

DR. NILKUMAR HIRJIBHAI ZALAVADIA

Consultant - Orthopaedics

Qualification

MBBS | DNB (Ortho) | Fellowship arthroscopy and arthroplasty

Overview

Dr. Nilkumar Hirjibhai Zalavadia is an accomplished orthopaedic surgeon in Electronics City, Bengaluru. He is currently practising as a Consultant - Orthopaedics at Manipal Hospital Electronics City, Bengaluru, where he provides comprehensive, evidence-based musculoskeletal care. He brings over 10 years of clinical experience in joint replacement surgery, robotic arthroplasty, advanced arthroscopy, sports medicine, and minimally invasive keyhole procedures. Recognised for his diagnostic accuracy, surgical skill, and outcome-oriented patient approach, Dr. Nilkumar is regarded as one of the best orthopaedic surgeons in Electronics City, Bangalore. Dr. Nilkumar earned his undergraduate medical degree (MBBS) followed by a Diplomate of National Board (DNB) in Orthopaedics. Committed to mastering modern surgical techniques, he completed intensive subspecialty training programmes, including a Fellowship in Joint Replacement (FIJR), a Fellowship in Robotic Joint Replacement, a Fellowship in Arthroscopy and Sports Medicine (FISM), and an Ilizarov Methodology and Technology Fellowship (IAOS). He has further advanced his technical skills through specialised cadaveric surgical

programmes, including the Pelvis and Acetabular Cadaveric Workshop (2023), the Advanced Knee Arthroscopic Cadaveric Workshop (2024), and the Advanced Shoulder Arthroscopic Cadaveric Workshop (2025). At Manipal Hospital Electronics City, Dr. Nilkumar Hirjibhai Zalavadia delivers advanced operative and conservative care for degenerative joint conditions, sports-related trauma, and complex bone and joint disorders. As a top robotic joint replacement specialist in Electronics City, Bangalore, his surgical expertise covers robotic joint replacement, total arthroplasty, and minimally invasive joint interventions aimed at alleviating pain and restoring functional joint mechanics. His clinical capabilities also include advanced arthroscopic keyhole surgeries of the knee, shoulder, and other major joints, managing complex ligament tears, meniscal pathology, and articular cartilage damage. In addition, his practice encompasses limb reconstruction using Ilizarov techniques and the acute management of musculoskeletal injuries in active individuals and athletes. Dr. Nilkumar prioritises an ethical, patient-centred treatment philosophy. He evaluates each patient thoroughly based on condition severity, age, daily requirements, and activity goals, recommending conservative modalities, such as medication, physiotherapy, and lifestyle modification, whenever viable before considering operative intervention. When surgery is indicated, he focuses on precision execution, thorough patient counselling, and coordinated postoperative rehabilitation to ensure sustainable functional recovery. Fluent in English, Kannada, Hindi, and Gujarati, Dr. Nilkumar Hirjibhai Zalavadia combines procedural skill with clear and compassionate communication, guiding patients and their families through transparent clinical discussions and personalised treatment pathways.

Fellowship & Membership

- Fellowship in robotic joint replacement
- Fellowship in arthrhoscopy and sports medicine

- ilizarov methodoly and technology fellowship IAOS

Field of Expertise

- Robotic Joint Replacement
- Arthroscopy & Sports Medicine
- Key Hole Surgery

Languages Spoken

- English
- Kannada
- Hindi
- Gujrathi

Awards & Achievements

- Pelis And Acetabular Cadeveric Workshop : 2023
- Advanced Knee Arthoscopic Cadeveric Workshop : 2024
- Advanced Shoulder Arthoscopic Cadeveric Workshop : 2025