

DR. TARUN BALI

Consultant - Orthopaedics Surgeon

Qualification

MBBS | MS Orthopaedics | Fellowships in Arthroplasty & Sports Medicine | SICOT Fellow

Overview

Dr. Tarun Bali is a top orthopaedics surgeon in hebbal. He is currently practising as a Consultant – Orthopaedics at Manipal Hospitals, Hebbal, Bangalore, bringing over 15 years of clinical expertise in the management of complex trauma, joint arthroplasty, and arthroscopic reconstruction. Dr. Bali began his medical journey with an M.B.B.S. from Sri Devraj Urs Medical College, Kolar (2005), followed by an M.S. in Orthopaedics from Bangalore Medical College. He further honed his expertise through multiple international fellowships — completing advanced training in Arthroscopy & Sports Medicine (Arthrex, USA), a Fellowship in Arthroplasty (Depuy, USA), both at HOSMAT Hospital, Bangalore. He further pursued the SICOT Fellowship in Revision Arthroplasty in Belgium, and most recently, obtained EULAR Certification in Rheumatology from Vienna, Austria. These credentials reflect his commitment to continuous learning and global best practices in orthopaedic care. Throughout his career, Dr. Bali has developed a comprehensive skill set that spans trauma surgery, complex fracture management, hip, knee, and shoulder arthroplasty, as well as arthroscopic procedures including ACL and PCL

reconstruction, meniscus repair, Bankart repair, rotator cuff repair, and subacromial decompression. His expertise in both primary and revision arthroplasty allows him to manage challenging cases with precision, while his proficiency in minimally invasive arthroscopic techniques ensures faster recovery and optimal functional outcomes for patients. Beyond surgical interventions, he is deeply involved in clinical research, publications, and medical education, reflecting his commitment to advancing orthopaedic knowledge and practice. Dr. Bali's work extends beyond the operating theatre. He has served as a NABH assessor under the Quality Council of India, evaluating over 200 hospitals across India, including prestigious institutions like NIMHANS and Manipal Hospital Sikkim. This role underscores his dedication not only to patient care but also to healthcare quality, safety, and international accreditation standards. His dual focus on clinical excellence and healthcare quality ensures that his practice integrates the latest surgical innovations with robust patient safety protocols. An active contributor to academic discourse, Dr. Bali has authored and co-authored numerous publications in leading journals such as the International Journal of Orthopaedic Science, Asian Spine Journal, and the Journal of Clinical Orthopaedics and Trauma. His research covers diverse topics, including ACL reconstruction outcomes in older patients, lumbar spine biomechanics, soft tissue reconstruction in open tibial fractures, and wound healing strategies in orthopaedic trauma. He has also delivered oral presentations at regional and national conferences, sharing insights on arthroscopic techniques, total knee replacement challenges, and complex fracture management. Fluent in English, Kannada, Hindi, Urdu, and Punjabi, Dr. Bali is able to communicate effectively with a diverse patient population, ensuring clarity, trust, and comfort in the management of musculoskeletal conditions. His holistic approach to patient care, combined with a commitment to continuous learning, research, and community service, positions him as a leading orthopaedic surgeon in Bangalore, sought after for both complex surgical cases and compassionate patient care.

Fellowship & Membership

- EULAR Certification Course in Rheumatology – Vienna, Austria (2023).
- SICOT Fellowship in Revision Arthroplasty – Belgium (2015).
- Fellowship in Arthroplasty (Depuy, USA) – HOSMAT Hospital, Bangalore (2014).
- Fellowship in Arthroscopy & Sports Medicine (Arthrex, USA) – HOSMAT Hospital, Bangalore (2013).

Field of Expertise

- Trauma Surgery & Complex Fracture Management.
- Hip, Knee & Shoulder Arthroplasty.
- Arthroscopic knee and shoulder reconstruction – ACL, PCL, meniscus, Bankart repair, SAD, RC repair.

Languages Spoken

- English
- Hindi
- Kannada
- Urdu
- Punjabi

Awards & Achievements

- Ranked 7th nationally among 200,000 applicants in the Orthopaedics PG entrance exam (2008).
- Integrated international fellowship learnings into Indian surgical

practice.

Talks & Publications

- Bali, T., Nagraj, R et al. Outcomes of the patellar tendon and hamstring graft anterior cruciate ligament reconstructions in patients aged above 50 years. IJOO 49, 615–619 (2015).
- Relative Contribution of Upper and Lower Lumbar Spinal Segments to Flexion/Extension: Comparison between Normal Spines and Spines with Disc Disease in Asian Patients. Asian Spine J. 2015; 9(5):770-775.
- To evaluate the role of bacterial culture and prophylactic antibiotics in the management of open fracture wounds. Int. J. Orthod. Sci., 2021; 7(1): 465-467.
- Study to evaluate the outcome of soft tissue reconstruction in the case of open tibia fractures. Int. J. Orthod. Sci., 2021; 7(1): 468-471.
- Efficacy of modified vacuum–assisted dressing versus conventional betadine dressing in wound healing of open fractures. JCOT, 2024; Vol 51:102385.
- Bali T, Garg B, Raghavendran R. A Prospective, Multicentric, Open-label and Post-Marketing Clinical Follow-up Study to Monitor the Safety and Performance of Light Cured Limb Orthosis - F.