



DR. LALIT NEMICHAND BAFNA

Consultant - Orthopaedic

Qualification

MBBS | MS | DNB | FIAA (USA) | FNB (sports medicine) | MNAMS

Overview

Dr. Lalit Nemichand Bafna is a highly accomplished Senior Consultant Orthopaedic Surgeon in Delhi with specialised expertise in sports medicine, arthroscopy, and joint preservation. With more than a decade of advanced clinical experience, Dr. Bafna is widely regarded for his precision-driven surgical skills, patient-centric approach, and commitment to evidence-based orthopaedic care. He completed his MBBS from BJMC & Sassoon General Hospitals, Pune, followed by a Master of Surgery (MS) in Orthopaedics from UCMS & GTB Hospital, University of Delhi. To further strengthen his subspecialty training, he pursued a DNB in Orthopaedics, a Fellowship in Sports Medicine and Arthroscopy from the Sports Injury Centre, Safdarjung Hospital, and an advanced Fellowship in Knee and Shoulder Surgery at Yale University, USA, under the ONS Foundation for Clinical Research and Education. He also holds a prestigious FIFA Diploma in Sports Medicine, reflecting his strong involvement in athletic injury management. Dr Bafna's clinical interests include advanced knee and shoulder arthroscopy, such as ACL, PCL, MCL, and LCL reconstructions, meniscal and cartilage procedures, rotator cuff repair, Bankart repair, SLAP repair, and

capsular release. He is also adept in joint preservation techniques, including mosaicplasty and autologous chondrocyte implantation, as well as biological therapies like PRP and BMAC. His expertise extends to primary and revision joint replacements of the hip, knee, and shoulder, along with comprehensive trauma care. He remains actively involved in academics as a faculty member for national and international arthroscopy courses and cadaveric masterclasses. In addition to his clinical excellence, Dr Bafna has participated in numerous national and international conferences, workshops, and advanced training programs, staying at the forefront of evolving orthopaedic technologies and minimally invasive techniques. He has trained extensively in trauma management, fracture fixation, ligament reconstruction, and functional rehabilitation, enabling comprehensive end-to-end care for patients. Dr Bafna strongly believes in personalised treatment planning, combining surgical expertise with structured rehabilitation to optimise long-term outcomes.

Fellowship & Membership

- Fellowship Sports Medicine & Arthroscopy
- Fellowship Knee & Shoulder Surgery

Field of Expertise

- Arthroscopy
- Sports Medicine
- Joint Replacement
- Complex Trauma

Languages Spoken

- Hindi

- English
- Marathi