

**DR. AKHIL XAVIER JOSEPH**

Associate Consultant – Spine Care

**Qualification**

MBBS | MS (Ortho) | Fellowship in Spine Surgery (MAHE University)

## Overview

Dr. Akhil Xavier Joseph is a top spine specialist in Brookefield, Bangalore. He is currently practising as an Associate Consultant – Spine Care at Manipal Clinic Brookefield. Dr. Akhil provides in-depth consultations for a broad spectrum of spinal issues, including degenerative disorders, spinal deformities, trauma-related pain, and nerve compression syndromes. His approach combines evidence-based medicine with a patient-centric mindset, ensuring that individuals receive tailored guidance and non-surgical treatment recommendations suited to their condition and lifestyle. After completing his MBBS from St. John’s Medical College, Bangalore, Dr. Akhil went on to pursue his MS in Orthopaedics at Father Muller Medical College, Mangalore. He further specialised through a Fellowship in Spine Surgery at Manipal Hospitals, Bangalore, where he trained extensively in advanced diagnostic techniques, minimally invasive methods, and the multidisciplinary management of complex spinal pathologies. Dr. Akhil has consistently combined clinical practice with academic excellence. He has received multiple accolades during his career, including the Best Paper Award at the Diabetic Foot Society

of India International Conference and the Dr. H.J. Mehta Memorial Prize for Best Research Project. Dr. Akhil Xavier's academic contributions include peer-reviewed publications that reflect the breadth of his clinical interests. These include studies on the Revascularization and Reconstruction of a near-total Amputation of the Foot (Journal of Karnataka Orthopaedic Association), as well as the Functional Outcome of Limited Contact Dynamic Compression Plating and Interlocking Nailing for Fracture Shaft of the Humerus in Adults and Saving the Diabetic Crippled Foot: A Study on Flap Surgeries. He continues to contribute to spine-related academic literature, with several studies under review on topics like imaging techniques in spinal diagnosis, robotic-assisted thoracolumbar fusion, and comparative analgesic approaches in spine care. Known for his thoughtful communication and collaborative approach, Dr. Akhil fosters a supportive consultation environment where patients feel heard and informed. He works closely with physiotherapists, neurologists, and radiologists to ensure continuity of care, and, when necessary, facilitates referrals for interventional or surgical treatment at affiliated centres. His work at Manipal Clinic Brookefield, remains grounded in the values of precision, empathy, and holistic patient wellness.

## Fellowship & Membership

- Member of KOA
- IOA
- AO
- MISSAB
- SICOT
- ASSI

## Field of Expertise

- Orthopaedic Injuries
- Spinal Injuries
- Back Pain
- Neck Pain
- Spondylosis
- Spinal Deformity
- Minimally Invasive Spine Surgery
- Disc Prolapse
- Spinal Tumors
- Spinal Infections
- Scoliosis

## Languages Spoken

- English
- Kannada
- Malayalam
- Hindi
- Tamil

## Awards & Achievements

- Best Paper Award (2nd place) – CARE Study - Prevalence of modifiable cardiovascular risk factors among coffee estate workers in rural south India (OSMECON, 2017)
- Best Speaker Award – Medical Model United Nations (2018)
- Dr. H. J. Mehta Memorial Prize for Best Research Project (2019) CARE Study—Prevalence of modifiable cardiovascular risk factors among coffee estate workers in rural south India.
- Best Speaker Award – Violence Against Doctors (Interns debate, 2019)
- Best Paper Award—SAVE THE CRIPPLED FOOT (20th Diabetic

Foot Society of India International Conference, Goa, 2022)
- Dr. Vishwanath Memorial Quiz—3rd place (Canara Orthopaedic Society)

### Talks & Publications

- Revascularisation and Reconstruction of a Near Total Amputation of Foot Journal of Karnataka Orthopaedic Association | DOI: 10.13107/jkoa.2022.v10i02.053
- Prevalence of modifiable cardiovascular risk factors among coffee estate workers in rural south India (CARE) Indian Journal of Community Medicine | DOI: 10.4103/ijcm.IJCM_237_20
- Functional Outcome of Limited Contact Dynamic Compression Plating and Interlocking Nailing for Fracture of the Shaft of the Humerus in Adults. Muller Journal of Medical Sciences and Research | DOI:
- 10.4103/mjmsr.mjmsr_19_23
- Save The Diabetic Crippled Foot—A Study on Flap Surgeries Journal of the Foot and Ankle | DOI: https://doi.org/10.30795/jfootankle.2025.v19.1847
- Papers in review:
- Efficacy of Calcitonin Nasal Spray in Frozen Shoulder
- Don't jump the AT&T gun. Tubercular spondylodiscitis vs non-tubercular spondylodiscitis: Clinical and radiological presentation patterns.
- A new, one-stop alternative to spine imaging: An analysis of 562 Balanced turbo-field-echo MRIs of the spine
- “Beyond the Incision”: A case-control study comparing intravenous vs epidural routes of preemptive analgesia and their efficacy.
- Robot-Assistance in Revision Thoracolumbar Fusion Surgeries—A Prospective Study of 46 Patients.

- Evaluating Accuracy in Robotic-Assisted Thoracolumbar Pedicle Placement: Insights from a Single-Center Study of 410 Patients