

**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 is the best shoulder surgeon and sports medicine expert in Whitefield, currently practising at Manipal Hospital Whitefield as a Consultant - Shoulder Surgery, Sports Medicine and Arthroscopy. He is also the current Secretary of the Shoulder and Elbow Society of India. He has more than 20+ years of experience in his field. He is proficient in complex and rare surgical scenarios, especially shoulder surgeries like complex shoulder replacement, advanced shoulder surgeries like arthroscopic Latarjet, dynamic anterior stabilisation, muscle advancement surgery and muscle transfers. He is also known for his skill set in knee arthroscopy, hip arthroscopy, ankle arthroscopy and wrist arthroscopy, making him one of the best shoulder surgeons in Whitefield, Bangalore. Dr. Ayyappan Nair holds degrees in DNB Ortho, D. Ortho (Shoulder, Sports Medicine), and Fellowships in Shoulder Surgery, Sports Trauma, and Arthroscopy. He imbibed his skills from rigorous training and working under highly prestigious and landmark figures in Shoulder surgery, including Dr. Yoo Yon Sik, Dr. J.C. Yoo, Dr. Hiroyuki Sugaya, Dr. Emilio Calvo, Dr. T. Mihata, Dr. Pascal

Boileau, and Dr. Shoshi Uchida. Dr. Ayyappan has pioneered bringing many complex and necessary surgeries to India, which has immensely helped in shaping the future of shoulder surgeries in the country. He is known for extremely precise diagnosis, meticulous surgeries, postoperative care and management. Dr. Ayyappan keeps up with the latest advancements by consistently attending leading conferences around the world, participating in workshops, and live cadaveric surgical training. He also actively trains budding surgeons and is avidly involved in academic and research activities. Throughout his career, he has delivered over 350+ lectures at major shoulder conferences in India and abroad and has more than 45+ publications to his name, reflecting his continued contribution to education, research, and the advancement of shoulder surgery. Dr. Ayyappan has extensive experience in treating a wide range of orthopaedic and sports-related conditions, including rotator cuff injuries, Bankart lesions and shoulder instability, shoulder injuries, and ligament injuries. He is an expert in arthroscopic procedures and has extensive experience performing minimally invasive arthroscopic surgeries of the shoulder, knee, hip, ankle, and wrist. His surgical expertise includes Bankart surgery, ACL reconstruction, cartilage repair, shoulder, knee, and other joint replacement surgeries, reverse shoulder replacement, and ligament reconstruction. He also specialises in advanced shoulder procedures such as Screwless Cortical Button Latarjet and Muscle Advancement Surgery, which can help avoid muscle replacement procedures in certain cases. His successful career is reflected in his memberships in several respected scientific bodies in India, including Shoulder and Elbow Society India (Secretary), The International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, Indian Orthopaedic Association, etc. Besides his technical abilities, Dr. Nair is equally acknowledged for his compassionate care towards his patients. He understands that surgery or any medical procedure can be a daunting experience for patients and devotes time to addressing their worries and anxieties. He makes sure his patients get a complete

picture of their ailment and are aware of all possible treatment modalities. Dr. Nair also strongly believes in prioritising conservative treatment wherever possible, with the aim of achieving maximum benefit while preserving the patient's natural joint. He considers surgery to be only 5% of the treatment. The surgery, which is completed in a day, addresses only the physical problem within the shoulder, while the remaining 95% of recovery and regaining shoulder function depends on the patient's commitment to physiotherapy and rehabilitation. Dr. Nair is fluent in more than one language, including Kannada, Hindi, English, Tamil, and Malayalam. This linguistic capability enables him to communicate efficiently with a diverse patient population from distinctive backgrounds and cultures.

### 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