

DR. SREEJITH THAMPY J

Associate Consultant - Orthopaedics

Qualification

MBBS | MS(Ortho) | Dip.MSKIT(USA) | FASM(KOREA) | FIJR

Overview

Dr. Sreejith Thampy J is a distinguished orthopaedics specialist in Bangalore. He is practising at Manipal Hospitals Sarjapur Road Bangalore, as an Associate Consultant in orthopaedics, with a profound expertise spanning over eight years. He holds an impressive array of qualifications, including an MBBS, MS in Orthopaedics, a Diploma in Musculoskeletal Injection Techniques from the USA, and specialised fellowships from South Korea, making him a leading professional. Dr. Thampy has completed numerous prestigious fellowships that underscore his commitment to advancing his expertise. His fellowship in arthroscopic shoulder and knee surgery, combined with sports injuries, highlights his proficiency in minimally invasive techniques promoting quicker recovery and better patient outcomes. Additionally, his fellowship in hip and knee replacement surgery reflects his capability in handling complex joint arthroplasties, ensuring patients regain optimal function and mobility. His specialised training in pediatric trauma further emphasises his versatility and dedication to providing comprehensive orthopaedic care to patients of all ages. The extensive education and training of Dr. Sreejith Thampy have equipped him with the necessary skills to handle a wide range of orthopaedic conditions, particularly those related to shoulder and knee arthroscopy, sports injuries, hip and knee arthroplasty, and advanced orthopaedic trauma. Dr. Thampy's field of expertise is diverse and extends to advanced arthroscopic surgeries for different joint issues, primary care rheumatology, and ultrasound-guided injections for musculoskeletal disorders. His skill set allows him to offer cutting-edge treatments and interventions that are tailored to meet the unique needs of his patients, ensuring they receive the highest standard of care. In addition to his clinical practice, Dr. Thampy is actively involved in academic and research endeavours. He has authored five international and five national publications, contributing valuable insights to the orthopaedic community. His research interests include the scapulohumeral rhythm and shoulder kinematics, where he has developed significant expertise. These contributions not only enhance the body of knowledge in orthopaedics but also inform and improve his clinical practice. Dr. Thampy's accolades include a Master's in Hip and Knee Arthroplasty from the MERIL Institute and certification in the BRISOL Hip Arthroplasty course. He is also certified by AO Trauma in basic trauma care and has completed a fellowship in trauma. Furthermore, his fellowship in arthroplasty at Sunshine Hospital and certification in primary care rheumatology underscore his comprehensive approach to orthopaedic care. Besides all these achievements, Dr. Sreejith Thampy J is multilingual and fluent in English, Kannada, and Hindi, ensuring effective communication with his patients, and making them feel comfortable and informed throughout their treatment journey. His dedication to continuous learning and excellence in orthopaedic surgery makes him a valuable asset to the medical community and a trusted doctor for his patients.

Fellowship & Membership

- Fellowship in arthroscopic shoulder, knee and sports injuries
- Fellowship in Shoulder arthroscopy
- Fellowship in Hip and Knee replacement
- Fellowship in Paediatric trauma
- Fellowship in Orthopaedic trauma

Field of Expertise

- Advanced Arthroscopic Shoulder Surgery
- Arthroscopic Knee Surgery and Sports Injuries
- Hip and Knee Arthroplasty
- Advanced Orthopedic Trauma
- Primary Care Rheumatology
- Ultrasound-Guided Injections for Musculoskeletal Disorder

Languages Spoken

- English
- Hindi
- Malayalam
- Kannada
- Tamil

Awards & Achievements

- Masters in Hip and Knee Arthroplasty (MERIL Institute)
- BRISOL Hip Arthroplasty course certified
- AO basic trauma
- Diploma in using guided musculoskeletal injection techniques(USA)
- Fellowship in Trauma under Dr. Tanna
- Fellowship in Paediatric trauma under Dr. Sandeep Patwardhan (Sancheti Hospital)
- Fellowship in Arthroplasty under Dr. Guruva Reddy (Sunshine Hospital)
- Certified in Primary care Rheumatology

Talks & Publications

- Nair AV, Thampy J S, Rambhojun M, Bharadwaj B, Khan PS. Anterior Approach to Retracted Anterosuperior Cuff Tear With Biceps Superior Capsular Reconstruction and Subscapularis Release and Repair With Transosseous Equivalent Double-Row Repair. Arthrosc Tech. 2024 May 27;103047.
- Nair AV, Thampy JS, Rambhojun M, Mohan PK, George J, Khan PS. Arthroscopic Fixation of Acute Large Bony Bankart with Suture-assisted Reduction and Screw Fixation – Surgical Technique. Journal of Orthopaedic Case Reports 2024 May, 14(05): 190-194.
- V. Nair A, J. ST, Rambhojun M, Baburaj S, Khan PS. Short-term analysis of external rotation deficit following a combined arthroscopic bankart with remplissage and rotator interval closure for anteroinferior instability with subcritical bone loss. Int J Res Orthop. 2023 Dec 29;10(1):128-33.
- J ST, Js N, Pv M, Reddy PK. Minimally invasive percutaneous plate osteosynthesis (MIPPO) in distal tibia fractures- retrospective functional and radiological outcome analysis among the rural population. Int J Orthop Sci. 2018 Apr 1;4(2i):596-600.
- Thampy JS, Arun H S, Prabhu E, Hariprasad S | Study of Functional Outcome in Midshaft Clavicle Fracture Treated With Titanium Elastic Nailing System | Journal of Karnataka Orthopaedic Association | Jul 2020; 8(2): 5-10.
- Thampy J S, H.S A, V S. Postero-Lateral Elbow Dislocation With Ipsilateral Radius And Ulna Fracture: A Case Report. J Clin Biomed Sci. 2018 Mar 15;08:27-9.
- V Nair A, Rambhojun M, Thampy J S, Khan PS, K Mohan P. An all-arthroscopic suprapectoral double row

technique of long head of biceps tenodesis using all suture anchors and maintaining inherent length and tension of the tendon - a comprehensive step-by-step technical note with illustrations. Glob J Res Anal. 2023 Nov 15;46-8.

- Nair AV, Rambhojun M, Sreejith Thampy J, Khan PS. "Arthroscopic technique for management of unusual cartilage defect in the shoulder with BMAC (Bone Marrow Aspiration Concentrate)- a case report". J Orthop Rep. 2024 Mar;3(1):100311.
- Shanthappa AH, Ethiraj P, Seenappa H, Thampy SJ, Salunkhe A. Diaphyseal fractures of the clavicle in adults, comparative study of LCP(Locking Compression Plate) versus intramedullary nailing with TENS (Titanium Elastic Nailing System). Int J Health Clin Res. 2021 Apr 14;4(7):20-4.