



DR. SREEJITH THAMPY J

Associate Consultant - Orthopaedics

Qualification

MBBS | MS(Ortho) | Dip.MSKIT(USA) | FASM(KOREA) | FIJR

Overview

Dr. Sreejith Thampy J is a distinguished orthopaedic specialist in Bangalore, currently practicing as a Consultant in Orthopaedics at Manipal Hospitals, Sarjapur Road. With over eight years of experience, he has developed profound expertise in advanced orthopaedic treatments. He holds an impressive array of qualifications, including an MBBS, MS in Orthopaedics, a Diploma in Musculoskeletal Injection Techniques from the USA, and specialized fellowships from South Korea. His extensive training and international exposure position him as a leading expert in his field. He is an expert shoulder & sports surgeon in Sarjapur. Dr. Thampy has completed multiple prestigious fellowships, reflecting his commitment to continuous learning and excellence. His expertise includes arthroscopic shoulder and knee surgery with a focus on sports injuries, utilizing minimally invasive techniques for faster recovery and better patient outcomes. His specialization in hip and knee replacement surgery enables him to handle complex joint arthroplasties, restoring mobility and improving quality of life. Additionally, his expertise in pediatric trauma care highlights his versatility in treating orthopaedic conditions across all

age groups. His vast education and training enable him to manage a wide range of orthopaedic conditions, particularly in shoulder and knee arthroscopy, sports injuries, hip and knee replacements, and advanced trauma care. His proficiency in primary care rheumatology and ultrasound-guided injections ensures precision-driven treatment for musculoskeletal disorders. Beyond clinical practice, Dr. Thampy is actively involved in research and academia, having authored five international and five national publications that contribute valuable insights to the orthopaedic community. His research focuses on scapulohumeral rhythm and shoulder kinematics, further enhancing his clinical expertise. His credentials include a Master's in Hip and Knee Arthroplasty from the MERIL Institute, certification in the BRISOL Hip Arthroplasty Course, AO Trauma certification in basic trauma care, a fellowship in trauma and arthroplasty at Sunshine Hospital, and certification in primary care rheumatology. Fluent in English, Kannada, and Hindi, Dr. Thampy ensures effective communication with his patients, making them feel comfortable and well-informed throughout their treatment journey. His dedication to excellence and patient-centered care makes him a valuable asset to the medical community and a trusted orthopaedic expert.

Fellowship & Membership

- Fellowship in arthroscopic shoulder, knee and sports injuries
- Fellowship in Shoulder arthroscopy
- Fellowship in Hip and Knee replacement
- Fellowship in Paediatric trauma
- Fellowship in Orthopaedic trauma

Field of Expertise

- Advanced Arthroscopic Shoulder Surgery

- Arthroscopic Knee Surgery and Sports Injuries
- Hip and Knee Arthroplasty
- Advanced Orthopedic Trauma
- Primary Care Rheumatology
- Ultrasound-Guided Injections for Musculoskeletal Disorder

Languages Spoken

- English
- Hindi
- Malayalam
- Kannada
- Tamil

Awards & Achievements

- Masters in Hip and Knee Arthroplasty (MERIL Institute)
- BRISOL Hip Arthroplasty course certified
- AO basic trauma
- Diploma in using guided musculoskeletal injection techniques(USA)
- Fellowship in Trauma under Dr. Tanna
- Fellowship in Paediatric trauma under Dr. Sandeep Patwardhan (Sancheti Hospital)
- Fellowship in Arthroplasty under Dr. Guruva Reddy (Sunshine Hospital)
- Certified in Primary care Rheumatology

Talks & Publications

- Nair AV, Thampy J S, Rambhojun M, Bharadwaj B, Khan PS.

- Anterior Approach to Retracted Anterosuperior Cuff Tear With Biceps Superior Capsular Reconstruction and Subscapularis Release and Repair With Transosseous Equivalent Double-Row Repair. *Arthrosc Tech.* 2024 May 27;103047.
- Nair AV, Thampy JS, Rambhojun M, Mohan PK, George J, Khan PS. Arthroscopic Fixation of Acute Large Bony Bankart with Suture-assisted Reduction and Screw Fixation – Surgical Technique. *Journal of Orthopaedic Case Reports* 2024 May, 14(05): 190-194.
 - V. Nair A, J. ST, Rambhojun M, Baburaj S, Khan PS. Short-term analysis of external rotation deficit following a combined arthroscopic bankart with remplissage and rotator interval closure for anteroinferior instability with subcritical bone loss. *Int J Res Orthop.* 2023 Dec 29;10(1):128–33.
 - J ST, Js N, Pv M, Reddy PK. Minimally invasive percutaneous plate osteosynthesis (MIPPO) in distal tibia fractures- retrospective functional and radiological outcome analysis among the rural population. *Int J Orthop Sci.* 2018 Apr 1;4(2i):596–600.
 - Thampy JS, Arun H S, Prabhu E, Hariprasad S | Study of Functional Outcome in Midshaft Clavicle Fracture Treated With Titanium Elastic Nailing System | *Journal of Karnataka Orthopaedic Association* | Jul 2020; 8(2): 5-10.
 - Thampy J S, H.S A, V S. Postero-Lateral Elbow Dislocation With Ipsilateral Radius And Ulna Fracture: A Case Report. *J Clin Biomed Sci.* 2018 Mar 15;08:27–9.
 - V Nair A, Rambhojun M, Thampy J S, Khan PS, K Mohan P. An all-arthroscopic suprapectoral double row technique of long head of biceps tenodesis using all suture anchors and maintaining inherent length and tension of the tendon - a comprehensive step-by-step technical note with illustrations. *Glob J Res Anal.* 2023 Nov 15;46–8.
 - Nair AV, Rambhojun M, Sreejith Thampy J, Khan PS.

“Arthroscopic technique for management of unusual cartilage defect in the shoulder with BMAC (Bone Marrow Aspiration Concentrate)- a case report". J Orthop Rep. 2024 Mar;3(1):100311.

- Shanthappa AH, Ethiraj P, Seenappa H, Thampy SJ, Salunkhe A. Diaphyseal fractures of the clavicle in adults, comparative study of LCP(Locking Compression Plate) versus intramedullary nailing with TENS (Titanium Elastic Nailing System). Int J Health Clin Res. 2021 Apr 14;4(7):20-4.