



## **DR. YOGESH KAMAT**

Consultant - Orthopaedics, Hip & Knee Joint Replacement Surgeon, Sports Injury

### **Qualification**

D. Ortho | FCPS (Ortho) | DNB (Ortho) | MS(Ortho) | FRCS (Ortho) | MD(Res)

### **Field of Expertise**

- Hip & Knee Joint Replacement, Sports Injury

### **Languages Spoken**

- Konkani
- English
- Hindi

### **Awards & Achievements**

- 2013 - Yellow Belt for leadership project, Royal Surrey Country Hospital
- 2007 - Special recognition prize for Orthopaedic - R&D department, Epsom & St. Helier University Hospitals NHS Trust
- 2003 - Gold Medal (1st rank) at D.Orth. examination among 322

candidates

- 2003 - 1st rank at MS(Orth) examination among candidates from K.E.M Hospital
- 2002 - Best resident in Orthopaedics ward, K.E.M. Hospital, Mumbai
- 1998 - 1st prize at state level competitive examination - Acworth Leprosy Hospital, Mumbai
- 1998 - Best Intern award at L.T.M. Hospital & Medical School
- 1997 - 3rd rank at 3rd MBBS; Distinctions in Surgery and Preventive & Social Medicine; 1st prize in Surgery; 1st prize in Psychiatry
- 1994 - 1st rank at MBBS & at L.T.M. Medical College, Slon, Mumbai; Distinctions (>75% scores) in Anatomy, Physiology and Biochemistry; 1st prize in Anatomy; 2nd prize in Physiology
- 1993 - 13th rank in Mumbai amongst > 50,000 students at A level equivalent board exams (HSC)
- 1991 - 11TH rank in Mumbai amongst > 80,000 students at GCSE equivalent board exams (SSC)
- 1990 - Second best speaker in Mumbai (inter-college level elocution)

## **Talks & Publications**

- Patient handling in India- evidence from a pilot study. Koshy N, Sriraman S, Kamat Y. J Family Med Prim Care 2020; 9: 1397-402.
- Avoid post operative bracing to reduce ACL rerupture rates. Naik A, Das B, Kamat Y. Eur J Orth Surg Traumatol. 2019; 29(8): 1743- 47.
- PRP injection in the knee: a review. Kamat Y, Patel N, Galea A, Ware H, Dowd G. Eur Orth & Traumatol. DOI 10.1007/s12570-014-0271-1. 12 Aug 2014.

- The eburnated bone- cement interface. Kamat Y, Crocombe A, Bradley N. Current Orth Practice 2014; 25(5): 484- 7.
- Total Knee Replacement in the obese patient: comparing computer assisted and conventional techniques. Sc World J; <http://dx.doi.org/10.1155/2014/272838>.
- Sharing the Load. Belgaumkar A, Foote J, Smallwood N, Fraser G, Kamat Y. Health Serv J 2013 Aug; 23; 123(6364): 28- 9.
- Computer Navigation of soft tissues in Total Knee Replacement. Kamat Y, Aurakzai K, Adhikari A. J Knee Surg 2013 Jun; 26(3): 145- 50.
- Acute soft tissue Knee Injuries in Adults. Kamat Y, Dowd G. GPOnline.com 2012 August: 19- 21.
- X-ray evaluation of failed unicompartmental knee replacement. Kamat Y, Bradley N. Ann R Coll Surg Eng 2012; 94(8): 601.
- Functional outcome after TKA using measured resection vs gap balancing techniques: a randomised contr study. Singh V, Varkey R, Trehan R, Kamat Y, Adhikari A. J Orth Surg 2012; 20(3): 344- 7.
- Computer navigation of soft tissues in total knee replacement: optimising knee kinematics. Kamat Y, Aurakzai K, Field R, Adhikari A. Current Orth Practice 2010; 21(6): 595- 599.
- Does computer navigation in TKA improve patient outcome at mid-term? Kamat Y, Aurakzai K, Matthews D, Kalairajah Y, Field R, Adhikari A. Int Orth 2009; 33(6): 1567- 70.
- Odontoid fracture with vertebral artery dissection. Kamat Y, Poduval M, Bhosale P. Bombay Hosp J 2005; 47(3): 266- 7.
- Quadriceps exercises. Sabnis S, Kamat Y, Dhawale A. Bombay Hosp J 2004; 46(4): 180- 1.
- Dr. Yogesh Kamat & Team on a successful 2 stage Hip replacement with fungal infection amidst Covid-19 covered in Malayalam online portals.[Click Here](#)
- THE RIGHT DOSE Series: Dr Yogeesh Kamat on "Sore joints? Get your posture in Line" in THE WEEK[Click Here](#)

- Dr. Yogeesh Kamat on Ten ways how obesity could affect joint health | Happiest Health. [Click Here](#)
- Dr. Yogeesh Kamat on Major health tips to increase the fitness of an athlete | Hindustan Times. [Click Here](#)
- Manipal Hospital, Mangalore: THE RIGHT DOSE Series: Dr Yogeesh D Kamat, "Surgical Sculptors - Crafting Mobility Masterpieces of Tomorrow" in THE WEEK. [Click Here](#)