

DR. AYYAPPAN V NAIR (PROF)

Consultant - Shoulder Surgery Sports Medicine and Arthroscopy

Qualification

Prof Manipal University | DNB Ortho | D Ortho (Shoulder, Sports Medicine) | MBBS | Fellow in Shoulder Surgery | Fellowship - Shoulder and Sports Trauma

Overview

Dr. Ayyappan V Nair specialises in shoulder surgery, sports, trauma, and arthroscopy, and is a consultant at Manipal Hospitals, Sarjapur, considered the best orthopedician. His specialisation involves the entire spectrum of sports injuries, arthroscopy, and shoulder surgeries. He has collaborated with different football clubs and sports centres actively been part of the treatment of sports injuries of football players and actively contributed to the Karnataka Football Association. His main area of specialisation is advanced shoulder surgery. Dr. Nair trained and treated the entire spectrum of shoulder and sports-related injuries including extremely advanced procedures like superior capsular reconstruction, arthroscopic latarjet, shoulder replacement, and dynamic anterior stabilisation. He was invited to the prestigious shoulder lecture of the Korean Orthopaedic Association in 2017. Dr. Nair a faculty in most of the shoulder conferences in India and abroad. Dr. Nair has extensively trained in shoulder surgery and joint replacement in - Japan, Australia, Belgium, and South Korea. Previously I was part of the prestigious Department is Shoulder Surgery at Amrita

Institute. He was one of the first surgeons from India to be trained in Robotic joint replacement, at the Stryker Institute, USA. Dr. Ayyappan V Nair continues to be involved in clinical research with the most recent publication in the prestigious Journal of Arthroscopy. Dr. Ayyappan V Nair has organised several conferences including the AMRITA TRAUMACON-2013,2014, 2015, AMRITA SHOULDERCON 2014, and the first MANIPAL INTERNATIONAL SHOULDER- 2022 CONFERENCE. Dr. Nair has given lectures and live surgeries at several national conferences in India. He is a keen supporter of teaching and postgraduate training. Dr. Ayyappan regularly conducts training programs for orthopaedic surgeons in shoulder surgery and has fellowship programs at our hospital.

Fellowship & Membership

- Fellowship In Shoulder & Elbow – Funabashi Orthopaedic Hospital, Japan.
- Fellow In Sports Trauma And Arthroscopy, Uoeh, Fukuoka, Japan.
- Fellow In Shoulder And Sports Surgery (Hallym University- South Korea).
- Visiting Fellow Shoulder Surgery, (Subiaco Clinic- Australia).
- Fellowship Training In Arthroscopic Latarjet Surgery - Spain.
- Fellowship Training In Superior Capsular Reconstruction - Japan.
- Robotic Joint Replacement Fellowship, USA.
- Deputy Arthroplasty Fellow (Apollo Hospitals - India).
- ISAKOS Member.
- Indian Orthopaedic Association.
- Karnataka Orthopaedic Association.
- Kerala Orthopaedic Association.
- Bangalore Arthroscopy Club.
- Karnataka Arthroscopy Society.
- Kerala Arthroscopy Society.

- Shoulder and Elbow society India.
- Research Committee India.

Field of Expertise

- Rotator Cuff Injury Treatment
- Bankart Repair
- Shoulder SLAP (Tear) Lesions
- ACL Reconstruction
- Cartilage Surgery
- Joint Replacement Surgery
- Frozen shoulder Physiotherapy
- Shoulder Replacement
- Ligament Reconstruction
- Shoulder Pain
- Reverse Shoulder Arthroplasty
- Biceps Tendinitis
- Shoulder Injection
- Knee Replacement
- Tennis elbow physiotherapy
- Ligament Injury
- Shoulder Arthritis & Types
- Shoulder Dislocation
- Bankart Lesion

Languages Spoken

- English
- Kannada
- Tamil
- Hindi
- Malayalam

Awards & Achievements

- Secretary - Shoulder Society of India

Talks & Publications

- Article: Tribological changes in the articular cartilage of a human femoral head with avascular necrosis Eun-Min Seo, Suman K Shrestha, Cong-Truyen Duong, Ashish Ranjan Sharma, Tae-Woo Kim, Ayyappan V.Nair, Mark S Thompson, Myung Guk Cho, Sungchan Park, Kwanghoon Kim, Sang-Soo Lee, Seonghun Park Biointerphases 06/2015;10(2):8.DOI:10.1116/1.4919020·2.68 Impact Factor.
- Article: Stress Distribution in Superior Labral Complex and Rotator Cuff During In Vivo Shoulder Motion: A Finite Element Analysis Seong W. Jang, Yon-Sik Yoo, Hwang-Young Lee, Kim S. Yoon, Pranay K. Srivastava, Ayyappan V. Nair.
- Arthroscopy The Journal of Arthroscopic and Related Surgery06/2015; DOI:10.1016/j.arthro.2015.04.082·3.19 Impact Factor.
- Shoulder Dislocation - Dr. Ayyapan V Nair, Consultant - Shoulder Surgery, Sports Medicine and Arthroscopy, Manipal Hospital Jayanagar.Click Here
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.Click Here
- Dr. H Sudarshan Ballal and Dr. Ayyappan V Nair on Manipal Hospital Whitefield organizes international conference on AI solutions for Shoulder Surgeries | The Hans India | Pharmabiz | Healthcare Radius.Click Here
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.Click Here
- Dr. Ayyappan V Nair on Arthroscopic Synovectomy: Who needs

it and why? | Hindustan Times. Click Here

- Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. Click Here
- Dr. Ayyappan V Nair on Swimmer's Shoulder: Causes, symptoms, treatment and prevention tips for shoulder impingement | Hindustan Times | Big Yack.com | B2B Chief | Daily Hunt. Click Here
- Manipal Hospital Whitefield, Sarjapur and Jayanagar: Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. Click Here
- Dr. Ayyappan V Nair on Barbie feet challenge: Tiptoe with caution | Happiest Health. Click Here
- Dr. Ayyappan V Nair on Do you ride a two-wheeler regularly? Here's how you can avoid non-accidental injuries | Asianet Newsable. Click Here
- Manipal Hospitals Whitefield, Sarjapur & Jayanagar: Dr. Ayyappan V Nair on Pain and stiffness in the shoulder? Unravel the mystery.Click Here
- Manipal Hospitals Whitefield: Dr. Ayyappan V Nair on Manipal Hospitals Whitefield Organizes 3rd Edition of Bangalore Shoulder Summit 2024Click Here
- When the First Surgery Fails: Learn About Complex Revision Shoulder Replacement Surgeries. Click Here