

MR. D. MALLIKARJUN RAO

Consultant - Podiatry & Pedorthics

Qualification

BA | PG Diploma in Advanced Footwear Technology | Certificate in Podiatry

Overview

Mr. D. Mallikarjun Rao is a senior podiatrist in Yelahanka. He is currently practising as a Consultant - Podiatry & Pedorthics at Manipal Hospital, Yelahanka, bringing over 25 years of focused expertise in diabetic foot care, customised therapeutic footwear, and structured off-loading techniques for high-risk feet. Trained in Podiatry at Lancashire Teaching Hospital NHS, UK, Mr. Rao has built his clinical foundation on systematic diabetic foot assessment and preventive care. He also holds certification in Orthotics and Prosthetics from SCHIEFFELIN, Karigiri (American Leprosy Mission), and additional certification in Podiatry from AIMS, Cochin. His academic pathway includes a PG Diploma in Advanced Footwear Technology from CFTI, Chennai, along with postgraduate education in Psychology from SV University, Tirupati. This combination of biomechanics, orthotic science, and behavioural understanding enables him to approach diabetic foot management with both technical precision and patient-centred awareness. His work focuses on pressure redistribution, rocker sole modifications, customised insoles, and biomechanical correction techniques that reduce plantar pressure points and help prevent ulcer recurrence. His

long-standing engagement in preventive diabetic foot strategies places him among the best podiatrists in Yelahanka for structured diabetic foot care and customised footwear solutions. Mr. Rao is a Life Member of the Diabetic Foot Society of India (DFSI) and a Founder Member of the Society for Wound Care and Research (SWOCAR). He has completed observerships in diabetic foot clinics at the University of Antwerp and the University of Leuven, Belgium, strengthening his exposure to international wound care protocols. His participation in global forums includes the 6th International Symposium on the Diabetic Foot (IWGDF) in the Netherlands and multiple national and international diabetic foot conferences. He has delivered poster and oral presentations at DFSICON, SWOCAR, and IDF Dubai 2011, focusing on custom-made footwear, rocker sole applications, and diabetic off-loading techniques. As a workshop faculty member, he has conducted structured training sessions on diabetic foot off-loading methods in collaboration with international experts. His academic involvement reflects consistent contribution to diabetic foot education and practical skill development. At Manipal Hospital, Yelahanka, Mr. Rao integrates podiatric assessment with hospital-based care by conducting detailed foot evaluations, identifying risk categories, and recommending patient-specific orthotic solutions. His structured methodology involves careful assessment of gait mechanics, pressure points, and ulcer risk factors, followed by development of customised therapeutic footwear aimed at long-term foot preservation. His sustained experience and focused diabetic foot expertise establish him among the best podiatrists in Yelahanka for comprehensive diabetic foot and therapeutic footwear care. Fluent in English, Hindi, Telugu, and Kannada, and conversant in Tamil and Malayalam, Mr. Rao ensures clear communication during patient counselling and footwear planning. His work continues to emphasise preventive care, biomechanical correction, and practical diabetic foot management within a multidisciplinary hospital framework.

Fellowship & Membership

- Diabetic Foot Society of India (DFSI)
- Society for Wound Care and Research (SWOCAR)

Field of Expertise

- Diabetic Foot Screening & Risk Grading
- Ulcer Prevention Strategies
- Offloading Techniques
- Pressure Redistribution Assessment
- Preventive Foot Care Programs
- Custom Diabetic Footwear
- Rocker Sole Modification
- Pressure-relief Insoles
- Biomechanical Correction
- Orthotic Device Fabrication
- Chronic Wound Care Support
- Multidisciplinary Diabetic Foot Management
- Foot Care Education For Patients And Caregivers

Languages Spoken

- English
- Kannada
- Telugu
- Hindi

Awards & Achievements

- Faculty Member – DFSICON 2010 (Bangalore)

- Organising Committee Member – DFSICON 2010
- Participated in International Symposium on Diabetic Foot (Netherlands, 2011)
- Conducted workshops on diabetic foot management

Talks & Publications

- Poster Presentation – DFSICON 2007, Chennai
- Presentation – SWOCAR 2007, Manipal (Custom footwear in diabetic foot management)
- Presentation – Diabetic Footwear & Rocker Soles, SWOCAR 2010
- Oral Presentation – Diabetic Foot & Footwear in India, IDF Dubai 2011
- Multiple workshops & academic sessions on foot care and orthotic interventions"