

DR. (AIR CMDE) VIKAS KULSHRESTHA

Consultant - Orthopaedic

Qualification

MBBS | MS (Orthopaedics) – AFMC Gold Medalist | FASIF (Graz, Austria) | Robotics (MHH, Germany) | Ranawat Arthroplasty Fellowship (New York, USA) | AOCID (Switzerland) | Revision Joint Replacement (Endoklinik, Germany)

Overview

Dr. (Air Cmde) Vikas Kulshrestha is an experienced orthopaedic surgeon in Electronic City with more than 33 years of experience in orthopaedic surgery and joint reconstruction. He is currently practising as a Consultant – Orthopaedics, Manipal Hospital Electronic City, with expertise in joint replacement, sports and trauma surgery, knee preservation, complex joint reconstruction, and revision arthroplasty. Having performed more than 18,000 orthopaedic surgeries, Dr. Vikas Kulshrestha possesses master-level expertise in Oxford partial knee replacement, robotic joint replacement, reverse shoulder arthroplasty, complex pelvi-acetabular trauma reconstruction, and sports medicine. His surgical mastery and military clinical leadership establish him as one of the most experienced orthopaedic surgeons in Electronic City. Dr. Vikas Kulshrestha completed his MBBS and MS in Orthopaedics, subsequently undertook advanced international training in joint replacement, trauma surgery, computer-assisted and robotic surgery, clinical investigation and documentation, and revision arthroplasty. He

has extensive experience in partial knee replacement and has performed more than 2,000 such procedures. His expertise in Oxford partial knee replacement has also led to his role as an instructor in the technique for approximately a decade. He also specialises in reverse shoulder arthroplasty and has developed extensive experience in managing complex shoulder conditions requiring joint replacement. At Manipal Hospital Electronic City, Dr. Vikas Kulshrestha's expertise in joint replacement extends to hip, knee, shoulder, and elbow surgery. He manages primary, complex, and revision arthroplasty, with specialised experience in revision joint replacement. His international training in revision arthroplasty has further strengthened his ability to approach challenging cases involving previous joint replacement surgery. Dr. Kulshrestha is also experienced in complex orthopaedic trauma and reconstruction. His training at major European trauma centres has provided specialised expertise in pelvi-acetabular trauma, complex skeletal trauma, and reconstruction requiring fragment-specific fixation. Dr. Vikas has combined clinical practice with academic research, medical education, and healthcare leadership. He has contributed to more than 50 peer-reviewed publications in national and international journals and has been involved in multiple randomised controlled trials. He has contributed to the development of checklists and clinical care pathways for international organisations. He has also served as a research consultant for the AO Foundation and has been recognised as a Professor and Examiner of Orthopaedics under the National Medical Commission framework. His academic and professional achievements have earned him several honours, including gold medals during his medical and postgraduate training. He received the Gold Medal in Physiology, the Gold Medal in Pathology, the Gold Medal in Surgery, and the Brigadier K. D. Khare Gold Medal in MS Orthopaedics. With extensive experience in joint replacement surgery, Dr. Vikas Kulshrestha combines advanced arthroplasty expertise with sports surgery, trauma care, joint preservation, and complex reconstruction. His approach is grounded in careful clinical

assessment, evidence-based decision-making, and selecting the most appropriate surgical or non-surgical strategy for each patient. He communicates in English and Hindi, supporting clear and accessible interaction throughout the treatment journey.

Fellowship & Membership

- Revision Joint Replacement fellowship; Endoklinik, Germany (2016)
- Fellowship in Computer Assisted & Robotic Surgery (AOCAS); MHH Hannover, Germany (2011)
- Fellowship in Clinical Investigation & Documentation (AOCID); Dubendorf, Zurich, Switzerland (2008)
- Fellowship in Joint Replacement Surgery, Ranawat Orthopaedic Research Fellowship (RORF); Lennox Hill, New York, USA (2007).
- Fellowship in trauma surgery, AO Foundation (FAFIS); LKH, Graz, Austria (2006)
- Advanced training in Joint Replacement surgery; AHRR, Delhi (2005)
- Fellowship in Arthroplasty at Sancheti Institute for Orthopaedic Research, SIOR, Pune (2005)
- MS (Orthopaedics); Gold medal – Armed Forces Medical College, Pune (2000)
- MBBS; Gold medal in Surgery; Armed Forces Medical College, Pune (1992)
- Indian Orthopaedics Association
- Indian Society of Hip & Knee Surgeons
- International Society for Knowledge for Surgeons on Arthroscopy & Arthroplasty
- AO Member

