

Resume

MBBS,MS Orthopaedics

Personal details

Name	Dr. Nikhilesh Nair
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Phone number	9995847369
Address	Cochin, Kerala , India 682036
Date of birth	March 10th, 1992
Gender	Male

Education

2010 - 2016	MBBS Amrita Institute of Medical Sciences, Ernakulam
2019 - 2022	MS ORTHOPAEDICS SRI Ramachandra Medical College, Chennai
2010	School Chinmaya Vidhyala, Ernakulam

Employment

2017 - 2018	Medical Officer Dept of Nephrology Medical Trust Hospital, Ernakulam
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Languages

English	Fluent
Malayalam	Fluent
Hindi	Very good

Areas of interest

- Spine Surgery
- Trauma
- Arthroplasty
- Arthroscopy

Profile

I am a native of Cochin and have completed my Masters degree in Orthopaedic Surgery from Sri Ramachandra Medical college Chennai. I have had the privilege to train under some of the finest orthopaedic surgeons in Chennai over the last 3 years at a state of the art tertiary care trauma center. SRMC also boasts of a complex dedicated to Arthroplasty and Sports medicine where some of the countrys finest sports men and women are treated.

I consider dedication and compassion as my strong suit which has aided me in my daily practice. Punctuality has always helped me be at the top of my game. I take a keen interest in sports and astronomy. My spouse, Dr. Aarthi Ramesh, has pursued her MD in Paediatrics and is currently working.

My interest in Orthopaedics is Complex trauma , deformity correction and joint reconstruction .

Clinical Rotations

Trauma

Conservative and Oprative managment of long bone injuries , intra - articular fractures , Open wounds with soft tisse loss, reconstruction of complex extremity trauma .Illizarov External fixator application.
Post-oprative rehabilitation

Spine Surgery

Microdissectomy , Posterior Spinal decompression with multi level fusion , Cervical and Dorsolumbar spine fractures , Lumbo-pelvic fixation.

Arthroplasty

Total hip and knee replacment, Total and Reverse shoulder arthroplasty, Total elbow arthroplasty. Post operative rehabilitation

Hand Surgery

Reimplantion of Trans-humeral and digit amputations , managment of complex hand trauma. Tendon repair and transfers , Soft tissue reconstruction.

Arthroscopy and Sports Medicine

Shoulder , hip , ankle and knee. cartilage transplantation and meniscial repair.

Plastic Surgery

Wound Managment , Local and Free Flaps

Pediatric orthopaedics

CTEV/Deformity correction, limb lengthening

Orthopaedic Oncology

Tumor resection , Limb Salvage surgery , Limb reconstruction with Endoprosthesis

Operation theatre cases: 12-15 cases per week

OPD cases: 200-250 per week

Indexed Publications

A displaced T type intercondylar distal humerus fracture with radial nerve palsy in a 10-year-old treated by closed reduction and K wire fixation

International Journal of Reserch in Orthopaedics

Nikhilesh Nair, Mohamed Sameer, J. K. Giriraj

Adolescent medial epicondyle trash lesion clinic radiological evaluation and treatment

International Journal of Reserch in Orthopaedics

Navaneeth Ghantasala, Sitsabesan Chokkalingam, Nikhilesh Nair

Research Topic

Identifying the axillary nerve in shoulder surgery - A Cadaver Study

References

Dr. J.K Giriraj

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Dr. P.V.Vijayraghavan

Professor and Ex HOD Dept of Orthopaedics , SRMC, Chennai India

Dr N.Jambu

Professor and Head of the Deptment SRM Medical college, Chennai
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