

Rucha Kharod Kapadia, MD, a Physiatrist with Pelvic Rehabilitation Medicine

Get to know Physiatrist Dr. Rucha Kapadia, who serves patients in Dallas, Texas.



New York City, New York Nov 21, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Kapadia is a pelvic pain specialist with experience in treating both male and female patients who experience chronic pelvic pain, core muscular and pelvic floor dysfunction, and musculoskeletal-related issues. She practices at Pelvic Rehabilitation Medicine in Dallas, Texas, where her approach to treatment is rooted in care, compassion, and a strong belief in treating the patient as a whole human being, rather than a collection

of symptoms.

Dr. Kapadia uses minimally invasive, ultrasound-guided procedures including steroid injections, nerve blocks, and trigger point injections to alleviate pain, inflammation, and discomfort. Her overall goal lies in implementing every non-invasive treatment choice to help alleviate pain and discomfort while avoiding invasive and life-altering surgeries. Her areas of focus include pelvic floor, hip, and spine dysfunction.

Understanding the emotional and physical toll that chronic pain can take, Dr. Kapadia works hard to build an interdisciplinary treatment plan using all the tools available. Her treatments include diet modification, lifestyle changes, manual and mechanical movement, as well as alternative modalities such as acupuncture and dry needling.

“Pelvic dysfunction is often related to more than just an underlying physical dysfunction, but very often has coexisting psychosocial, emotional, and personal factors. There is a definite mind-body connection. I consider it very important to get to know the patient and understand their individual journey and behaviors that led to them seeking treatment. Though pelvic pain can be a difficult topic to discuss, I strive to create an environment where my patients can openly discuss their deepest concerns with the hope of improving. My one goal is to improve the patient’s quality of life, allowing them to thrive in their daily lives without living in a constant state of pain,” expressed Dr. Kapadia.

With a love for being able to make personal connections with each of her patients, she gains a sense of happiness and accomplishment in watching them take charge of their own care and make progress over time. After all, she says, “No patient cares how much you know (as a physician) until they know how much you care.”

In regards to her educational background, Dr. Kapadia graduated from the University of Missouri-Kansas City School of Medicine in an accelerated 6-year program, completing Bachelor of Liberal Arts (2012) and Doctorate of Medicine (2014) degrees. She then completed her residency in Physical Medicine and Rehabilitation at Barnes Jewish Hospital/Washington University Consortium in St. Louis, MO, and The Rehabilitation Institute of St. Louis.

Throughout her residency, she was the editor of *Rehab in Review*, a publication covering physical and rehabilitation. Dr. Kapadia co-authored and presented research on patient outcomes in acute care settings, and was the recipient of a current ongoing fellowship with the Institute for Functional Medicine Certification.

Providing a multidisciplinary approach to care, Dr. Kapadia is an active member of the American Academy of Physical Medicine and Rehabilitation (AAPMR). The mission of the AAPMR is to serve the public by improving the quality of patient care in physical medicine and rehabilitation. This is accomplished through a process of certification and maintenance of certification that fosters excellence and encourages continuous learning.

Attributing her success to the support of her husband, her family & mentors, Dr. Kapadia remains an esteemed member of the International Pelvic Pain Society, the American Medical Women’s Association, and the American Academy of Physical Medicine and Rehabilitation.

Physical medicine and rehabilitation, also known as physiatry, is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. Having a child with special needs herself, Dr.

Kapadia understands the importance of providing individualized care to each patient, as each case and each situation is unique and cannot be approached with templated, textbook care. Treating the patient holistically and listening to their personal needs is her priority & her passion.

In her free time, Dr. Kapadia enjoys painting, baking, reading, and exploring the outdoors with her husband & her twin daughters. She is an avid fan of classical Indian dance and music, an art form that she has mastered and previously taught. She speaks English, Gujarati, and Hindi.

Learn more about Dr. Rucha Kharod Kapadia:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/404249-Rucha-Kapadia-Physiatrist-Physical-Medicine> or through Pelvic Rehabilitation Medicine, <https://www.pelvicrehabilitation.com/team/rucha-kapadia-md/>

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