physiotherapy Clinic, Gujarat
- Physiotherapy Head – Shri Kutchi Jain Sewa Samaj, Gujarat
- Physiotherapy Incharge – Dr. DY Patil Superspeciality Hospital, Pune

Membership

- Member, IAP (L-29112)

Frequently Asked Questions