

DR. ROHAN NAMBIAR

Consultant -Orthopaedics

Qualification

MBBS | D.Ortho | DNB Orthopaedics | MRCS Glasgow

Overview

Dr. Rohan Nambiar is an experienced orthopaedic surgeon in Bangalore. He is currently practising as a Consultant - Orthopaedic Surgery at Manipal Hospital, Kanakapura Road, Bangalore. Dr. Nambiar brings over 10+ years of specialised expertise in orthopaedics, focusing on joint preservation, arthroplasty, and advanced arthroscopic surgeries. His approach combines the latest surgical techniques with compassionate patient care to ensure a smooth recovery and an improved quality of life. Patients benefit from his detailed assessments, personalised treatment plans, and clear communication throughout their care journey. Dr. Rohan completed his MBBS from J.J.M. Medical College, Davangere, followed by a Diploma in Orthopaedics (D. Ortho) from the Karnataka Institute of Medical Sciences, Hubli. He then earned his DNB - Orthopaedics from Hosmat Hospital, Bangalore. Dr. Rohan also received his MNAMS in 2017 from the National Academy of Medical Sciences, India. He then went on to complete his MRCS in 2018 from the Royal College of Physicians and Surgeons of Glasgow, UK. He also completed prestigious Fellowships in Hip, Knee, and Shoulder Arthroplasty as well as Knee Arthroscopy from the Asklepios Orthopaedic Clinic, Germany, reflecting his dedication to mastering complex joint replacement and minimally invasive procedures, ensuring his patients receive world-class care. Dr. Nambiar's clinical expertise covers a wide range of musculoskeletal conditions. He specialises in managing arthritis of the knee and hip, offering both conservative and surgical options tailored to each patient's needs. His proficiency in joint replacements ensures excellent outcomes for those requiring total or partial joint arthroplasty. He is also highly skilled in arthroscopic procedures, including ACL and PCL reconstruction for ligament injuries, and rotator cuff and Bankart repairs for shoulder instability and tears. These minimally invasive techniques help reduce pain, improve joint function, and speed recovery. He also provides expert fracture care for both adults and children, managing complex injuries with precise surgical fixation techniques that promote optimal healing. Dr. Nambiar made significant contributions to orthopaedic research. He co-authored the paper "Outcome of Fracture Shaft Humerus Treated with TENS", published in the International Journal of Orthopaedics and Rehabilitation. His thesis, "Outcome of Arthroscopic and Open Bankart Repair in Recurrent Anterior Dislocation of the Shoulder", demonstrates his commitment to advancing surgical knowledge and improving patient outcomes. He presented multiple papers at national conferences, including studies on subtrochanteric femur fracture management and comparative outcomes of Bankart repairs, reflecting his active involvement in clinical research and professional development. Known for his approachable and professional demeanour, Dr. Nambiar takes time to explain procedures and recovery expectations, helping patients make informed decisions. He speaks English, Kannada, Hindi, Malayalam, Tamil, and Kodava, ensuring you feel supported through every stage of your treatment, combining medical excellence with genuine care.

Fellowship & Membership

- Fellowship In Hip, Knee, Shoulder Arthroplasty, Asklepios Orthopaedic Clinic, Lindenlohe, Germany, 2023
- Fellowship In Knee Arthroscopy, Asklepios Orthopaedic Clinic, Lindenlohe, Germany

Field of Expertise

- Arthritis: Knee & Hip
- Joint Replacements
- Arthroscopic ACL& PCL Reconstruction
- Knee preservation Procedures
- Arthroscopic Shoulder Rotator cuff & Bankart repair
- Back pain
- Fracture care – Adult and Paediatric

Languages Spoken

- Kannada
- English
- Malayalam
- Hindi