

DR. TARUN BALI

Consultant - Orthopaedics Surgeon

Qualification

MBBS | MS Orthopaedics | Fellowships in Arthroplasty & Sports Medicine | SICOT Fellow

Overview

Dr. Tarun Bali is an experienced orthopaedic surgeon in Bangalore, with over 15 years of clinical experience in managing complex trauma, joint replacement, and sports-related injuries. He is currently practising as a Consultant – Orthopaedics at Manipal Hospital Yelahanka, Bangalore, with specialised training in arthroplasty, arthroscopy, and sports medicine. His clinical expertise includes complex fracture management, hip, knee, and shoulder replacement surgery, and arthroscopic reconstruction. With his extensive surgical training and experience in managing musculoskeletal conditions, he is recognised as one of the best orthopaedic specialists in Yelahanka, Bangalore. Dr. Bali completed his MBBS from Sri Devaraj Urs Medical College, Kolar, in 2005, followed by an MS in Orthopaedics from Bangalore Medical College. He subsequently pursued advanced fellowships in arthroscopy and sports medicine through Arthrex, USA, and arthroplasty (DePuy, USA) at HOSMAT Hospital, Bangalore. He further enhanced his expertise through a SICOT Fellowship in Revision Arthroplasty in Belgium. His additional qualifications include EULAR Certification in Rheumatology, reflecting his commitment to continuing professional

development and evidence-based orthopaedic care. Throughout his career, Dr. Bali has developed expertise in trauma surgery, complex fracture management, and joint replacement procedures involving the hip, knee, and shoulder. His arthroscopic expertise includes anterior cruciate ligament (ACL) and posterior cruciate ligament (PCL) reconstruction, meniscus repair, Bankart repair, rotator cuff repair, and subacromial decompression. He also manages complex cases requiring primary and revision arthroplasty, tailoring treatment approaches to individual patient needs and functional goals. Beyond clinical practice, Dr. Bali has contributed to healthcare quality and patient safety through his work as a National Accreditation Board for Hospitals and Healthcare Providers (NABH) assessor under the Quality Council of India. In this role, he has evaluated more than 200 hospitals across India. His experience in healthcare quality assessment complements his clinical work, reinforcing the importance of safety protocols, quality standards, and structured approaches to patient care. Dr. Bali is also actively involved in orthopaedic research and academic contributions. His publications cover areas such as ACL reconstruction outcomes in older patients, lumbar spine biomechanics, bacterial culture and antibiotic use in open fractures, soft tissue reconstruction following tibial fractures, and wound healing approaches in orthopaedic trauma. Through his research and conference presentations, he contributes to the wider exchange of clinical knowledge and advances in orthopaedic practice. His professional interests include trauma surgery, complex fracture management, hip and knee replacement, shoulder arthroplasty, sports injuries, and minimally invasive arthroscopic procedures. His international fellowship training and research experience support his approach to managing a broad spectrum of orthopaedic conditions, from acute injuries to degenerative joint disorders requiring surgical intervention. Dr. Bali can communicate in English, Kannada, Hindi, Urdu, and Punjabi, enabling him to interact with patients from diverse linguistic backgrounds. At Manipal Hospital Yelahanka, Bangalore, he combines specialised surgical training,

clinical experience, and a focus on functional recovery to support patients with musculoskeletal conditions. His expertise in joint replacement, sports medicine, and complex trauma makes him a suitable choice for patients seeking one of the best orthopaedic specialists in Yelahanka, Bangalore.

Fellowship & Membership

- EULAR Certification Course in Rheumatology – Vienna, Austria (2023).
- SICOT Fellowship in Revision Arthroplasty – Belgium (2015).
- Fellowship in Arthroplasty (Depuy, USA) – HOSMAT Hospital, Bangalore (2014).
- Fellowship in Arthroscopy & Sports Medicine (Arthrex, USA) – HOSMAT Hospital, Bangalore (2013).

Field of Expertise

- Trauma Surgery & Complex Fracture Management.
- Hip, Knee & Shoulder Arthroplasty.
- Arthroscopic knee and shoulder reconstruction – ACL, PCL, meniscus, Bankart repair, SAD, RC repair.

Languages Spoken

- English
- Hindi
- Kannada
- Urdu
- Punjabi

Awards & Achievements

- Ranked 7th nationally among 200,000 applicants in the Orthopaedics PG entrance exam (2008).
- Integrated international fellowship learnings into Indian surgical practice.

Talks & Publications

- Bali, T., Nagraj, R et al. Outcomes of the patellar tendon and hamstring graft anterior cruciate ligament reconstructions in patients aged above 50 years. IJOO 49, 615–619 (2015).
- Relative Contribution of Upper and Lower Lumbar Spinal Segments to Flexion/Extension: Comparison between Normal Spines and Spines with Disc Disease in Asian Patients. Asian Spine J. 2015; 9(5):770-775.
- To evaluate the role of bacterial culture and prophylactic antibiotics in the management of open fracture wounds. Int. J. Orthod. Sci., 2021; 7(1): 465-467.
- Study to evaluate the outcome of soft tissue reconstruction in the case of open tibia fractures. Int. J. Orthod. Sci., 2021; 7(1): 468-471.
- Efficacy of modified vacuum–assisted dressing versus conventional betadine dressing in wound healing of open fractures. JCOT, 2024; Vol 51:102385.
- Bali T, Garg B, Raghavendran R. A Prospective, Multicentric, Open-label and Post-Marketing Clinical Follow-up Study to Monitor the Safety and Performance of Light Cured Limb Orthosis - F.