



## **DR. AYYAPPAN V NAIR (PROF)**

Consultant - Shoulder Surgery Sports Medicine and Arthroscopy

### **Qualification**

Prof Manipal University | DNB Ortho | D Ortho (Shoulder, Sports Medicine) | MBBS | Fellow in Shoulder Surgery | Fellowship - Shoulder and Sports Trauma

### **Overview**

Dr. Ayyappan V Nair is a highly accomplished and skilled orthopaedic surgeon, currently working as a consultant for shoulder surgery, sports medicine, and arthroscopy in Manipal Hospitals. With extensive qualifications and diverse fellowship training experiences, Dr. Nair has gained expertise in various orthopaedic procedures exceptional surgical skills and his commitment to providing personalised and effective patient care is notable. Dr. Nair's educational background is impressive. He holds an MBBS degree and has completed DNB Ortho and D Ortho in Shoulder and Sports Medicine. He has also pursued fellowships in prestigious institutions worldwide, including Funabashi Orthopaedic Hospital in Japan, UOEH in Fukuoka, Japan, Hallym University in South Korea, Subiaco Clinic in Australia, and Spain. Furthermore, he has completed a Robotic Joint Replacement Fellowship in the USA and served as a Deputy Arthroplasty Fellow at Apollo Hospitals in India. His field of expertise covers a wide spectrum of orthopaedic conditions. Dr. Nair is particularly skilled in treating rotator cuff injuries, Bankart repairs, shoulder SLAP lesions, ACL

reconstruction, cartilage surgery, joint replacement surgery, frozen shoulder physiotherapy, and shoulder replacement. He is also proficient in ligament reconstruction, managing shoulder pain, reverse shoulder arthroplasty, biceps tendinitis, shoulder injections, knee replacement, tennis elbow physiotherapy, and ligament injuries. For the same reason, he is considered to be the best arthroscopic surgeon in Bangalore. The fact that Dr. Nair is proficient in several languages, including English, Kannada, Tamil, Hindi, and Malayalam, allows him to interact with his varied patient groups efficiently. Dr. Nair has contributed to the medical community through his presentations, writings, and clinical practice. His research on tribological changes in the articular cartilage of a human femoral head with avascular necrosis has been published in the journal *Biointerphases*, highlighting his commitment to advancing medical knowledge. He has also co-authored an article on stress distribution in the superior labral complex and rotator cuff during in vivo shoulder motion, published in the *Journal of Arthroscopy*. Dr. Nair's expertise and dedication have earned him recognition in the medical community. He has presented talks at conferences and has shared his insights on advancements in treatment options for shoulder problems. His contributions have been featured in *Biospectrum*, *Hindustan Times*, and *The Hans India*. Patients who have gotten care from Dr. Ayyappan V. Nair commend him for his caring disposition, ability to accurately diagnose and treat their illnesses, and commitment to their general prosperity. Dr. Nair keeps on affecting his patients' lives by helping them recapture portability and bettering their satisfaction. He utilises his broad knowledge, thorough training, and great surgical abilities.

### **Fellowship & Membership**

- Fellowship In Shoulder & Elbow - Funabashi Orthopaedic Hospital, Japan.
- Fellow In Sports Trauma And Arthroscopy, Uoeh, Fukuoka,

Japan.

- Fellow In Shoulder And Sports Surgery (Hallym University- South Korea).
- Visiting Fellow Shoulder Surgery, (Subiaco Clinic- Australia).
- Fellowship Training In Arthroscopic Latarjet Surgery - Spain.
- Fellowship Training In Superior Capsular Reconstruction - Japan.
- Robotic Joint Replacement Fellowship, USA.
- Deputy Arthroplasty Fellow (Apollo Hospitals - India).
- ISAKOS Member.
- Indian Orthopaedic Association.
- Karnataka Orthopaedic Association.
- Kerala Orthopaedic Association.
- Bangalore Arthroscopy Club.
- Karnataka Arthroscopy Society.
- Kerala Arthroscopy Society.
- Shoulder and Elbow society India.
- Research Committee India.

