



## **DR. AKSHAY DHANDA**

Consultant- Orthopaedics, Sports Medicine & Rehabilitation

### **Qualification**

MBBS | MS (Ortho) | DNB (Ortho) | MNAMS

### **Overview**

Dr. Akshay Dhanda is an experienced orthopaedician in Bangalore. He is currently practising as a Consultant- Orthopaedics, Sports Medicine & Rehabilitation at Manipal Hospital Jayanagar. With a strong foundation in trauma, joint replacement, and sports medicine, Dr. Akshay brings a well-rounded and highly skilled approach to orthopaedic care. His practice focuses on diagnosing and treating complex musculoskeletal conditions with precision, compassion, and patient-centred care. Over the years, he has established a reputation for delivering exceptional surgical outcomes in trauma orthopaedics, arthroscopy, and sports-related injuries. He is a top orthopaedic and sports medicine doctor in Jayanagar. On the academic front, Dr. Akshay boasts a remarkable trajectory of exposure to medicine. He holds an M.B.B.S. from Kasturba Medical College and an M.S. in Orthopaedics from Mysore Medical College. He further completed his DNB - Orthopaedics, MNAMS and earned a Fellowship in Arthroscopy and Sports Medicine (RGUHS), and Gopalkrishnan Travelling Fellowship By The Indian Arthroscopic Society. His international training, including a Fellowship in Upper limb Arthroscopy from South Korea and a

Diploma in Football Medicine from FIFA, provides him with a global perspective on treating athletes and sports injuries. Dr. Akshay specialises in minimally invasive arthroscopic surgeries of the knee and shoulder, including ACL reconstructions, meniscus repairs, cartilage regeneration, and complex shoulder procedures. His advanced training enables him to offer specialised care for sports professionals, with experience working alongside elite-level football teams. In joint replacements, he has successfully managed multiple hip and knee arthroplasty cases, particularly in elderly patients with comorbidities. His meticulous attention to surgical planning and post-operative rehabilitation ensures optimal functional outcomes for patients of all ages. Dr. Akshay also has extensive experience in treating trauma cases, ranging from upper limb fractures and complex joint dislocations to pelvic and long bone injuries. He is adept at advanced techniques, including external fixation, plating, nailing, and the Ilizarov methodology, for correcting deformities and non-unions. In paediatric orthopaedics, Dr. Akshay has demonstrated strong proficiency in correcting congenital deformities and managing clubfoot using the Ponseti casting technique. His thorough understanding of orthopaedic biomechanics and surgical precision has helped patients regain mobility and return to active lifestyles efficiently. A key aspect of Dr. Akshay's practice is his commitment to holistic recovery. He designs tailored rehabilitation plans for injury prevention, muscle strengthening, and safe return to activity, especially for athletes and active individuals. He also provides education on post-surgical care, ensuring that patients feel informed and supported throughout their treatment journey. Dedicated to advancing orthopaedic care, Dr. Akshay actively engages in academic and clinical learning. He regularly participates in workshops, seminars, and hands-on training programmes to remain at the forefront of emerging surgical innovations. Dr. Akshay Dhanda is fluent in English, Hindi, and Kannada, enabling him to communicate effectively with patients from diverse linguistic backgrounds. His ability to simplify complex medical

concepts and maintain transparency fosters trust and confidence among those under his care.

### **Fellowship & Membership**

- Fellowship in Arthroscopy and Sports Medicine (RGUHS)
- Fellowship in Upper Limb Arthroscopy (South Korea), Fellowship in Pain Management (Daradia)
- Diploma in Football Medicine (FIFA)
- ISAKOS Member ID-168134

### **Field of Expertise**

- Trauma Orthopaedic Surgery
- Joint Replacements
- Sports Medicine
- Arthroscopy
- Pediatric Orthopaedics

### **Languages Spoken**

- English
- Hindi
- Kannada

### **Awards & Achievements**

- 2nd Rank in Orthopaedics, RGUHS; Gopalkrishnan Travelling Fellowship by Indian Arthroscopy Society