



Dr. Ayushi Mathur

 : 0009-0001-2957-9533

 617321

Program Incharge, Assistant Professor-
Physiotherapy Department
amathur@iujaipur.edu.in

Profile

Dr. Ayushi Mathur is a distinguished physiotherapy academician, clinician, researcher, and healthcare administrator with more than **14 years of professional experience** in physiotherapy practice, teaching, research, rehabilitation, and hospital management. Currently serving as an **Assistant Professor in the Department of Physiotherapy at The ICFAI University, Jaipur**, she has established herself as a dedicated professional committed to advancing physiotherapy education, evidence-based clinical practice, and healthcare excellence. Her academic and professional journey reflects a unique combination of clinical expertise, leadership abilities, research orientation, and commitment to student development.

Dr. Mathur possesses a strong academic foundation with a **Master of Physiotherapy (Orthopaedics)** and an **MBA in Hospital Management & Quality Management from Symbiosis University, Pune**. She is presently pursuing her **Ph.D. in Physiotherapy**, demonstrating her dedication to continuous learning and scholarly advancement. Her areas of specialization include **Orthopaedic Physiotherapy, Neurological Rehabilitation, Sports Injury Rehabilitation, Musculoskeletal Disorders, Ergonomics, Postural Correction, and Community Health Promotion**. Through her academic pursuits and clinical practice, she has consistently contributed toward improving patient outcomes and enhancing physiotherapy education.

Prior to joining academia, Dr. Mathur accumulated extensive clinical experience across several reputed healthcare institutions in India. She has worked with renowned hospitals including **Fortis Memorial Research Institute, Gurugram; Fortis Jessaram Hospital, Delhi; Metro MAS Hospital, Jaipur; Army Hospital Research & Referral, Delhi; EHCC Hospital, Jaipur; and CK Birla Hospital, Jaipur**. Notably, she served as the **Incharge of the Physiotherapy Department at CK Birla Hospital, Jaipur, for nearly eight years**, where she successfully managed clinical operations, supervised rehabilitation services, coordinated multidisciplinary healthcare teams, and mentored junior physiotherapists. Her leadership in hospital settings significantly contributed to patient care quality and departmental growth.

Dr. Ayushi Mathur has actively enhanced her professional expertise through specialized training, workshops, fellowships, and conferences in physiotherapy and rehabilitation. Her key achievements include Fellowship in Shoulder Rehabilitation (PSRP) at Deenanath Mangeshkar Hospital, Pune; Prenatal & Postnatal Fitness Instructor Training; workshops on PNF, NDT, FIASTM, and Pulmonary Rehabilitation conducted by national and international

experts. She attended the British Thoracic Society Pulmonary Rehabilitation Course and the International Conference of Physical Therapy at AIIMS, New Delhi. Early in her career, she completed clinical training at DISHA Resource Centre for Disabled, Jaipur, and participated in AIOTA EMCON. These experiences have strengthened her clinical, academic, and rehabilitation skills across musculoskeletal, neurological, cardiopulmonary, and community physiotherapy domains.

At The ICFAI University, Jaipur, Dr. Mathur has been actively involved in academic administration, curriculum planning, clinical training coordination, and student mentoring. She is associated with various institutional committees, including academic and quality assurance initiatives, and plays an important role in strengthening the physiotherapy program. Her efforts have been instrumental in promoting experiential learning, clinical exposure, healthcare outreach activities, workshops, expert talks, and industry-academia collaborations for students.

Dr. Ayushi Mathur has been leading the Department of Physiotherapy and has played a significant role in its development and the growth of its students. Under her coordination, students have been provided with valuable clinical exposure through educational visits to reputed healthcare institutions such as SMS Hospital, CK Birla Hospital, EHCC Hospital, and other leading medical facilities. She successfully facilitated Memoranda of Understanding (MoUs) with renowned multispecialty hospitals to strengthen academic-industry collaboration and enhance clinical learning opportunities.

She has organized multispecialty health camps within the university campus in collaboration with CK Birla Hospital and EHCC Hospital, providing healthcare services to the university community while offering practical learning opportunities for students. She has also coordinated numerous academic and professional development activities, including World Physiotherapy Day celebrations, expert lectures by distinguished doctors and healthcare professionals, hospital visits, workshops, awareness programs, and student engagement events. Her efforts have significantly contributed to improving students' clinical competence, professional exposure, and overall development.

A passionate advocate of research and evidence-based practice, Dr. Mathur has contributed to scientific literature through peer-reviewed publications. Her recent research works include studies on the **effect of ischaemic compression techniques on calf muscle trigger points** and the **effect of hold-relax techniques in reducing pain associated with suboccipital myofascial trigger points**, published in the *International Journal for Multidisciplinary Research (IJFMR)*. Her research interests focus on musculoskeletal rehabilitation, manual therapy techniques, pain management, and therapeutic exercise interventions, reflecting her commitment to advancing physiotherapy knowledge and practice.

Dr. Mathur's professional excellence has been recognized through numerous prestigious awards and honors. In 2026, she was felicitated with the **“Pride of Physiotherapy” Award and Certificate of Academic Excellence** at the Rajasthan Physio Summit. She also received the **Academic Legacy Award** and was invited as a Guest, Chairperson, Panelist, and Judge at the International Physiotherapy Conference organized by Suresh Gyan Vihar University. Additionally, she was honored with the **Shikshan Pratibha Ratna Samman** at iNCHAP-2026 hosted by NIMS University, Jaipur. Her accomplishments in 2025 include receiving the **Faculty Excellence Award, Female Physio Excellence Award**, and recognition as a **Scientific Session Judge and Chairperson** at national-level physiotherapy conferences.

Beyond academics and clinical practice, Dr. Mathur is deeply involved in community health promotion and professional development activities. She has delivered more than **50 corporate lectures, workshops, and awareness sessions** on ergonomics, workplace wellness, postural correction, healthy lifestyle practices, and musculoskeletal health across Jaipur, Gurugram, and various other cities. Her ability to effectively communicate healthcare concepts to diverse audiences has made her a sought-after speaker and resource person for health awareness programs and professional training events.

Dr. Mathur has also enhanced her expertise through various advanced certifications and professional trainings, including **Prenatal and Postnatal Fitness Instructor Training, Fellowship in Shoulder Rehabilitation, British Thoracic Society Pulmonary Rehabilitation Course, PNF Workshops, NDT Training, and Functional Instrument Assisted Soft Tissue Mobilization (FIATM)** programs. These specialized trainings have strengthened her clinical competencies and broadened her perspective on multidisciplinary rehabilitation.

Known for her excellent communication skills, leadership qualities, empathy, and dedication to patient-centered care, Dr. Mathur continues to inspire students, colleagues, and healthcare professionals alike. Her blend of academic excellence, clinical expertise, research contributions, and administrative leadership has established her as a respected figure in the field of physiotherapy. With a strong commitment to innovation, professional ethics, and lifelong learning, she remains dedicated to advancing physiotherapy education, promoting quality healthcare, and contributing meaningfully to the growth of the profession at both national and international levels.