

DR. VIJAY KARTHIK B K

Specialist - Orthopaedics

Qualification

MBBS | MS (Orthopaedics) | DNB (Orthopaedics)

Overview

Dr. Vijay Karthik B K is a skilled orthopaedic doctor in Bangalore, currently practising as a Specialist - Orthopaedics at Manipal Clinic Brookefield. Known for his patient-first approach and clinical precision, Dr. Vijay offers comprehensive orthopaedic care that is both conservative and surgical, depending on the patient's needs. His areas of focus include trauma management, sports injuries, degenerative bone conditions, and joint preservation. He combines medical insight with a deep commitment to personalised care, helping patients regain movement, reduce pain, and restore their quality of life. Dr. Vijay earned his M.B.B.S. from Navodaya Medical College and completed his M.S. in Orthopaedics, followed by the Diplomate of National Board (DNB) in Orthopaedics. His academic foundation is further strengthened by research on functional outcomes in complex knee ligament surgeries, particularly in athletes and active individuals. He continually updates his skills through clinical exposure, research, and continuing medical education, ensuring that his patients benefit from the most recent advances in orthopaedic science. At Manipal Clinics Brookefield, Dr. Vijay Karthik provides specialised care for upper and

lower limb trauma, joint conditions, and musculoskeletal injuries. He proficiently performs arthroscopy, arthroplasty (joint replacement), and deformity corrections. His treatment plans are tailored to each patient’s lifestyle, recovery expectations, and functional goals. He ensures faster healing, reduced discomfort, and optimal patient outcomes by utilizing evidence-based approaches and minimally invasive techniques. Dr. Vijay’s expertise extends to ligament reconstructions, osteotomies, joint injections, and post-traumatic rehabilitation. He manages inflammatory joint conditions, early-onset arthritis, and complex fractures with precision and empathy. His surgical acumen is matched by his belief in the power of conservative care, using physiotherapy, bracing, medications, and patient education to avoid unnecessary procedures when appropriate. This balanced approach earns him the trust of patients seeking immediate relief and long-term results. A strong advocate for preventive orthopaedics, Dr. Vijay empowers patients with knowledge on ergonomics, posture correction, injury prevention, and bone health. He ensures patients understand their diagnosis and treatment pathway, which fosters informed decision-making and sustained compliance. Whether addressing a sports injury in a young adult or helping an elderly manage chronic knee pain, Dr. Vijay remains dedicated to providing compassionate and scientifically grounded care. His warm communication style and ability to connect with people across age groups make him an approachable and trusted healthcare provider. Dr. Vijay frequently works alongside physiotherapists, radiologists, and pain specialists to deliver integrated and holistic musculoskeletal care. His clinical judgement and focus on functional recovery ensure every treatment contributes meaningfully to a patient’s daily life and mobility goals. Dr. Vijay Karthik B K is fluent in English, Kannada, Telugu, Hindi, Tamil, and Bangla. This multilingual proficiency helps him deliver empathetic, clear communication and personalised care to patients from diverse backgrounds.

Field of Expertise

- Upper Limb and Lower Limb Basic and Advanced Trauma
- Non-Operative Management Trauma
- Arthroscopy
- Arthroplasty
- Deformity Correction
- Arthrocentesis

Languages Spoken

- English
- Kannada
- Telugu
- Hindi
- Tamil
- Bangla