

DR. YOGEESH KAMAT

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

Qualification

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

Overview

Dr. Yogeesh Kamath is an experienced Orthopaedic Consultant at KMC Hospital, Mangalore, with extensive expertise in diagnosing and treating a wide range of musculoskeletal conditions. With a strong academic background and international training, he is known for delivering advanced orthopaedic care with precision, compassion, and a patient-first approach. Dr. Yogeesh Kamath completed his MS in Orthopaedics from KEM Hospital, Mumbai, followed by a DNB in Orthopaedics from New Delhi. He further enhanced his clinical expertise with additional qualifications, including FCPS (Orthopaedics) from CPS, Mumbai. Expanding his global exposure, he earned the prestigious FRCS (Orthopaedics) from the Royal College of Surgeons, London, and also completed an MSc (Research) from St. George's, University of London. At KMC Hospital, Mangalore, Dr. Yogeesh Kamath plays a key role in the Department of Orthopaedics, focusing on the diagnosis, treatment, and management of bone, joint, and spine-related conditions. His areas of expertise include fracture management, joint disorders, trauma care, and advanced orthopaedic

procedures. With a comprehensive understanding of both surgical and non-surgical treatment approaches, he ensures personalised care tailored to each patient’s needs. With years of clinical experience and continuous academic involvement, Dr. Yogeesh Kamath combines evidence-based practices with the latest advancements in orthopaedic treatment. His international qualifications and research background enable him to bring global standards of care to his patients in Mangalore. Fluent in multiple languages including English, Hindi, German, Marathi, and Konkani, Dr. Yogeesh Kamath effectively communicates with patients from diverse backgrounds, ensuring clarity and comfort throughout the treatment journey. Known for his commitment to excellence and patient-centric care, Dr. Yogeesh Kamath is a trusted name for orthopaedic treatment in Mangalore. His focus on accurate diagnosis, advanced treatment techniques, and holistic recovery makes him a preferred choice for patients seeking expert orthopaedic care at KMC Hospital, Mangalore.

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 trechniques. 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 WEEKClick 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