

DR. PRASHANTH KALALE

Consultant - Orthopedics

Qualification

MBBS | MS (Ortho) | MRCS (Glasgow) | Mch (Ortho)

Overview

Dr. Prashanth Kalale is a highly skilled orthopedic surgeon in Begur. He is currently practising as a Consultant - Orthopedics at Manipal Clinic Begur, Bangalore, bringing more than 20+ years of advanced clinical expertise in musculoskeletal consultations, sports injuries, joint disorders, and trauma-related conditions. Dr. Prashanth's clinical profile is defined by a combination of Indian and international orthopedic training, a strong academic background, and a disciplined approach to patient-centred consultations. On the academic front, Dr. Prashanth completed his MBBS from Jawaharlal Nehru Medical College, Belgaum. This was followed by his Master of Surgery (M.S.) - Orthopedics from Bangalore Medical College, a phase that provided structured exposure to outpatient orthopedics, emergency trauma assessment, fracture management, and long-term musculoskeletal rehabilitation. Seeking advanced surgical and clinical refinement, he pursued MRCS from the Royal College of Physicians and Surgeons of Glasgow, and later completed his MCh - Orthopedics. This reflects a strong emphasis on evidence-based practice and ethical decision-making. A defining phase of Dr. Prashanth Kalale's career was his

extended period of higher surgical exposure in the United Kingdom, with leading NHS hospitals. During this period, he developed deep expertise in outpatient assessment, long-term joint care, sports injury evaluation, spine-related symptoms, pediatric orthopedics, and trauma follow-up. At Manipal Clinic Begur, Dr. Kalale's role is focused entirely on consultations and non-operative orthopedic care. He evaluates patients with knee pain, hip pain, shoulder disorders, ligament injuries, back pain, spine-related symptoms, arthritis, sports injuries, and post-traumatic musculoskeletal complaints. Patients seeking the best orthopedic doctor in Begur often consult Dr. Prashanth Kalale for lower limb disorders, knee and hip arthritis, fractures, ligament injuries, shoulder pain, spine-related radiculopathy, recurrent sports injuries, rehabilitation planning, and trauma follow-up. His approach begins with careful clinical examination, correlation with imaging, and assessment of lifestyle factors that influence recovery. He places strong emphasis on conservative management, physiotherapy-guided rehabilitation, activity modification, and preventive strategies before considering any invasive intervention. In addition to clinical practice, Dr. Prashanth Kalale has a strong academic and research background. He has authored and co-authored several peer-reviewed publications in journals, like the Journal of Bone and Joint Surgery and Injury. He has presented at major orthopedic forums in the United Kingdom, Europe, and India, and has received awards such as the Sir John Charnley Prize for Best Adult Clinical Paper. He is also an accredited Instructor in Basic Trauma Life Support and has contributed to training undergraduate and postgraduate students in trauma assessment, musculoskeletal examination, and clinical decision-making. At Manipal Clinic Begur, Dr. Prashanth Kalale plays an important role in strengthening outpatient orthopedic services. His focus is on providing high-quality consultations, early diagnosis, prevention of disease progression, and long-term musculoskeletal health. Patients who seek the best orthopedician in Begur value his ethical approach, balanced opinions, and continuity of care.

Field of Expertise

- Total Hip Arthroplasty
- Total Knee Arthroplasty
- Knee Arthroscopy and related diagnostic/therapeutic procedures
- ACL Reconstruction
- Shoulder Arthroscopy and related diagnostic/therapeutic procedures Discectomy
- Ponseti Management of CTEV (Club foot)

Languages Spoken

- Kannada
- Hindi
- English

Awards & Achievements

- 2009 : The Sir John Charnley Prize for Best Adult Clinical Paper – ‘Can outcome of Lower Limb Arthroplasty be Effectively Predicted?’ – North West Orthopaedic Association - Manchester
- 2003 : Best free paper presentation OASISCON 2003 - ‘Surgical management of femoral neck fractures with cemented Thompson
- prosthesis’.
- 2000 : 8th rank - Karnataka state in post graduate entrance exam.
- 1993-1999: Passed every medical exam with first class and distinction.