

DR. DINESH MANNI

Consultant - Orthopedic and Robotic Joint Replacement Surgery

Qualification

MBBS | D. ORTHO | DNB ORTHOPAEDIC SURGERY

Overview

Dr. Dinesh Manni is a highly skilled orthopedician in Budigere, bringing over 15+ years of experience in comprehensive musculoskeletal consultations for adults and older children with bone, joint, and movement-related conditions. He is currently practising as a Consultant - Orthopedic and Robotic Joint Replacement Surgeon at Manipal Clinic Budigere. Dr. Dinesh Manni is known for his structured, consultation-driven approach to orthopedic care. His clinical practice is centred on detailed evaluation, accurate diagnosis, and personalised non-surgical management plans. He strongly believes that a large proportion of orthopedic problems can be effectively managed through early assessment, guided rehabilitation, lifestyle modification, and close follow-up. Dr. Dinesh Manni began his medical education with an MBBS from Sri Venkateswara Medical College, Tirupati, under the NTR University of Health Sciences, where he developed a strong grounding in clinical medicine and surgical sciences. This was followed by a Diploma in Orthopedics (D'Ortho) from M S Ramaiah Medical College, Bangalore. He subsequently completed his DNB in Orthopedics at Manipal Hospitals, Bangalore, where exposure to high-

volume tertiary care refined his clinical judgement and perioperative decision-making skills. In daily practice, Dr. Dinesh Manni manages a wide range of joint and limb complaints, including knee pain, shoulder stiffness, hip discomfort, neck and back pain, sports-related injuries, early arthritis, ligament strains, and post-traumatic joint problems. His consultations are designed to identify the exact source of pain or limitation through careful clinical examination and appropriate imaging correlation. He then formulates clear treatment pathways that patients can easily understand and follow. Dr. Dinesh Manni has particular expertise in managing knee and shoulder disorders through conservative strategies, which include activity modification, physiotherapy planning, posture correction, ergonomic advice, and long-term joint protection strategies. He works closely with physiotherapists and rehabilitation teams to ensure that patients regain strength, mobility, and confidence in daily activities. Dr. Manni also focuses on managing sports injuries and overuse syndromes. Dr. Manni routinely evaluates athletes and active individuals with ligament injuries, meniscal problems, tendon pain, and muscle imbalances, guiding a safe return to activity while reducing the risk of re-injury. Dr. Dinesh Manni provides expert consultation for spinal complaints, including cervical and lumbar spondylosis, disc-related pain, postural back pain, and work-related musculoskeletal strain. He emphasises posture education, core strengthening, ergonomic correction, and lifestyle counselling as the foundation of spinal care. This approach helps patients manage chronic pain while maintaining active and independent lives. A significant part of his practice involves counselling patients with early degenerative joint disease. He offers clear guidance on weight management, exercise modification, joint preservation techniques, and medical management to slow disease progression. At Manipal Clinic Budigere, Dr. Dinesh Manni works within a well-integrated outpatient care system that allows timely investigations, coordinated physiotherapy referrals, and structured follow-up. His practice is focused on continuity of care, with close monitoring of

progress and adjustment of treatment plans when required. Patients seeking the best orthopedic doctor in Budigere often consult him for expert consultations, accurate diagnosis, and long-term musculoskeletal care.

Fellowship & Membership

- Certificate course in joint arthroplasty, Thailand.
- Certificate course in basic and advanced knee arthroscopy.
- AO trauma basic.
- Bangalore orthopedic society.
- Karnataka orthopedic society.

Field of Expertise

- Robotic-assisted hip and knee replacement surgeries.
- Robotic-assisted partial knee replacement surgeries.
- Complex hip and knee revision joint replacement surgeries.
- Shoulder replacement surgeries (anatomical & reverse shoulder).
- Arthroscopic knee and shoulder reconstruction surgeries.
- Revision ACL reconstruction surgeries.
- Complex trauma and fracture fixation surgeries.
- Foot and ankle surgeries.
- Hand surgery, deformity correction and tendon transfers.

Languages Spoken

- English
- Telugu
- Kannada

Talks & Publications

- Prediction of autologous hamstring graft size in ACL reconstruction using gender, activity level, anthropometric parameters & MRI- A prospective & retrospective study
- Correlation of clinical, radiological and arthroscopic findings of meniscal and anterior cruciate ligament injuries of knee;
- Comparison of femoral foot prints in acute V/S chronic ACL injury
- July 2017;
- Proximal focal femoral deficiency management with ilizarov a case study, OASISCON