

DR. SARASWATI VISWANATHAN

Consultant – Orthopaedics

Qualification

MBBS | MS Orthopedics

Overview

Dr. Saraswati Viswanathan is a highly skilled orthopaedic doctor in Kanakapura Road, Bangalore. She is currently practising as a Consultant - Orthopaedics at Manipal Hospitals Kanakapura Road, bringing over 15+ years of clinical expertise to the care of children and young adults with musculoskeletal conditions. Her work spans congenital deformities, limb length discrepancies, hip and knee disorders, growth-related issues, complex trauma, paediatric orthopaedics, and chronic bone and joint pain in both adults and children. Known as one of the few female orthopaedic surgeons in Bangalore, she has earned recognition for her precision, compassion, and patient-centred approach. Dr. Saraswati completed her MBBS in 2007 at Kasturba Medical College, Mangalore, followed by an MS in Orthopaedics at Kasturba Medical College, Manipal, in 2010, graduating as a gold medallist. Driven by her passion for paediatric orthopaedics, she pursued a Post-Doctoral Fellowship in Paediatric Orthopaedics at the Kanchi Kamakoti Child Trust Hospital in Chennai, where she honed her expertise in congenital deformities, growth modulation, and paediatric trauma management. She has also undertaken specialised training through AO International Trauma Basic and Advanced Fracture Courses, expanding her proficiency in fracture management and operative trauma care. Over the course of her career, Dr. Saraswati has held key roles in leading medical institutions, where she managed both trauma and paediatric orthopaedic cases on an outpatient and inpatient basis, as well as teaching responsibilities for undergraduate and postgraduate students. Her diverse professional journey has equipped her with the ability to manage a wide spectrum of orthopaedic cases, from acute trauma to chronic paediatric conditions. Beyond her clinical practice, Dr. Saraswati is also a regular faculty member at workshops and conferences, contributing to the academic development of orthopaedic trainees. Her roles as an Executive Committee member of the Indian Orthopaedic Association – Women's Wing (2022-23), the Bangalore Orthopaedic Society (2024-25), the Karnataka Orthopaedic Society, and the Paediatric Orthopaedic Society of India highlight her leadership within the professional community. Through these platforms, she advocates for greater representation and opportunities for women in orthopaedics, while also contributing to the advancement of paediatric orthopaedic care in India. Dr. Saraswati has authored multiple articles in peer-reviewed journals at both the national and international levels. She is also deeply committed to volunteering for community initiatives aimed at helping children with deformities, extending her care beyond her professional practice into her personal life. Fluent in English, Kannada, Hindi, and Tamil, Dr. Saraswati is able to connect with a diverse patient base, ensuring that language is never a barrier to care. Her communication style is empathetic and clear, enabling parents and young patients to feel reassured and supported throughout their treatment journey.

Fellowship & Membership

- Fellowship in Pediatric orthopedics.

Field of Expertise

- Paediatric orthopaedics.
- Clubfoot.
- Limb length discrepancy.
- Deformities.
- Hip disorders.
- Knee disorders.
- Rickets.
- DDH.
- Post-septic sequelae.
- Malunions and non-unions.
- Angular deformities in children.

Languages Spoken

- English
- Kannada
- Hindi
- Tamil

Awards & Achievements

- M.S. Orthopaedics (Gold Medallist) Kasturba Medical College, Manipal – 2010.

Talks & Publications

- Awareness of Post-Exposure Prophylaxis Guidelines – Int. J. Med. Public Health, 2011.
- Management of Infected Nonunion of Tibia – Muller J Med. Sci. & Research, 2012.
- Clinical Evaluation Using Pelvifemoral Angle – J Clin Orthop Trauma, 2013.
- Genetic Disorders with Heterotopic Ossificans – Indian J Orthop, 2015.
- Maternity Leave Laws for Surgeons – J Am Coll Surg, 2016.