### **Field of Expertise**

- Rotator Cuff Injury Treatment
- Bankart Repair
- Shoulder SLAP (Tear) Lesions
- ACL Reconstruction
- Cartilage Surgery
- Joint Replacement Surgery
- Frozen shoulder Physiotherapy
- Shoulder Replacement
- Ligament Reconstruction
- Shoulder Pain
- Reverse Shoulder Arthroplasty
- Biceps Tendinitis

- Shoulder Injection
- Knee Replacement
- Tennis elbow physiotherapy
- Ligament Injury
- Shoulder Arthritis & Types
- Shoulder Dislocation
- Bankart Lesion

### **Languages Spoken**

- English
- Kannada
- Tamil
- Hindi
- Malayalam

### **Awards & Achievements**

- Secretary - Shoulder Society of India

### **Talks & Publications**

- Article: Tribological changes in the articular cartilage of a human femoral head with avascular necrosis Eun-Min Seo, Suman K Shrestha, Cong-Truyen Duong, Ashish Ranjan Sharma, Tae-Woo Kim, Ayyappan V.Nair, Mark S Thompson, Myung Guk Cho, Sungchan Park, Kwanghoon Kim, Sang-Soo Lee, Seonghun Park Biointerphases 06/2015;10(2):8.DOI:10.1116/1.4919020·2.68 Impact Factor.
- Article: Stress Distribution in Superior Labral Complex and Rotator Cuff During In Vivo Shoulder Motion: A Finite Element

- Analysis Seong W. Jang, Yon-Sik Yoo, Hwang-Young Lee, Kim S. Yoon, Pranay K. Srivastava, Ayyappan V. Nair.
- Arthroscopy The Journal of Arthroscopic and Related Surgery 06/2015; DOI:10.1016/j.arthro.2015.04.082·3.19 Impact Factor.
  - Shoulder Dislocation - Dr. Ayyappan V Nair, Consultant - Shoulder Surgery, Sports Medicine and Arthroscopy, Manipal Hospital Jayanagar. [Click Here](#)
  - Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum. [Click Here](#)
  - Dr. H Sudarshan Ballal and Dr. Ayyappan V Nair on Manipal Hospital Whitefield organizes international conference on AI solutions for Shoulder Surgeries | The Hans India | Pharmabiz | Healthcare Radius. [Click Here](#)
  - Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum. [Click Here](#)
  - Dr. Ayyappan V Nair on Arthroscopic Synovectomy: Who needs it and why? | Hindustan Times. [Click Here](#)
  - Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. [Click Here](#)
  - Dr. Ayyappan V Nair on Swimmer's Shoulder: Causes, symptoms, treatment and prevention tips for shoulder impingement | Hindustan Times | Big Yack.com | B2B Chief | Daily Hunt. [Click Here](#)
  - Manipal Hospital Whitefield, Sarjapur and Jayanagar: Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. [Click Here](#)
  - Dr. Ayyappan V Nair on Barbie feet challenge: Tiptoe with caution | Happiest Health. [Click Here](#)
  - Dr. Ayyappan V Nair on Do you ride a two-wheeler regularly? Here's how you can avoid non-accidental injuries | Asianet

Newsable. [Click Here](#)

- Manipal Hospitals Whitefield, Sarjapur & Jayanagar: Dr. Ayyappan V Nair on Pain and stiffness in the shoulder? Unravel the mystery. [Click Here](#)
- Manipal Hospitals Whitefield: Dr. Ayyappan V Nair on Manipal Hospitals Whitefield Organizes 3rd Edition of Bangalore Shoulder Summit 2024 [Click Here](#)
- When the First Surgery Fails: Learn About Complex Revision Shoulder Replacement Surgeries. [Click Here](#)