

DR. AJAY HEGDE

Consultant - Orthopaedics

Qualification

MBBS | MS

Overview

Dr. Ajay Hegde is a pioneering orthopaedic surgeon in Mysuru with over 29 years of clinical and surgical expertise in arthroplasty, paediatric orthopaedics, and complex spine surgery. He is currently practising as a Consultant – Orthopaedics at Manipal Hospital Mysuru, where he provides comprehensive, evidence-based surgical management for intricate musculoskeletal disorders and spinal conditions. Widely recognised among the best orthopaedic surgeons in Mysore, he is known for introducing groundbreaking surgical procedures to the region. Dr. Hegde earned his MBBS degree from JSS Medical College, University of Mysore, in 1991, followed by an MS in Orthopaedics in 1997 from the same institution. Committed to surgical mastery, he undertook specialised training in arthroplasty at Manipal Hospital, Bangalore, in 1997, and completed endoscopic spine surgery training in 1998. He underwent focused training in paediatric orthopaedics at JMRF, Mumbai, in 2001, and attained a Fellowship in Spine Surgery in Salt Lake City, USA, in 2002. His career includes extensive academic teaching and mentorship roles, having served as a Teaching Faculty member at JSS Medical College, Mysuru (1997–2007),

Associate Professor and Professor of Orthopaedics at SDM Medical College (2007–2011), and Guide for DNB Orthopaedics candidates at BM Hospital (2012–2015). Demonstrating professional leadership, he has also served as both Secretary and President of the Mysuru Orthopaedics Association. At Manipal Hospital Mysuru, Dr. Ajay Hegde delivers a comprehensive spectrum of reconstructive and corrective orthopaedic surgeries, having performed over 5,000 paediatric orthopaedic and spine procedures. As a top joint replacement and spine specialist in Mysuru, he is credited with performing Mysuru's first total hip arthroplasty in 1999, the first knee replacement in 2002, the first front-back scoliosis spine surgery, and the first endoscopic interlaminar disc surgery. A pioneer in navigational arthroplasty, his surgical repertoire covers elbow and shoulder arthroplasties, cervical and lumbar spine interventions, thoracoscopic debridement for spinal tuberculosis, and scoliosis correction. He possesses dedicated clinical expertise in cerebral palsy management, utilising tendon transfers, botox infiltration, and fractional releases to restore motor function, mobility, and quality of life. A founding member of the Karnataka Arthroscopic Society, Dr. Hegde has conducted numerous workshops and conferences in Mysuru on paediatric orthopaedics, spine surgery, and trauma. He has presented academic papers on topics such as congenital scoliosis and fenestration discectomy, and actively participated in advanced forums such as the Minimally Invasive Spine Surgery workshop. In his clinical practice, Dr. Hegde places strong emphasis on preventive strategies, early diagnosis, timely intervention, and thorough family counselling as integral components of patient care and rehabilitation which has earned him the trust of patients and peers alike as the best orthopaedic surgeon in Mysore. Outside medicine, he was an avid track-and-field athlete, participating in sprinting and javelin throw events during his college days. He was also a cricketer and bodybuilder, winning the title of Mr. JSS Medical College for three consecutive years, Mr. Mysuru in 1994, and finishing as runner-up in Mr. Karnataka and Karnataka Uday in 1995. He also

represented Karnataka at the Mr. India competition held in Darjeeling in 1995. Fluent in English, Kannada, Tulu and Hindi, Dr. Hegde combines operative precision with empathetic, patient-centred communication, ensuring families receive structured guidance, proactive preventive strategies, and comprehensive postoperative support.

Field of Expertise

- Over 20 Years of Experience.

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Manipal in a first of its kind in coastal Karnataka treats a Parkinson's Patient with Brain Stimulation garners media attention.Click Here