



DR. MITHUN PAI

Consultant - Hand Surgery

Qualification

MBBS | MS Orthopaedics | FNB (Hand & Microsurgery) | EDHS

Overview

Dr Mithun is an experienced Hand and Microsurgeon currently practising as an Associate Professor in the Department of Orthopedics at KMC Mangalore. He pursued his medical degree, followed by a Master of Surgery (MS) in Orthopaedics from Kasturba Medical College, Mangalore. Further specialising his skills, he completed a postdoctoral Fellowship of the National Board (FNB) in Hand and Microsurgery from Ganga Hospital, Coimbatore. He has also completed the European Diploma of Hand Surgery (EDHS) from Helsinki, Finland. Dr Mithun has consistently advanced his surgical proficiency through several high-level certifications, including an International Travelling Fellowship with the British Society for Surgery of the Hand (BSSH) and advanced training in Microsurgery and Cadaveric Wrist Arthroscopy. Throughout his career, he has held key academic and clinical positions, serving as a Senior Resident and later as an Assistant and Associate Professor in the Department of Hand Surgery at KMC Manipal, before transitioning to his current role at KMC Mangalore. He is highly proficient in the diagnosis and management of a comprehensive range of complex conditions, including acute hand trauma requiring intricate tendon and

neurovascular reconstruction, and soft tissue reconstruction of the upper limb. His expertise extends to managing scaphoid fractures and non-union, complex distal radius fractures, and degenerative conditions such as Kienböck's disease. Furthermore, Dr Mithun specialises in treating adult and birth brachial plexus palsy and peripheral nerve compression neuropathies, including carpal and radial tunnel syndrome. He is also adept at managing congenital anomalies of the hand, upper limb tumours, and cerebral palsy-related upper limb involvement. Dedicated to advancing the field of hand surgery through extensive research, he has done several studies on congenital hand differences and contributed to normative data research under the Indian Society for Surgery of the Hand (ISSH) research wing, with numerous publications in indexed international and national journals.

Fellowship & Membership

- Microsurgery Observership at Ganga Hospital, Coimbatore, awarded by Canara Orthopaedics Society (R)
- International Travelling Fellowship British Society for Surgery of the Hand (BSSH)

Field of Expertise

- Acute hand trauma requiring tendon and neuro-vascular reconstruction.
- Scaphoid fractures and fracture non-union management
- Degenerative condition of the wrist, including Kienböck's disease (AVN)
- Complex distal radius fractures and fracture-dislocations of the wrist
- Adult and birth brachial plexus palsy
- Peripheral nerve compression neuropathies, including carpal

- and radial tunnel syndrome
- Congenital anomalies of the hand
- Upper limb tumours
- Cerebral palsy-related upper limb involvement
- Soft tissue reconstruction of the upper limb

Languages Spoken

- English
- Hindi
- Tulu
- Kannada

Awards & Achievements

- Did Microsurgery Advanced Skill training at Ganga Hospital, Coimbatore
- Did Cadaveric Wrist Arthroscopy Course 2022 at M.S Ramaiah, Bangalore

Talks & Publications

- Normative Data of Carpal Bone Measurements in the Sample Adult Indian Population, Indian Journal of Plastic Surgery, 2024
- Normative Data of Ulnar Length in Pediatric Indian Population, Indian Journal of Plastic Surgery, 2024
- Long-Term Functional and Radiological Results in Tonkin Type 3B Thumb Hypoplasia treated With Nonvascularized Toe Phalanx Transfer as an Alternative to Pollicization Journal of Hand Surgery (American Volume), 2024
- A Percutaneous Triple K-Wire Fixation Technique for Nascent

- Malunion of Proximal Interphalangeal Joint Fracture-Dislocation
Journal of Hand Surgery (American Volume), 2024
- Radial Longitudinal Deficiency: New Perspectives on an Enduring Challenge Annals of Plastic Surgery, 2024
 - An Algorithm for Management of Radial Longitudinal Deficiency
Journal of Hand Surgery (Asian-Pacific Volume), 2024
 - Modified percutaneous needle aponeurotomy for Dupuytren's disease: case series with functional outcome. Musculoskeletal Surgery, 2025
 - Role of five-fingered hand in type IIIB thumb hypoplasia- an Asia-Pacific perspective Journal of Hand and Microsurgery, 2025
 - Correlation of Radiographic and Arthroscopic Staging in Kienböck Disease: Impact on Treatment Decisions and Functional Outcomes Journal of Hand Surgery (Asian-Pacific Volume), 2025
 - Anatomical landmarks to define a safe zone for percutaneous K-wire fixation in acute perilunate dislocations with a diamond configuration. Journal of Orthopaedic Surgery (Hong Kong), 2025
 - Second floating metacarpal with a combination of Kaplan's dislocation and CMC dislocation with associated multiple carpometacarpal joint dislocation, BMJ Case Reports, 2025
 - Defining prerequisites for optimising outcomes of shoulder arthrodesis in post-traumatic brachial plexus palsy, European Journal of Orthopaedic Surgery & Traumatology, 2026