

DR. KIRAN KUMAR R

Associate Consultant - Orthopaedics

Qualification

MBBS | MS (Orthopaedics) | DNB (Orthopaedics) | FIJR (Shalby) | FIASM (EUROPE & SOI) | Dip. FIFA

Overview

Dr. Kiran Kumar R is a highly accomplished orthopaedic surgeon, sports medicine specialist, and joint replacement expert practising at Manipal Clinic, Sarjapur Road, Bengaluru. Known for his surgical precision and dedicated patient-centric approach, he delivers world-class musculoskeletal care designed to restore active lifestyles. By combining advanced clinical training with a focus on evidence-based medicine, Dr. Kiran has established a stellar reputation as one of the best orthopaedic and sports injury surgeons in Manipal Clinic, Sarjapur Road, Bangalore. Dr. Kiran built his strong clinical foundation with an MBBS and a Master of Surgery (MS) in Orthopaedics from the prestigious Lokmanya Tilak Municipal Medical College & Sion Hospital, Mumbai, followed by a Diplomate of National Board (DNB) in Orthopaedics. He completed his Senior Residency at Rajiv Gandhi Medical College & Chhatrapati Shivaji Maharaj Hospital, Thane, before pursuing highly specialised fellowships. These include a Fellowship in Joint Replacement Surgery (FIJR) at Shalby Multi-Speciality Hospitals, Jaipur, and a Fellowship in Arthroscopy & Sports Medicine (FIASM) through the Sports Orthopaedic Institute and Manipal Hospital,

Bengaluru. He further elevated his global expertise with an international Sports Surgery Fellowship at St. George University Teaching Hospital in Hungary, Europe, and holds the prestigious Diploma in Football Medicine from FIFA. At Manipal Clinic, Sarjapur Road, Dr. Kiran provides comprehensive operative and conservative management for a wide spectrum of acute and degenerative bone and joint conditions. As a top joint replacement and arthroscopy specialist in Manipal Clinic, Sarjapur Road, Bangalore, his surgical expertise covers primary, complex, and revision hip and knee replacements, robotic-assisted joint surgeries, and advanced joint conservation. His sports medicine practice focuses on minimally invasive shoulder and knee arthroscopy, complex ligament reconstructions (including ACL and multi-ligament repairs), cartilage preservation, and athletic rehabilitation, alongside the expert management of complex trauma, fractures, and paediatric orthopaedic conditions. In addition to his clinical practice, Dr. Kiran is an active researcher who contributes regularly to indexed medical journals, including the Journal of Orthopaedic Case Reports, where he has published on paediatric traumatic hip dislocations, pathological fractures, and Ponseti clubfoot treatments. He is also a prominent presenter at major academic forums, having presented research on ACL laxity and patellar tendinopathy at KOACON 2025, and showcased posters on complex paediatric fractures and advanced nailing techniques at WIROC 2022. Fluent in English, Kannada, Hindi, and Telugu, Dr. Kiran blends diagnostic precision with deep empathy. He prioritises clear communication, patient education, and highly personalised rehabilitation pathways to ensure his patients achieve a safe and complete return to their daily activities.

Fellowship & Membership

- Fellowship in Joint replacement surgery (shalby multi-speciality hospitals)

- Fellowship in Arthroscopy & sports medicine (hungary ,europe & SOI)

Field of Expertise

- Trauma
- Joint Replacement
- Sports injuries & joint conservation procedures

Languages Spoken

- English
- Kannada
- Hindi
- Telugu

Talks & Publications

- “Traumatic Hip Dislocation With Proximal Femoral Epiphyseal Fracture in 12-Year-Old Boy”: A Case-Based Review
- “Parathyroid Adenoma with a Pathological Fracture: A Rare Case Report”
- “Retrospective Comparative Analysis of Ponseti Method of Treatment for Idiopathic and Nonidiopathic Clubfoot: A 4-Year Follow-Up Study” — Journal of Orthopaedic Case Reports, 2026; 16(09)
- Paper Presentation at KAOCON 2025: “Is ACL Laxity a Causative Factor for Patellar Tendinopathy?!”
- Poster Presentation at WIROC 2022: “Delbet Type 1B Capital Femoral Transepiphyseal Fracture Dislocation in an 11-Year-Old Kid”

- Poster Presentation at WIROC 2022: “Rare Case of Talonavicular & Calcaneocuboid Dislocation with Lateral Cuneiform Fracture”
- Poster Presentation at WIROC 2022: “Clinico-Radiological Outcome of Non-Articular Proximal Third Tibial Fracture After Suprapatellar Nailing”