



## **DR. NISCHITH D S**

Consultant – Orthopaedics

### **Qualification**

MBBS | MS (Orthopaedics)

### **Overview**

Dr. Nischith D S is an experienced orthopaedic surgeon in Bangalore, currently practising as a Consultant – Orthopaedics at Manipal Hospital Jayanagar. He specialises in arthroplasty, arthroscopy, sports medicine, and complex orthopaedic trauma. With a strong background in joint replacement and sports injury management, Dr. Nischith is known for delivering precise, patient-focused care using the latest surgical techniques and evidence-based practices. His approach to orthopaedics is centred on restoring function, relieving pain, and improving the quality of life for his patients through comprehensive, personalised treatment plans. He is a top Orthopaedic Doctor in Jayanagar. Dr. Nischith's medical journey began with an MBBS degree from A J Shetty Institute of Medical Sciences & Research Centre, Mangalore. His dedication to the field of orthopaedics led him to pursue an MS in Orthopaedics from Bangalore Medical College and Research Institute, Karnataka. Dr. Nischith expanded his clinical expertise through specialised fellowships. He completed an 18-month RGUHS-accredited Fellowship in Arthroplasty at the Sanjay Gandhi Institute of Trauma and Orthopaedics, Bangalore. He further honed his skills in

sports medicine and minimally invasive orthopaedic procedures through a dedicated Fellowship in Arthroscopy and Sports Medicine. In addition to his specialised training, Dr. Nischith has worked in high-volume orthopaedic units, where he performed and assisted in a wide range of surgeries. His experience spans across arthroplasty, arthroscopy, complex fracture fixation, and spine surgery. He has independently performed intramedullary nailing of long bone fractures, ORIF with plating for upper and lower limb fractures, and assisted in advanced arthroplasty procedures involving the hip, knee, shoulder, and revision surgeries. His hands-on exposure to spinal procedures, including posterior instrumentation, discectomy, and spondylolisthesis reduction with fusion, has further broadened his surgical expertise. Academically inclined, Dr. Nischith has been actively involved in research and presentations at both state and national orthopaedic conferences. He has presented papers at KOACON, GOSICON, and IOACON, contributing to academic discussions on topics such as scaphoid nonunion management and bone density as a screening tool for osteoporosis. His research interests have translated into publications, including his contribution as a co-author in a meta-analysis on the use of mesenchymal stem cells in knee osteoarthritis, evaluating their efficacy and safety in comparison to traditional approaches. In his current role at Manipal Hospitals, Dr. Nischith continues to provide high-quality orthopaedic care, integrating his advanced surgical skills with a patient-first philosophy. He works closely with multidisciplinary teams, including physiotherapists, pain specialists, and rehabilitation experts, to ensure that every patient receives tailored treatment and optimal post-operative recovery. His meticulous surgical technique, combined with a compassionate and communicative approach, has earned him the trust of patients and peers alike. Throughout his career, Dr. Nischith has been guided by the belief that effective orthopaedic care requires a blend of technical precision, continuous learning, and empathetic patient engagement. Whether managing a high-impact sports injury, performing a complex

joint replacement, or treating polytrauma cases, he remains dedicated to achieving the best possible functional outcomes for his patients. His pursuit of excellence, commitment to innovation, and emphasis on holistic care make him a valued member of the orthopaedic fraternity and a trusted consultant at Manipal Hospital Jayanagar.

### **Fellowship & Membership**

- Fellowship in Arthroplasty (18 months - SGITO)
- Fellowship in Arthroscopy & Sports Medicine

### **Field of Expertise**

- Trauma
- Arthroplasty
- Hip Salvage
- Sports Injuries

### **Languages Spoken**

- English
- Hindi
- Kannada
- Tamil

### **Awards & Achievements**

- Paper Presentations at KOACON & GOSICON
- Cleared all MBBS phases in first attempt

### **Talks & Publications**

- Presented papers at national ortho conferences; one co-authored publication (Meta-analysis)