



## DR. AYYAPPAN V NAIR

Senior Consultant - Orthopedics

### Qualification

MBBS | DNB Ortho | D Ortho (shoulder, Sports Medicine) | Fellow in Shoulder Surgery | Fellowship - Shoulder and Sports Trauma

### Overview

I specialize in shoulder surgery, sports, trauma, and arthroscopy, and I am a consultant at Manipal Hospitals, Sarjapur, considered the best orthopedician. My specialization involves the entire spectrum of sports injuries, arthroscopy, and shoulder surgeries. I have collaborated with different football clubs and sports centers and actively been part of the treatment of sports injuries of football players and actively contributed to the Karnataka football association. My main area of specialization is advanced shoulder surgery. I am trained and do treat the entire spectrum of shoulder and sports-related injuries including extremely advanced procedures like superior capsular reconstruction, arthroscopic Latarjet, shoulder replacement, and dynamic anterior stabilization. I was invited to the prestigious shoulder lecture of the Korean orthopedic association in 2017. I am faculty in most of the shoulder conferences in India and abroad. I have extensively trained in shoulder surgery and joint replacement in - Japan, Australia, Belgium, and South Korea. Previously have been part of the prestigious department is shoulder surgery at Amrita Institute. I was one of the first surgeons from India to be trained in Robotic joint replacement, at the Stryker Institute, USA. I continue to be involved in clinical research with the most recent publication in the prestigious journal of Arthroscopy. I have organized several conferences including the AMRITA TRAUMACON-2013, 2014, 2015, and AMRITA SHOULDERCON 2014, and the first MANIPAL INTERNATIONAL SHOULDER- 2022 CONFERENCE. I have given lectures and live surgeries at several national conferences in India. I am a keen supporter of teaching and postgraduate training. I regularly conduct training programs for orthopedic surgeons in shoulder surgery and have fellowship programs at our hospital.

### Fellowship & Membership

- Fellowship In Shoulder & Elbow at Funabashi Orthopaedic Hospital, Japan.
- Fellow In Sports Trauma And Arthroscopy, Uoeh, Fukuoka, Japan.
- Fellow In Shoulder And Sports Surgery (Hallym University- South Korea).
- Visiting Fellow Shoulder Surgery, (Subiaco Clinic- Australia).
- Fellowship Training In Arthroscopic Latarjet Surgery - Spain.
- Fellowship Training In Superior Capsular Reconstruction - Japan.
- Robotic Joint Replacement Fellowship, USA.
- Deputy Arthroplasty Fellow (Apollo Hospitals - India).

## Field of Expertise

- Rotator Cuff Injury Treatment
- Bankart Repair
- Shoulder SLAP (Tear) Lesions
- ACL Reconstruction
- Cartilage Surgery
- Joint Replacement Surgery
- Frozen shoulder Physiotherapy
- Shoulder Replacement
- Ligament Reconstruction
- Shoulder Pain
- Reverse shoulder arthroplasty
- Biceps tendinitis
- Shoulder injection
- Knee Replacement
- Tennis elbow physiotherapy
- Ligament Injury

## Languages Spoken

- English
- Kannada
- Tamil
- Hindi
- Malayalam

## Talks & Publications

- Article: Tribological changes in the articular cartilage of a human femoral head with avascular necrosis Eun-Min Seo, Suman K Shrestha, Cong-Truyen Duong, Ashish Ranjan Sharma, Tae-Woo Kim, Ayyappan V.Nair, Mark S Thompson, Myung Guk Cho, Sungchan Park, Kwanghoon Kim, Sang-Soo Lee, Seonghun Park Biointerphases 06/2015;10(2):8.DOI:10.1116/1.4919020Â·2.68 Impact Factor.
- Article: Stress Distribution in Superior Labral Complex and Rotator Cuff During In Vivo Shoulder Motion: A Finite Element Analysis Seong W. Jang, Yon-Sik Yoo, Hwang-Young Lee, Kim S. Yoon, Pranay K. Srivastava, Ayyappan V. Nair.
- Arthroscopy The Journal of Arthroscopic and Related Surgery06/2015; DOI:10.1016/j.arthro.2015.04.082Â·3.19 Impact Factor.
- Shoulder Dislocation - Dr. Ayyapan V Nair, Consultant - Shoulder Surgery, Sports Medicine and Arthroscopy, Manipal Hospital Jayanagar.[Click Here](#)
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.[Click Here](#)
- Dr. H Sudarshan Ballal and Dr. Ayyappan V Nair on Manipal Hospital Whitefield organizes international conference on AI solutions for Shoulder Surgeries | The Hans India | Pharmabiz | Healthcare Radius.[Click Here](#)
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.[Click Here](#)
- Dr. Ayyappan V Nair on Arthroscopic Synovectomy: Who needs it and why? | Hindustan Times. [Click Here](#)
- Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. [Click Here](#)
- Dr. Ayyappan V Nair on Swimmerâ€™s Shoulder: Causes, symptoms, treatment and prevention tips for shoulder impingement | Hindustan Times | Big Yack.com | B2B Chief | Daily Hunt. [Click Here](#)