

DR. SHISHIR M. M

Specialist - Sports Medicine

Qualification

MBBS | MD - Sports Medicine

Overview

Dr. Shishir Mysore is an accomplished sports physician in Whitefield, Bangalore, currently practising as a Specialist - Sports Medicine at Manipal Hospital Whitefield, bringing together clinical excellence, advanced sports science, and on-field medical expertise to deliver comprehensive care for athletes and physically active individuals. Dr. Shishir holds an MBBS degree and is a Gold Medalist in MD - Sports Medicine. He is part of the renowned Manipal Sports Medicine team, where he specialises in sports injury prevention, athlete rehabilitation, performance enhancement, and medical support for competitive and recreational sportspersons alike. With years of experience across high-performance and grassroots levels, Dr. Shishir has built a distinguished reputation as a physician who can seamlessly transition between clinical practice and the high-pressure environment of professional sports. He has provided pitch-side medical coverage and emergency response leadership for several elite sporting events, including multiple seasons of the Hero Indian Super League with Chennaiyin FC, the SDAT Asian Triathlon Cup, and the National Rowing Championships, in addition to numerous national and international football, hockey,

rowing, and triathlon events. His ability to make rapid, precise clinical decisions in high-stakes situations has earned him recognition and awards, underscoring his dedication to athlete safety and well-being. Dr. Shishir offers a comprehensive suite of sports medicine services, ranging from injury screening and diagnosis to structured rehabilitation and return-to-play clearance. His work involves sports injury risk assessments, pre-competition medical evaluations (PCMA), biomechanical analysis, and customised training prescriptions designed to optimise performance while reducing re-injury risk. Whether helping an elite footballer return to competition or guiding a recreational athlete through rehabilitation, he tailors his approach to the specific demands of the sport and the needs of the individual. One of Dr. Shishir's key interests lies in the biomechanics of sports injuries. He has undergone specialised training at the Singapore Sports Institute in 3D motion analysis, which he integrates into clinical practice for athlete movement analysis, performance profiling, and injury prevention strategies. This expertise allows him to go beyond treating injuries reactively, enabling him to identify risk factors in movement patterns and correct them before they translate into performance limitations or injuries. His recent publication, "A Biomechanical Study of Drag Flick and Hit in Indian Field Hockey: Implications on Lumbar Spine and Hip Injury" in the Journal of Orthopaedic Reports (2025), is a pioneering contribution to understanding overuse injuries in hockey players. He has also presented his work at several prestigious platforms, including the Asian Federation of Sports Medicine Congress, the World Congress of Science and Medicine in Cricket, and the Sports Medicine Australia Conference, where his insights on injury patterns, biomechanics, and rehabilitation strategies have been well-received. As a former athlete himself, Dr. Shishir brings a unique understanding of the physical and psychological demands of competitive sport. This background shapes his patient care philosophy, where he integrates evidence-based medicine with empathy and a practical understanding of athlete life. His certification in ATLS, BLS, and ACLS ensures he is

always prepared to manage acute emergencies both on and off the field, while his work in return-to-play assessments reflects his ability to balance medical safety with performance goals.

Field of Expertise

- Sports injury diagnosis and rehabilitation planning
- On-field & pitch-side emergency care in sports
- Scientific training and conditioning prescription
- Pre-Competition Medical Assessment (PCMA)
- Fitness and Performance profiling
- Return-to-play assessment and clearance
- Sports science applications in athlete monitoring

Languages Spoken

- English
- Kannada
- Hindi
- Tamil

Awards & Achievements

- Gold Medalist - MD Sports Medicine

Talks & Publications

- Publication – A Biomechanical Study of Drag Flick and Hit in Indian Field Hockey: Implications on Lumbar Spine and Hip Injury, Journal of Orthopaedic Reports, 2025. DOI: 10.1016/j.jorep.2025.100751

- Guest Speaker – University of MARA, Malaysia – delivered a lecture on advancements in sports injury prevention and rehabilitation.
- Speaker – Asian Federation of Sports Medicine Congress (AFSM) – presented on Overuse Injuries in Indian Field Hockey Players.
- Speaker – Sports Medicine Australia Conference (SMA) – presented research on Biomechanical Analysis of Drag Flick and Hit in Indian Field Hockey.
- Speaker – World Congress of Science and Medicine in Cricket (WCSMC) – presented on Clinical and Functional Outcomes Following Arthroscopic-Assisted Mini-Open MPFL Reconstruction in Young Cricketers.