

DR. KEERTHAN RANGA NAYAK U

Consultant - Orthopaedics

Qualification

MBBS | MS Orthopaedic Surgery | FAGE

Overview

Dr. Keerthan, a highly experienced orthopaedic surgeon, is currently practising at KMC Hospital, Mangalore. With years of expertise, he brings immense knowledge to the field. He is also an Assistant Professor in the Department of Orthopaedics at Kasturba Medical College. Dr. Keerthan's educational journey began with a medical degree (MBBS) from K. S. Hegde Medical Academy, Mangalore, followed by a Master of Surgery (MS) in Orthopaedic Surgery from Kasturba Medical College, Manipal, Karnataka. He also completed a Fellowship in the Academy of General Education (FAGE) at Kasturba Medical College, Manipal. He is an active member of the Canara Orthopaedic Society, the Indian Medical Association, and the Indian Society for the Surgery of the Hand. He also holds memberships with the Karnataka Orthopaedic Association and the Indian Orthopaedic Association. Dr. Keerthan specialises in a comprehensive range of orthopaedic procedures. His expertise includes basic and complex trauma surgeries, where he treats everything from routine fractures to severe, multi-system trauma cases. He is also highly skilled in hand and microsurgeries for intricate conditions and injuries of the hand and wrist, and provides specialised care for shoulder injuries, such as rotator cuff tears and dislocations. In addition to surgical interventions, Dr. Keerthan uses orthobiologics to promote healing. He is proficient in hip and knee replacement surgeries, as well as arthroscopic knee surgeries, offering less invasive solutions for degenerative joint diseases. Furthermore, he performs soft tissue reconstruction surgeries to repair damaged muscles, ligaments, and tendons. He also specialises in deformity correction surgeries to improve function and alignment. Dr. Keerthan also provides osteoporosis treatment and geriatric care, ensuring that older patients receive specialised attention for age-related bone health conditions and fractures. Dr. Keerthan is dedicated to advancing the field of orthopaedics through his research, having published several papers on various aspects of bone health, fractures, and other orthopaedic conditions.

Fellowship & Membership

- Fellow in the Academy of General Education from Kasturba Medical College
- Member of Canara Orthopaedic Society (COS)
- Member of the Indian Medical Association (IMA)
- Member of the Indian Society for Surgery of the Hand (ISSH)
- Member of Karnataka Orthopaedic Association
- Member of the Indian Orthopaedic Association

Field of Expertise

- Basic and Complex Trauma Surgeries
- Hand and microsurgeries
- Shoulder Injuries

- Orthobiologics
- Hip and Knee Replacement Surgeries
- Arthroscopic Knee Surgeries
- Soft Tissue Reconstruction Surgeries
- Deformity Correction Surgeries
- Osteoporosis treatment and geriatric care

Languages Spoken

- English
- Hindi
- Kannada
- Malayalam
- Konkani
- Tulu

Awards & Achievements

- Published patent on system and method for converting orthopaedic wastes into fertilisers and industrial products (2023)

Talks & Publications

- Presented a paper titled "A case series of repair using a cost-effective suture anchor for upper limb surgeries" at KOACON 2024, Shimoga.
- Presented a paper titled "A Comparative study of microdiscectomy and minimally invasive discectomy using tubular retractors in lumbar disc herniation" at DOACON 2020, Delhi
- Presented a paper titled "Tendon sheath fibroma of foot in an Adolescent" at KOACON 2025, Bengaluru
- Assessment of pressure injury knowledge using PZ-PUKT questionnaire among Indian nurses and the evaluation of impact of an educational intervention on the knowledge scores: A quasi-experimental study. Journal of Tissue Viability (2024)
- A case series of repair using a cost-effective suture anchor for upper limb surgeries. Journal of Orthopaedic Association of South Indian States (2023)
- Correlation between clinical examination, magnetic resonance imaging and arthroscopy in meniscal injuries of the knee: A prospective cohort study. Journal of Arthroscopy and Joint Surgery (2024)
- Microdiscectomy and Minimally Invasive Discectomy Using a Tubular Retractor System for Lumbar Disc Herniation: A Comparative Study. Gazi Medical Journal (2024)
- A novel technique of using a percutaneous nerve catheter for post-operative analgesia and early mobilisation in hand surgeries. Journal of Musculoskeletal Surgery and Research (2023)
- A Simple and Cost-effective Approach to Make a Modified Suture Anchor in Orthopaedics. The Journal of Hand Surgery Asian-Pacific Volume (2023)
- Radiological and functional results of PFN A2 in the treatment of intertrochanteric fractures in elderly patients. Cuban Journal of Orthopaedics and Traumatology (2023)
- Rare case of first metatarsal giant cell tumour and its unique reconstruction with double-barrel non-vascularized fibular graft. Fuß & Sprunggelenk (2023)
- Lipoma arborescens of the knee - A case report. Journal of Orthopaedic Reports (2023)
- Enchondroma in the Diaphysis of Tibia - A Case Report and Review of its Characteristics and Differentials in the Diaphysis. Journal of Orthopaedic Case Reports. (2021)
- Working Beyond A Resident Doctor - A Need Of The Hour. A Clinician's Perspective. International Journal of Scientific and Research Publications, 2021
- Assessment of serum antioxidant levels in oral and oropharyngeal carcinoma patients. Internet Journal of

- Pathology and Laboratory Medicine, (2016).
- Extraction of broken incarcerated flexible reamer using Kuntscher nail reamer while performing femur nailing: A technical note. Journal of Orthopaedic Trauma and Reconstruction (2024)
 - Proportion of Avascular Necrosis of Femoral Head in Coronavirus Disease 19 Patients. Annals of African Medicine (2025)
 - Unusual tendon sheath fibroma of the foot in an adolescent: a case report. Journal of Musculoskeletal Research (2025)
 - Outcome of manipulation under anaesthesia with intraarticular steroid injection for adhesive capsulitis of the shoulder: a retrospective time-bound study (2025)
 - Clinically oriented anatomy of the frozen shoulder," Manipal Journal of Medical Sciences (2022)