

DR. ANANTHA PADMANABAN

Consultant - Pain Medicine

Qualification

MBBS | DA | FRCA | FFPMRCA

Overview

Dr. Anantha Padmanaban Balasubramaniam is an accomplished pain medicine specialist in Whitefield. He is currently practising as a Consultant – Pain Medicine at Manipal Hospital Whitefield, bringing over 25+ years of overall experience and more than 15 years of dedicated expertise in chronic pain management in the UK and India. His clinical work spans the full spectrum of acute and chronic pain conditions, including spinal pain syndromes such as disc prolapse, sciatica, facet and sacroiliac joint pain, cervical spondylosis, and coccydynia. He routinely manages joint and musculoskeletal pain involving the shoulder, knee, hip, and foot, along with sports and overuse conditions such as tendinitis, plantar fasciitis, and tenosynovitis. His practice also includes postoperative pain states, failed back surgery syndrome, scar-related pain, and nerve entrapment syndromes. Dr. Anantha Padmanaban completed his MBBS from Govt. Mohan Kumaramangalam Medical College (1996), followed by a Diploma in Anaesthesia (DA) from Stanley Medical College (2000). He then went on to receive specialist training through a DNB - Anaesthesia from Madras Medical College (2001). He holds the FRCA from the Royal

College of Anaesthetists, FFPMRCA from the Faculty of Pain Medicine, and CCT in Anaesthetics, reflecting comprehensive training across anaesthesia and pain medicine in the UK. His international clinical background includes consultant-level practice in multiple NHS hospitals, where he worked within multidisciplinary pain clinics, supported acute and perioperative pain services, and contributed to clinical governance and service development. Dr. Anantha's current practice involves running independent outpatient pain clinics, managing inpatient referrals across specialties, and providing emergency pain support. His daily work covers musculoskeletal, neuropathic, cancer-related, and post-surgical pain syndromes. A significant component of his role involves interventional pain procedures, ultrasound and fluoroscopy-guided procedures, including epidural injections, radiofrequency denervation, sympathetic blocks, joint interventions, and peripheral nerve blocks. His care model combines procedural interventions with structured medication planning, expectation management, and long-term follow-up strategies, making him one of the best pain medicine specialists in Whitefield. Beyond direct clinical work, Dr. Anantha Padmanaban has been closely involved in developing and sustaining structured pain services in hospital environments. His responsibilities have included protocol development, outcome audits, and implementation of safety and quality systems such as the WHO surgical safety checklist. These roles reflect a continued emphasis on consistency of care delivery, patient safety, and service efficiency. As one of the best pain medicine and anaesthesia specialists in Whitefield, Dr. Anantha Padmanaban's practice centres on interventional pain pathways, cancer and palliative pain support, emergency pain management, and multidisciplinary coordination with orthopaedics, oncology, neurology, and rehabilitation teams. Moreover, he speaks English, Tamil, and Telugu, enabling clear communication with patients from diverse linguistic backgrounds.

Fellowship & Membership

- FRCA, Royal College of Anaesthetists, UK
- FFPMRCA, Fellowship of Faculty of RCA, UK
- Pain Fellowship, National Refractory Angina Centre, Liverpool, UK
- Pain Fellowship, Walton Neuro Centre, Liverpool, UK

Field of Expertise

- Back and leg pain (Disc prolapse, Sciatica, Sacroiliac joint pain, Facet joint and other Spine pain including coccydynia)
- Neck Pain (Cervical Spondylosis, Muscle Pain)
- Various muscle pains (shoulders, back and legs),
- Arthritis of various joints
- Foot Pain (Plantar fascitis, Calcaneal spur, Tendon injuries)
- Shoulder pain (bursitis, Frozen shoulder, AC joint pain, tendinitis, Muscle pain), Tenosynovitis of various regions,
- Postoperative pains (Scar pain, Failed back surgery syndromes)
- Chest pain (Costochondritis, Intercostal neuralgias, Postherpetic neuralgia, Refractory angina)
- Abdominal Pain (Visceral organ pain, Scar pain), Cancer Pain (Nerve compression, Bone Pain, Pancreas pain)
- Carpal tunnel, Dequerveins Tenosynovitis
- Complex regional pain syndrome
- Tennis Elbow, Knee pain and other joint pains
- FIBROMYALGIA- A complex muscular pain
- Pelvic pain due to endometriosis, Vulval pain, Pudendal neuralgias etc
- Scar pains and nerve entrapment syndromes
- NEUROLOGICAL
- Headaches and Facial Pains, Sciatica, Nerve entrapment

syndromes, different types of neuralgias, Neuropathy due to Chemotherapy/ Radiotherapy

Languages Spoken

- English
- Tamil
- Telugu

Talks & Publications

- Chronic Refractory angina, Book Chapter, Textbook of Pain Management, 2013.