

DR. KIRAN VEERENDRA

Associate Consultant - Orthopaedics

Qualification

MBBS | MS (ORTHOPAEDICS) | MRCS

Overview

Dr. Kiran Veerendra is an accomplished orthopaedic surgeon in Bangalore. He is currently practising as an Associate Consultant - Orthopaedics & Arthroscopy Surgery at the Manipal Clinics, Budigere, Bangalore, specialising in arthroscopy, sports medicine, and trauma. With credentials including MBBS, MS (Orthopaedics) from Bangalore Medical College & Research Institute (where he stood 2nd in his batch) and MRCS (Edinburgh) obtained in 2023, he brings a wealth of expertise and a passion for continuous learning to his practice. His rigorous training is complemented by specialised fellowship training in shoulder, arthroscopy, and sports medicine, keeping him updated with the latest surgical techniques and evidence-based practices. In addition to general orthopaedic problems, Dr. Kiran treats all kinds of trauma and sports injuries. He is an expert in managing shoulder issues, including rotator cuff injuries, instabilities, impingement, and arthroscopic latarjet. He efficiently treats knee-related orthopaedic issues such as ACL tears, meniscal tears, multi-ligamentous injuries, cartilage injuries, and complex knee injuries. Dr. Kiran’s professional journey spans diverse roles, from his Clinical Fellowship in Arthroscopy,

Shoulder & Sports Medicine at Manipal Hospital Whitefield under the ISAKOS fellowship (February 2024 to February 2025) to his tenure as an Assistant Professor at PES Medical College, Andhra Pradesh (September 2021 to February 2024), during which he performed over 500 surgeries. Earlier, as a Senior Resident at Mysore Medical College & Research Institute (September 2020 to September 2021), he honed his skills in trauma and arthroplasty surgeries. Dr. Kiran is an active member of several esteemed professional organisations. He holds memberships with the Indian Arthroscopy Society, Indian Orthopaedic Association, Karnataka Orthopaedic Association, and the International Society for Knowledge for Surgeons on Arthroscopy and Arthroplasty (ISKSAA). Notably, he is Advanced Trauma & Life Support (ATLS) certified (September 2023) from MS Ramaiah Medical College and has conducted workshops on the AO principles of fracture fixation at PES Medical College. Research and scholarly activity are cornerstones of Dr. Kiran's career. His extensive publication record includes eight significant studies that contribute to the body of knowledge in orthopaedics. His work on "Arthroscopic Latarjet combined with Remplissage and Capsulolabral Repair in the Treatment of Anterior Shoulder Instability" has provided critical insights into the long-term functional outcomes of shoulder surgeries. Other notable publications include prospective studies examining the influence of femoral and tibial tunnel obliquity on functional outcomes in arthroscopic ACL reconstruction and research on the impact of rotator cuff repair on anxiety and depression as measured by standardised scales. Fluent in English, Hindi, Kannada, and Telugu, Dr. Kiran ensures clear and compassionate communication with patients from diverse backgrounds.

Fellowship & Membership

- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports (ISAKOS) Medicine. Indian Arthroscopy

society (IAS)
- Indian Orthopaedic Association (IOA)
- Karnataka Orthopaedic Association (KOA)
- International Society for Knowledge for Surgeons on Arthroscopy and Arthroplasty (ISKSAA) "

Field of Expertise

- Shoulder - Rotator cuff injuries , instabilities , impingement , arthroscopic Latarjet
- Knee - ACL tears, meniscal tears, multiligamentous injuries, cartilage injuries, complex knee injuries and sports
- Trauma - all kinds of complex trauma and general ortho
- Sports injuries - management and rehabilitation

Languages Spoken

- Kannada
- Telugu
- English
- Hindi

Talks & Publications

- Arthroscopic Latarjet combined with remplissage and Capsulolabral repair in the treatment of anterior shoulder instability - The Quadruple Effect. A prospective study of functional outcome in patients with 2-year follow-up.
- Influence of femoral and tibial tunnel obliquity on functional outcome in arthroscopic acl reconstruction: A prospective study.

- Impact of Rotator cuff repair surgery on Anxiety and Depression as Assessed by the Hospital Anxiety and Depression Scale and Montgomery scale.
- Study of femoral and tibial tunnel position using CT scan, and its effect on functional outcome in arthroscopic ACL reconstruction: A prospective study.
- Functional outcome of arthroscopic assisted ligament reconstruction in multiligamentous injury of knee.
- Short VS long PFN for treating Intertrochanteric fractures radiological and functional outcome: A prospective comparative study.
- Studying effect of tunnel expansion on functional outcome in anterior cruciate ligament reconstruction using CT scan: A prospective study
- Ochronotic Arthropathy of the Shoulder – A rare case report (Under review for publication in JOCR- PubMed Indexed).