

HAND AND UPPER LIMB SURGEONS - 2026

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DR RADHESH R MENON

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HAND & UPPER LIMB SURGEONS

Through this Award, we acknowledge and applaud the healthcare professional's myriad care & treatment services, and their ingenuity in leveraging best practices to develop unique methodologies that address complex healthcare needs.

Mandvi Singh

MANDVI SINGH
Managing Editor

DR RADHESH R MENON



Dr Radhesh R Menon,
 Consultant Orthopaedic Hand & Upper
 Limb Surgeon

Pioneering Advanced Microsurgery & Orthopaedic Care in India

As India grapples with a rising wave of trauma, sports-related injuries, and lifestyle-driven musculoskeletal disorders, the demand for orthopaedic care that restores both mobility and fine function has never been greater. Today's complex hand, wrist, shoulder, and sports injuries require not just surgical skill but precision-led microsurgery and advanced arthroscopic expertise to ensure swift recovery and lasting results. Dr. Radhesh R. Menon is an orthopedic surgeon whose academic foundation, specialized international training, and patient-centric approach inform his practice. He combines technical precision with compassionate care, delivering tailored solutions for trauma, upper-limb conditions, and sports injuries, helping patients reclaim both function and confidence, with minimal downtime and maximum outcomes.

Precision Orthopaedic Care & Expertise

Dr Radhesh R Menon's medical trajectory is marked by consistent academic achievements and a deliberate pursuit of focused skills. After earning his MBBS with first class honors from Vydehi Institute of Medical Sciences, Bengaluru (2017), he completed MS in Orthopaedics at K S Hegde Medical Academy, Mangalore. Later fellowships honed his operative skills with an Arthroscopy and Sports Medicine through the Arthrex Fellowship Program, Bengaluru, broadened his arthroscopic repertoire for knee and shoulder pathologies, and a Fellowship in Hand and Microsurgery at the Saitama Hand & Microsurgery Institute, Saitama Jikei Hospital, Japan, further refined his hand surgery skills & microsurgical techniques for intricate reconstructions of nerve, tendon, and soft tissue. He manages, in clinical practice, the whole gamut

of conditions related to the upper limb, ranging from fractures and complex periarticular trauma to tendon and nerve injuries, congenital and post-traumatic deformities, and degenerative disorders of the peripheral nerves using minimally invasive arthroscopic procedures for the shoulder and wrist, high-magnification microsurgery for transfers of tendons and repairs of nerves, and precision reconstruction for soft tissue defects. Advanced diagnostic tests which are integrated with contemporary platelet-rich plasma, regenerative therapies, and targeted physiotherapy for personalized care. Collaboration with physiotherapists, sports trainers, and rehabilitation specialists is intrinsic to his model, wherein structured prehabilitation and staged rehabilitation plans are designed to optimize surgical outcomes and safe return to sport or activity.

Complex Upper-Limb Injuries

Complex upper-limb trauma and sports-related injuries present unique hurdles where small anatomical corridors, delicate neurovascular structures, and the need to restore fine motor function as well as strength. Dr Radhesh R Menon encountered these challenges repeatedly during his formative years, which shaped both his technical evolution and his clinical philosophy. Technological changes have greatly influenced the treatments he does; high-definition arthroscopy enables specific repairs with minimal damage to adjacent tissues, and modern microsurgical microscopes and micro instruments improve the success of nerve repairs and free tissue reconstruction. Present-day implants and biologic agents provide additional tools in the surgical repertoire and help cut healing time to minimal functional restoration.



“Dr Radhesh R Menon believes that restoring movement and function goes beyond surgery, it is about giving patients the freedom to live fully”

A turning point in his professional career was when he treated a patient with five years of crippling fingertip pain who was previously misdiagnosed. On realizing the possibility of a glomus tumor, and with the diagnosis supported by images, the patient underwent precise microsurgical excision, resulting in the resolution of pain in a matter of months. It was this patient that reinforced his belief in the value of specialist diagnosis and the value of attending carefully to patient stories; it also speaks to why he takes the trouble to explain himself, resorting to visual tools to simplify procedures and eschewing shortcuts for the sake of proper diagnosis and treatment. With strong

academic interests and multiple national and international presentations on regenerative modalities, he is reflective of his commitment to evidence-based medicine. “Surgery succeeds when technique meets consistent rehabilitation”, says Dr Radhesh R Menon, Consultant Orthopedic Hand & Upper Limb Surgeon, Snehadaan Hospital.

Future Vision

Dr Radhesh R Menon aims to expand the reach and depth of hand and upper-limb services while advancing research in microsurgical and regenerative therapies that shorten recovery and enhance functional outcomes. He seeks to develop structured training initiatives that disseminate precision-based arthroscopic and microsurgical techniques to a broader cadre of surgeons, and to pursue outcome driven research that evaluates integrative protocols combining surgery, biologics and rehabilitation. Through leadership roles at centers such as Snehadaan Hospital, Sarjapur Road Bengaluru, Dr. Radhesh R Menon intends to keep care affordable without compromising quality, ensuring that advanced reconstructive & surgical options are accessible to a wide patient population. At the heart of his practice remains a simple, patient-centered objective to restore movement, relieve pain and return people to the lives they value. **SI**