

DR. PRADYUMNA R

Consultant - Shoulder and Sports Medicine

Qualification

MBBS | MS - Orthopaedics | Fellowship in Arthroscopy & Sports Medicine (ISAKOS) | Fellowship in Shoulder & Elbow Surgery (Germany) | Fellowship in Complex Shoulder Arthroscopy & Arthroplasty (South Korea) | FIFA Diploma in Football Medicine

Overview

Dr. Pradyumna R is an accomplished orthopaedic surgeon in Kanakapura Road, Bangalore. He is currently practising as a Consultant - Shoulder and Sports Medicine at Manipal Hospital, Kanakapura Road, Bangalore. With over 13+ years of experience, Dr. Pradyumna R is recognised for his expertise in shoulder and elbow surgery, sports injury management, and arthroscopic procedures of the knee, shoulder and hip. His surgical repertoire includes over 2000+ shoulder arthroscopy procedures, 2000+ knee arthroscopies, 100+ shoulder replacements, and numerous elbow and ankle surgeries. Dr. Pradyumna's academic journey includes an MBBS and MS in Orthopaedics, followed by prestigious International Fellowships in Arthroscopy of Knee, Shoulder and Sports Medicine under ISAKOS, Shoulder and Elbow Surgery in TUM, Munich, Germany, and Complex Shoulder Arthroscopy and Arthroplasty in SNUBH, Seoul, South Korea. He also holds a FIFA Diploma in Football Medicine, which reflects his dedication to advancing care in sports-related injuries. Dr. Pradyumna's surgical expertise includes rotator cuff repair, SLAP and Bankart lesions, Latarjet procedure, reverse and total shoulder arthroplasty, ACL/PCL reconstruction, meniscus root repair, multi-ligament knee injuries, MPFL reconstruction, cartilage transplantation, and robotic joint replacements. His meticulous approach and minimally invasive techniques have helped countless patients return to active and pain-free lifestyles. In addition to his surgical practice, Dr. Pradyumna is deeply invested in research and academic contributions. He has published multiple peer-reviewed papers in reputed journals, including studies on proximal humerus fractures, femur fracture outcomes, and the efficacy of bioinductive collagen patches in rotator cuff repair. His work also explores critical biomechanical insights related to degenerative shoulder arthritis and humeroscapular alignment. These publications reflect his commitment to evidence-based practice and continuous learning. As a respected faculty member at various national and international orthopaedic conferences, Dr. Pradyumna plays an active role in training the next generation of orthopaedic surgeons. He is a member of global orthopaedic organisations, including ISAKOS, SICOT, ESSKSA, IAS, SESI, and KAS, which allows him to stay at the forefront of surgical advancements. His patient-centric philosophy focuses on personalised care, precise diagnosis, and long-term outcomes. Whether managing complex sports injuries or providing post-operative rehabilitation guidance, his goal remains constant - to restore mobility and improve quality of life. Dr. Pradyumna R is known for his thorough clinical assessments, ethical practice, and empathetic patient care. Fluent in English, Hindi, Kannada, Telugu, and Tamil, he is well-regarded among patients from diverse backgrounds. His clear communication, surgical skill, and holistic understanding of sports injuries and joint conditions have made him one of the most sought-after orthopaedic and arthroscopic surgeons in the region.

Fellowship & Membership

- International Fellowships in Arthroscopy of Knee, Shoulder and Sports Medicine under ISAKOS.
- Shoulder and Elbow Surgery in TUM, Munich, Germany.
- Complex Shoulder Arthroscopy and Arthroplasty in SNUBH, Seoul, South Korea.
- He also holds a FIFA Diploma in Football Medicine, which reflects his dedication to advancing care in sports-related injuries.

- He is a member of global orthopaedic organisations, including ISAKOS, SICOT, ESSKSA, IAS, SESI, and KAS, which allows him to stay at the forefront of surgical advancements.

Field of Expertise

- Dr. Pradyumna's surgical expertise includes rotator cuff repair, SLAP and Bankart lesions, Latarjet procedure, reverse and total shoulder arthroplasty, ACL/PCL reconstruction, meniscus root repair, multi-ligament knee injuries, MPFL reconstruction, cartilage transplantation, and robotic joint replacements.

Languages Spoken

- English
- Hindi
- Kannada
- Telugu
- Tamil

Talks & Publications

- He has published multiple peer-reviewed papers in reputed journals, including studies on proximal humerus fractures, femur fracture outcomes, and the efficacy of bioinductive collagen patches in rotator cuff repair.
- His work also explores critical biomechanical insights related to degenerative shoulder arthritis and humeroscapular alignment.