



## **DR. GURDEEP AVINASH RATRA**

Consultant - Orthopaedics & Joint Replacement

### **Qualification**

MBBS | MS (Orthopaedics) | Fellowship In Joint Replacement (Germany) | Fellowship In Joint Replacement and Sports Medicine (Austria) | Fellowship In Shoulder Replacement

### **Overview**

Dr. Gurdeep is an experienced orthopaedic surgeon in Gurugram. He has completed his MBBS and MS in Orthopaedics, a Fellowship in Joint Replacement from Germany, a Fellowship in Joint Replacement and Sports Medicine from Austria and advanced Shoulder Replacement training from France. Dr. Gurdeep is currently associated with Manipal Hospitals, Gurugram, as a Consultant at the Department of Orthopaedics. He is the Best Orthopaedic Surgeon in Gurugram. Besides his professional accomplishments, he is also known for his compassionate conduct and patient-centric approach. Dr. Gurdeep dedicates time to listening to the patient and creating a comprehensive and personalised treatment plan that helps them recover faster. He is conversant in Hindi and English and has treated patients from different linguistic and geographical backgrounds. Dr. Gurdeep has also appeared on various media platforms and shared his views on bone health and advancements in the medical world, specifically the developments in the treatment of bone diseases. He also attends national and international seminars and events to stay

updated and modify his treatment approach to enhance patient experience.

### **Fellowship & Membership**

- Fellowship In Joint Replacement And Sports Medicine (Austria)
- Fellowship In Joint Replacement (Germany)
- Advanced Shoulder Replacement Training (France)
- A.O. Masters Course (Switzerland)

### **Field of Expertise**

- Orthopaedics

### **Languages Spoken**

- Hindi
- English

### **Talks & Publications**

- Dr. Gurdeep Avinash Ratra on Cervical Pain: You are troubled by cervical pain, treat with these easy tips in The Quint.[Click Here](#)
- Dr. Gurdeep Singh on Frozen shoulder? This is how long it can take for recovery| HT Healthshots | Authored article.[Click Here](#)
- Dr. Gurdeep Avinash Ratra on Cervical Pain | The Quint.[Click Here](#)
- Dr. Gurdeep Avinash Ratra on can menopause increase the risk of osteoporosis in | Live Hindustan (Digital) | World Osteoporosis Day.[Click Here](#)

- Dr. Gurdeep Avnish Ratra on Natural ways to improve bone density | The Times of India (Online) [Click Here](#)
- Total hip replacement revolutionises recovery [Click Here](#)
- One in six Indians lives in pain: Why arthritis is becoming a growing problem. [Click Here](#)
- Knee and Joint Pain? Eat These Food & Do These Exercises | Knee Replacement Surgery | Dr. Gurdeep. [Click Here](#)