

DR. ABHISHEK M.U

Associate Consultant – Orthopaedics

Qualification

M.B.B.S | M.S. (Orthopaedics)

Overview

Dr. Abhishek M.U. is a skilled orthopaedician in Malleshwaram, Bangalore, with dedicated clinical and operative expertise in joint replacement surgery, arthroscopy, sports medicine, complex trauma management, and deformity correction. He is currently practising as an Associate Consultant – Orthopaedics at Manipal Hospital Malleshwaram, where he delivers comprehensive, evidence-based musculoskeletal care. Recognised for his sound surgical judgement and thorough patient evaluations, Dr. Abhishek is regarded as one of the best orthopaedic doctors in Malleshwaram, Bangalore. Dr. Abhishek completed his MBBS from Mysore Medical College and Research Institute (MMCRI) in 2016. He then earned his MS in Orthopaedics from A.J. Institute of Medical Sciences, Mangalore, in 2021. Demonstrating a strong commitment to surgical refinement, he completed a Fellowship in Joint Replacement Surgery (FIJR) and a Fellowship in Arthroscopy and Sports Medicine (FASM) at Manipal Hospital Malleshwaram. He also completed a Fellowship in Advanced Trauma (Travelling) from the Sanjay Gandhi Institute of Trauma and Orthopaedics, Bengaluru, alongside completing the complete AO Trauma education pathway

comprising the Introductory, Basic Principles, Advanced Principles, and Master's Course in Lower Extremity fracture management. At Manipal Hospital Malleshwaram, Dr. Abhishek provides advanced surgical and conservative care across a wide spectrum of orthopaedic conditions. As a top sports injury specialist in Malleshwaram, Bangalore, his surgical repertoire encompasses total knee replacement (TKR), total hip replacement (THR), partial knee replacement (unicompartmental knee replacement), and hemiarthroplasty of the hip. In the field of sports injuries and joint preservation, he performs arthroscopic procedures for ACL, PCL, MCL, LCL, meniscal repairs in the knee, and rotator cuff repairs in the shoulder. His procedural expertise extends to foot and ankle surgery, paediatric trauma surgery, Ilizarov external fixation, limb reconstruction, deformity correction, spine surgery, and musculoskeletal oncology. An active clinical researcher and academician, Dr. Abhishek has authored numerous peer-reviewed publications across reputed indexed journals. His published work covers critical topics such as vancomycin autograft soaking in ACL reconstruction, rotator cuff ultrasound evaluation following humeral nailing, conservative versus surgical outcomes in spinal tuberculosis, and rare musculoskeletal tumours. He has served as faculty in the foot and ankle sessions at major conferences, including OASISCON 2023 and BOSCON 2024. Dr. Abhishek holds life memberships in the Karnataka Orthopaedic Association (KOA) and the Bangalore Orthopaedic Society (BOS). Fluent in English, Kannada, and Hindi, Dr. Abhishek combines procedural precision with an empathetic approach to patient care, ensuring clear diagnostic communication, personalised surgical planning, and structured postoperative rehabilitation.

Fellowship & Membership

- FIJR (Fellowship in Joint Replacement surgery)
- FASM(Fellowship in Arthroscopy and Sports Medicine)
- Karnataka Orthopaedic Association life member since 2023

- Bangalore Orthopaedic Society life member since 2026
- Karnataka Medical Council Licensing number KMC 118677 2017 onwards

Field of Expertise

- Hip and Knee Joint Replacement Surgery
- Total Knee Replacement
- Total Hip Replacement
- Partial Knee Replacement (Unicompartmental Knee Replacement)
- Hemi Replacement of Hip
- Arthroscopy and Sports Injury Surgery
- ACL, PCL, MCL, LCL and Meniscal Surgery in the Knee
- Rotator Cuff Surgery in the Shoulder
- Foot and Ankle Surgery
- Paediatric Trauma Surgery
- Ilizarov, Deformity Correction and Limb Reconstruction Surgery
- Spine Surgery
- Orthopaedic Oncology

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Delayed ARMD Secondary to Polyethylene Liner Wear in THA Presenting as a Haemorrhagic Trochanteric Pseudotumor

- A Dashboard-Type Mechanism Without a Dashboard: When a Seated Kicking Injury Causes Posterior Femoral Head Fracture-Dislocation J S R G Saran, Venkata Rishab, Rakshith P Uttam, Natasha Varghese Isaac, Ashok Kumar P, Abhishek M Umesh
- Ultrasound Evaluation of the Rotator Cuff after Osteosynthesis of Humeral Shaft Fractures with Interlocking Intramedullary Nail- A Prospective Interventional Study.
- J Clin of Diagn Res.2022; 16(8):RC01-RC05. DOI:10.7860/JCDR/2022/57007.16696
- A prospective study comparing the clinical outcomes of conservative and surgically treated spinal tuberculosis. International Journal of Health Sciences, 6(S10), 561–572. Click Here
- Outcome of anaerobic culture in postoperative osteomyelitis cases using Robertson's cooked meat broth - A prospective observational study. JCDR, VOL 13, ISSUE 07, 620-629. DOI: 10.31838/jcdr.2022.13.07.67
- A study on the outcome of autograft soaking of vancomycin for anterior cruciate ligament reconstruction surgeries.International Journal of Health Sciences, 6(S8), 1153–1164. Click Here
- Assessment of correlation between serum Vitamin D3 and Calcium levels with different types of proximal femoral fractures. JCDR 2022; 5,2034-2038. DOI: 10.31838/jcdr.2022.13.05.238
- An unusual case of osteoblastoma in shaft of fibula: Case report. Int J Orthop Sci 2021;7(2):01-04. DOI: 10.22271/ortho.2021.v7.i2a.2603
- Subungual osteochondroma: A case report. Int J Orthop Sci 2020;6(1):1333- 1335. DOI: 10.22271/ortho.2020.v6.i1r.2007