

DR. NIHAL R RAI

Associate Consultant - Orthopedic surgeon

Qualification

MBBS | MS Orthopeadic Surgery

Overview

Dr. Nihal R. Rai is an experienced orthopaedic surgery specialist in Bangalore. He is currently practising as a Senior Consultant - Orthopaedic Surgery at Manipal Hospital Varthur Road, Bangalore. With extensive expertise in joint replacement, traumatology, and pelvic-acetabular surgery, Dr. Nihal delivers advanced orthopaedic care tailored to each patient’s needs. His meticulous approach and cutting-edge surgical techniques ensure optimal outcomes for patients with musculoskeletal conditions. Passionate about continuous learning, he actively incorporates the latest advancements in orthopaedic surgery to enhance patient recovery and mobility. Dr. Nihal’s academic foundation is rooted in excellence. He completed his MBBS from K.S. Hegde Medical College, Mangalore, followed by an MS in Orthopedics from Yenepoya Medical College. To refine his expertise, he pursued an Arthroplasty Fellowship under the esteemed guidance of the Indian Arthroplasty Association, focusing on advanced joint replacement techniques. Additionally, he completed a specialised fellowship in Limb Reconstruction and Trauma, gaining significant hands-on experience in complex fracture management and post-traumatic deformity

correction. Dr. Nihal specialises in total knee and hip replacements, complex trauma surgeries, and pelvic-acetabular reconstructions. His proficiency in minimally invasive techniques ensures faster recovery, reduced post-operative pain, and improved joint function. His approach is patient-centred, emphasising comprehensive preoperative assessment, precise surgical execution, and structured rehabilitation to help individuals regain mobility and lead pain-free lives. A strong advocate for research-driven practice, Dr. Nihal has contributed to orthopaedic advancements through multiple scientific papers and conference presentations. His research spans the functional outcomes of total knee arthroplasty, advanced fixation methods for proximal humerus fractures, and innovative approaches to intra-articular calcaneal fractures. His active participation in national and international orthopaedic conferences allows him to stay at the forefront of evolving surgical techniques and treatment modalities. Dr. Nihal is highly skilled in managing complex fractures, polytrauma cases, and joint preservation surgeries. His expertise in pelvic-acetabular trauma surgeries makes him a sought-after specialist for treating severe pelvic fractures and hip dislocations, ensuring patients receive precise and effective interventions. His keen interest in arthroplasty drives his commitment to improving joint replacement techniques, offering patients long-lasting solutions for degenerative joint conditions. With a strong focus on patient education, Dr. Nihal believes in empowering individuals with knowledge about their orthopaedic health. He takes the time to explain diagnoses, treatment options, and recovery protocols, ensuring patients feel confident in their care journey. His compassionate and methodical approach fosters trust, making him a preferred orthopaedic surgeon for individuals seeking expert care. Dr. Nihal actively participates in continuing medical education programs and has completed multiple AO trauma courses, enhancing his expertise in fracture fixation and reconstructive surgery. His dedication to mastering advanced orthopaedic procedures enables him to provide the highest standards of care, ensuring each

patient receives the best possible treatment outcomes. Dr. Nihal, fluent in English, Kannada, and Hindi ensures seamless communication with patients from diverse backgrounds, fostering a comfortable and reassuring clinical experience.

Fellowship & Membership

- Fellowship in Trauma (MGR UNIVERSITY)Ganga Hospital Coimbatore
- Fellowship in arthroplasty from IAA(Indian association of arthroplasty)
- Active member of IOA,KOA, Indian Arthroplasty Association, Indian Arthroscopy Association

Field of Expertise

- Trauma
- Arthroplasty
- Arthroscopy

Languages Spoken

- Kannada
- English
- Hindi
- Tulu

Talks & Publications

- Faculty in orthopedic national conference for workshop in trauma December 2024

- Recent Publication -Post Surgical functional Assessment following Three different types of surgical repair in type 3 or type 4 acromioclavicular joint disruption in indexed journal 2024