



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 a highly famous shoulder surgeon in Whitefield and a Sports Medicine Consultant in Bangalore with more than 12 years of relevant experience in his field. He is considered one of the exceptional Physicians in Bangalore and is presently employed as a consultant of Shoulder Surgery, Sports Medicine, and Arthroscopy with Manipal Hospitals, Whitefield, Bengaluru. The doctor holds degrees MBBS, DNB Ortho, D Ortho (Shoulder, Sports Medicine), and fellowships in Shoulder Surgery, Sports Trauma, and Arthroscopy; he has effectively and accurately handled many challenging situations in his long professional life and is considered one of Bangalore's top surgeon. Dr. Ayyappan is an esteemed Shoulder Surgery specialist with vast experience and information in his subject. One of Dr. Ayyappan's distinguished traits is his priority for precise diagnoses and compassionate care of his patients. He is understood to handle harsh medical conditions easily and is considered a trusted doctor within the fraternity. His capability to connect to his patients personally and apprehend their issues and anxieties makes him a comfortable figure

among them. Dr. Ayyappan has experience treating rotator cuff injuries, Repair by Bankart, Lesions in the shoulders, ACL Replacement, Surgery for cartilage, Replaces joints Surgery, Cold shoulder Physiotherapy, Replacement Shoulder, Reconstruction of Ligaments, shoulders hurt, Reverse shoulder replacement surgery, Shoulder injection for biceps tendinitis, replacement knee, and Ligament injury physiotherapy for tennis elbow. Dr. Nair is the best shoulder surgeon in Whitefield, Bangalore. The doctor's successful career is similarly glaring using his memberships in several respected scientific bodies in India. The doctor fellowship includes Training In Arthroscopic Latarjet Surgery in Spain, Shoulder And Sports Surgery in South Korea, Deputy Arthroplasty Fellow of Apollo Hospitals in India, Shoulder and elbow Funabashi Orthopaedic Hospital in Japan, Robotic Joint Replacement Fellowship in the USA, and he is a Visiting Fellow for Shoulder Surgery of Subiaco Clinic in Australia. Besides his technical abilities, Dr. Ayyappan V Nair is likewise acknowledged for his compassionate care towards his patients. He knows that surgery or any medical procedure can be a daunting experience for patients. Hence, the doctor devotes the time to dealing with their worries and anxieties. Patients whom Dr. Ayyappan could treat have recommended him for his great compassion, empathy, and genuine commitment to treating patients. In addition to his technical skills and compassionate care, 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 populace from distinctive backgrounds and cultures. Dr. Ayyappan's talks and publications include 'Advancements in the treatment options for shoulder problems; Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope?; Stress Distribution in Superior Labral Complex and Rotator Cuff During In Vivo Shoulder Motion; and talked about Shoulder Dislocation. He also, with his fellow physician, organized an international conference on AI solutions for Shoulder Surgeries.

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 Surgery 06/2015; 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 2024 [Click Here](#)