Field of Expertise

- Partial Knee Replacement Surgery
- Reverse Shoulder replacement surgery
- Hip & Knee replacement (Primary, Complex & Revision Surgery)
- Pelvi-Acetabular trauma and Complex joint reconstruction surgery. (Special expertise in fragment-specific fixation surgery)
- Knee preservation surgery; cartilage transplant and osteotomy (HTO)
- Elbow Replacement Surgery
- Bone Tumour Surgery, Including Complex Limb Salvage with Tumour Prosthesis
- Sports surgery - Arthroscopic surgery (Knee & Ankle), Shoulder instability surgery
- Complex meniscal (root & ramp) & multiligamentous reconstruction surgery
- Treatment of Rheumatological and Musculoskeletal Disorders
- Management of Neglected Trauma and Orthopaedic Infections

Languages Spoken

- English
- Hindi

Awards & Achievements

- Gold medal in Physiology; AFMC; Pune (1989)
- Gold medal in Pathology; AFMC; Pune (1990)
- Gold medal in Surgery; Pune University (1992)
- Gold medal in Preventive and Social Medicine; AFMC (1992)
- Best outgoing undergraduate student, AFMC (1992)

- Brig KD Khare Gold Medal in MS (Orthopaedics); (2000)
- Award for best publication in Armed Forces Medical Journal (2008)
- Chief of Air Staff's Commendation (2007)
- Chief of Army Staff Commendation (2014)

Talks & Publications

- Peer-reviewed 50 + publications in national and international journals
- Research Consultant for AO Foundation (2008-2012)
- Professor & Examiner of Orthopaedics as per NMC since 2016
- Formulation of checklists and Clinical care pathways for NICE (UK) and AAHKS (USA).
- Kulshrestha V, Kumar S. DVT Prophylaxis after TKA: Routine Anticoagulation vs Risk Screening Approach - A Randomised Study. J Arthroplasty. 2013 Dec;28(10):1868-73. Click Here
- https://pubmed.ncbi.nlm.nih.gov/23796558/
- Kulshrestha V, Kumar S, Datta B, Sinha VK, Mittal G. Ninety-Day Morbidity and Mortality in Risk-Screened and Optimised Patients Undergoing Two-Team Fast-Track Simultaneous Bilateral TKA Compared With Unilateral TKA-A Prospective Study. J Arthroplasty. 2018 Mar;33(3):752-760. Click Here
- Kulshrestha V, Datta B, Kumar S, Mittal G. Outcome of Unicondylar Knee Arthroplasty vs Total Knee Arthroplasty for Early Medial Compartment Arthritis: A Randomised Study. J Arthroplasty. 2017 May;32(5):1460-1469. Click Here
- Kulshrestha V, Roy T, Audige L. Operative versus Non-operative Management of Displaced Midshaft Clavicle Fractures: A Prospective Cohort Study. J Orthop Trauma. 2011 Jan;25(1):31-8. Click Here
- Kulshrestha V, Sood M, Kumar S, Sharma P, Yadav YK.

Outcomes of Fast-Track Multidisciplinary Care of Hip Fractures in Veterans: A Geriatric Hip Fracture Program Report. Clin Orthop Surg. 2019 Dec;11(4):388-395. doi: 10.4055/cios.2019.11.4.388. Epub 2019 Nov 12. PMID: 31788160; PMCID: PMC6867922.

- Kulshrestha V, Sood M, Kumar S, Kharat K, Padhi PP, Kumar P, Shrama S, Stanley A. Early Outcomes of Modified Technique of Mobile Bearing Unicondylar Knee Replacement. Indian Journal of Orthopaedics. 2023 Aug;57(8):1209-18. Click Here
- Kulshrestha V, Sood M, Kumar S, Sood N, Kumar P, P Padhi P. Does Risk Mitigation Reduce Ninety-day Complications in Patients Undergoing Total Knee Arthroplasty? A Cohort Study. Clin Orthop Surg. 2021;13:e70. Click Here
- Kulshrestha V, Sood M, Kumar S, Kawale A. Original study: Early Patient-reported Functional Outcome of All-inside ACL Reconstruction as Compared to Anteromedial Portal Technique. Eur J Orthop Surg Traumatol. 2021 Oct;31(7):1477-1483. Click Here