

DR. KIRAN KUMAR R

Consultant - Orthopaedics

Qualification

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

Overview

Dr. Kiran Kumar R is a skilled orthopaedic surgeon, sports medicine specialist, and arthroplasty surgeon in Electronics City, Bengaluru. He brings advanced clinical and surgical training across joint replacement, arthroscopy, sports surgery, complex trauma, and joint preservation procedures. Dr. Kiran Kumar R is currently practising as a Consultant - Orthopaedics at Manipal Hospital Electronics City, Bengaluru, where he provides evidence-based, patient-centred musculoskeletal care. Recognised for his meticulous surgical technique and dedication to restoring mobility, Dr. Kiran is regarded as one of the best orthopaedic and sports injury surgeons in Electronics City, Bangalore. Dr. Kiran completed his undergraduate medical education (MBBS) followed by a Master of Surgery (MS) in Orthopaedics from the prestigious Lokmanya Tilak Municipal Medical College & Sion Hospital, Mumbai. He further earned his Diplomate of National Board (DNB) in Orthopaedics from the National Board of Examinations (NBE), New Delhi, and completed a Senior Residency at Rajiv Gandhi Medical College & Chhatrapati Shivaji Maharaj Hospital, Thane. Committed to subspecialty surgical excellence, he completed a Fellowship in Joint Replacement Surgery

(FIJR) at Shalby Multi-Speciality Hospitals, Jaipur, gaining extensive hands-on exposure to primary and complex hip and knee replacements. Expanding his expertise in sports injuries, he completed a Fellowship in Arthroscopy & Sports Medicine (FIASM) through the Sports Orthopaedic Institute (SOI) and Manipal Hospital, Bengaluru, followed by an international Sports Surgery Fellowship at St. George University Teaching Hospital in Hungary, Europe. In addition, he holds the prestigious Diploma in Football Medicine from FIFA (Dip FIFA). At Manipal Hospital Electronics City, Dr. Kiran Kumar R delivers comprehensive operative and conservative management for acute and degenerative musculoskeletal conditions. As a top joint replacement and arthroscopy specialist in Electronics City, Bangalore, his surgical repertoire encompasses primary and revision hip and knee replacements, robotic joint replacement procedures, and advanced joint conservation techniques. His sports surgery focus covers shoulder and knee arthroscopy, complex ligament reconstructions (including ACL and multi-ligament repairs), cartilage preservation, and the multidisciplinary rehabilitation of athletic injuries. Furthermore, he independently manages a broad spectrum of complex orthopaedic trauma, fractures, and paediatric orthopaedic disorders. An active contributor to orthopaedic research, Dr. Kiran Kumar R has authored publications in indexed medical journals, including the Journal of Orthopaedic Case Reports, with papers addressing traumatic hip dislocation in paediatric patients, parathyroid adenoma with pathological fractures, and comparative Ponseti treatment for clubfoot. At academic conferences, he presented a paper on ACL laxity and patellar tendinopathy at KOACON 2025, alongside multiple poster presentations at WIROC 2022 covering complex paediatric femoral transepiphyseal fracture-dislocations, rearfoot dislocations, and suprapatellar nailing in proximal tibial fractures. Fluent in English, Kannada, Hindi, and Telugu, Dr. Kiran Kumar R combines clinical precision with an empathetic approach to consultations, prioritising clear communication, tailored rehabilitation pathways, and safe return

to active lifestyles.

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”