



## DR. AYYAPPAN V NAIR (PROF)

Consultant - Shoulder Surgeon and Sports Medicine

### Qualification

Prof Manipal University | DNB Ortho | D Ortho (Shoulder, Sports Medicine) | MBBS | Fellow in Shoulder Surgery | Fellowship - Shoulder and Sports Trauma

### Overview

Dr. Ayyappan V Nair is a highly renowned Shoulder Surgeon and Sports Medicine Consultant with over 12 years of expertise in treating complex shoulder and sports-related injuries. Currently serving as a Consultant in Shoulder Surgery, Sports Medicine, and Arthroscopy at Manipal Hospitals, Varthur, he is recognized as one of Bangalore's top specialists in his field. Dr. Ayyappan holds an impressive academic background with degrees in MBBS, DNB (Ortho), and D Ortho (Shoulder, Sports Medicine), along with prestigious fellowships in Shoulder Surgery, Sports Trauma, and Arthroscopy. His ability to handle challenging cases with precision and care has earned him immense respect within the medical fraternity. He is a famous Shoulder Surgeon in Varthur. His expertise includes rotator cuff injuries, Bankart lesion repair, ACL reconstruction, cartilage surgery, joint replacement surgery (shoulder and knee), reverse shoulder replacement surgery, ligament reconstruction, tennis elbow physiotherapy, and biceps tendinitis injection therapy. Known for his precise diagnoses and patient-centric approach, Dr. Ayyappan believes in building strong patient relationships by addressing their concerns with empathy and expertise. His multilingual fluency in Kannada, Hindi, English, Tamil, and Malayalam allows him to connect with patients from diverse backgrounds. Dr. Ayyappan's expertise is backed by international fellowships and training, including Arthroscopic Latarjet Surgery in Spain, Shoulder & Sports Surgery in South Korea, Deputy Arthroplasty Fellow at Apollo Hospitals in India, Shoulder & Elbow Surgery at Funabashi Orthopaedic Hospital in Japan, Robotic Joint Replacement Fellowship in the USA, and Visiting Fellow for Shoulder Surgery at Subiaco Clinic in Australia. Additionally, he has contributed significantly to medical research, with publications on advancements in shoulder treatments and sports injury management, and has co-organized an international conference on AI solutions in Shoulder Surgery. With a commitment to exceptional patient care and surgical excellence, Dr. Ayyappan V Nair continues to transform lives through advanced shoulder and sports medicine treatments.

### Fellowship & Membership

- Fellowship In Shoulder & Elbow - Funabashi Orthopaedic Hospital, Japan.
- Fellow In Sports Trauma And Arthroscopy, Uoeh, Fukuoka, Japan.
- Fellow In Shoulder And Sports Surgery (Hallym University- South Korea).
- Visiting Fellow Shoulder Surgery, (Subiaco Clinic- Australia).
- Fellowship Training In Arthroscopic Latarjet Surgery - Spain.
- Fellowship Training In Superior Capsular Reconstruction - Japan.
- Robotic Joint Replacement Fellowship, USA.
- Deputy Arthroplasty Fellow (Apollo Hospitals - India).

- ISAKOS Member.
- Indian Orthopaedic Association.
- Karnataka Orthopaedic Association.
- Kerala Orthopaedic Association.
- Bangalore Arthroscopy Club.
- Karnataka Arthroscopy Society.
- Kerala Arthroscopy Society.
- Shoulder and Elbow society India.
- Research Committee India.

## Field of Expertise

- Rotator Cuff Injury Treatment
- Bankart Repair
- Shoulder SLAP (Tear) Lesions
- ACL Reconstruction
- Cartilage Surgery
- Joint Replacement Surgery
- Frozen shoulder Physiotherapy
- Shoulder Replacement
- Ligament Reconstruction
- Shoulder Pain
- Reverse Shoulder Arthroplasty
- Biceps Tendinitis
- Shoulder Injection
- Knee Replacement
- Tennis elbow physiotherapy
- Ligament Injury
- Shoulder Arthritis & Types
- Shoulder Dislocation
- Bankart Lesion

## Languages Spoken

- English
- Kannada
- Tamil
- Hindi
- Malayalam

## Awards & Achievements

- Secretary - Shoulder Society of India

## Talks & Publications

- Article: Tribological changes in the articular cartilage of a human femoral head with avascular necrosis Eun-Min Seo, Suman K Shrestha, Cong-Truyen Duong, Ashish Ranjan Sharma, Tae-Woo Kim, Ayyappan V.Nair, Mark S

Thompson, Myung Guk Cho, Sungchan Park, Kwanghoon Kim, Sang-Soo Lee, Seonghun Park Biointerphases 06/2015;10(2):8.DOI:10.1116/1.4919020·2.68 Impact Factor.

- Article: Stress Distribution in Superior Labral Complex and Rotator Cuff During In Vivo Shoulder Motion: A Finite Element Analysis Seong W. Jang, Yon-Sik Yoo, Hwang-Young Lee, Kim S. Yoon, Pranay K. Srivastava, Ayyappan V. Nair.
- Arthroscopy The Journal of Arthroscopic and Related Surgery06/2015; DOI:10.1016/j.arthro.2015.04.082·3.19 Impact Factor.
- Shoulder Dislocation - Dr. Ayyappan V Nair, Consultant - Shoulder Surgery, Sports Medicine and Arthroscopy, Manipal Hospital Jayanagar.[Click Here](#)
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.[Click Here](#)
- Dr. H Sudarshan Ballal and Dr. Ayyappan V Nair on Manipal Hospital Whitefield organizes international conference on AI solutions for Shoulder Surgeries | The Hans India | Pharmabiz | Healthcare Radius.[Click Here](#)
- Dr. Ayyappan V Nair on Advancements in the treatment options for shoulder problems | Biospectrum.[Click Here](#)
- Dr. Ayyappan V Nair on Arthroscopic Synovectomy: Who needs it and why? | Hindustan Times. [Click Here](#)
- Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. [Click Here](#)
- Dr. Ayyappan V Nair on Swimmer's Shoulder: Causes, symptoms, treatment and prevention tips for shoulder impingement | Hindustan Times | Big Yack.com | B2B Chief | Daily Hunt. [Click Here](#)
- Manipal Hospital Whitefield, Sarjapur and Jayanagar: Dr. Ayyappan V Nair on Sports Medicine Expert On: After A Severe Sports Injury, How Should A Sportsman Cope? | BoldSky. [Click Here](#)
- Dr. Ayyappan V Nair on Barbie feet challenge: Tiptoe with caution | Happiest Health. [Click Here](#)
- Dr. Ayyappan V Nair on Do you ride a two-wheeler regularly? Here's how you can avoid non-accidental injuries | Asianet Newsable. [Click Here](#)
- Manipal Hospitals Whitefield, Sarjapur & Jayanagar: Dr. Ayyappan V Nair on Pain and stiffness in the shoulder? Unravel the mystery.[Click Here](#)
- Manipal Hospitals Whitefield: Dr. Ayyappan V Nair on Manipal Hospitals Whitefield Organizes 3rd Edition of Bangalore Shoulder Summit 2024[Click Here](#)