

Dr. Preksha Vijay

M.B.B.S , MS Orthopaedics, Fellowship in Paediatric Orthopaedics 3+ Years Experience

Dr. Preksha Vijay is Consultant Paediatric Orthopaedician at Apollo Hospitals- Sheshadripuram.

Hospitals

Apollo Hospitals, Seshadripuram ,

Watermark

<p>Doctor's Working Weekdays</p> <p>Monday, Tuesday, Thursday and Saturday</p>	<p>Doctor's Working Hours</p> <p>15:00 -17:00, 16:00 - 18:00</p>	<p>Phone Icon</p> <p>Call Now</p>	<p>Calendar Icon</p> <p>Book Appointment</p>
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Overview

Eager to embark on the next phase of my orthopaedic journey, I wish to secure a Senior Resident/Junior Consultant position that aligns with my unwavering dedication towards providing exceptional healthcare services to patients. Striving for clinical excellence, I am eager to actively engage in ground breaking research initiatives and harness cutting-edge technologies to revolutionise orthopaedic treatment paradigms. Drawing inspiration from challenges, fostering synergistic teamwork, and relentlessly pursuing personal and professional growth, I am committed to making a lasting impact within a forward-thinking healthcare institution.

Experience

Orthokids Clinic

- Assisted in intricate Paediatric Orthopaedic procedures for the following:
 - Clubfoot.
 - Cerebral Palsy.
 - Developmental Dysplasia of Hip.
 - Perthes Disease.

- SCFE.
- Brachial Plexus Injuries.
- Infection – Septic joints / Osteomyelitis.
- Radial Clubhand.
- Pseudoarthrosis of tibia.
- Radio-ulnar synostosis.
- Paediatric fractures.
- Managed the Orthopaedic Outpatient Department (OPD) while assisting the senior faculty across specialty clinics such as metabolic, plastics, comprehensive brachial plexus, clubfoot, and spine.
- Managed OPD, assisted and performed surgeries in a trust hospital.
- Attended to patients regularly in the emergency setting.
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MVJ Medical College and Research Hospital

- Collaborated closely with interdisciplinary medical teams to develop comprehensive patient care plans, ensuring seamless coordination of treatments and interventions.
- Independently managed the Orthopaedic Outpatient Department (OPD) while assisting the senior faculty across specialty clinics such as arthroplasty, fracture, paediatric, spine, and osteoarthritis.
- Attended to patients regularly in the emergency department.
- Assisted and performed various procedures independently, such as closed reduction (fractures and dislocated joints), external fixator application, and intramedullary nailing, ORIF + plating, and K-wire fixation.
- Assisted senior surgeons in intricate Orthopaedic procedures, encompassing:
 - Management of both simple and complex fractures.
 - Primary and Revision joint replacements.
 - Arthroscopic repair.
 - Paediatric Orthopaedic cold and trauma cases
 - Spine cases.
 - Minimally invasive procedures, such as MIPPO and spine surgeries.
- Demonstrated adaptability by quickly learning and applying new protocols and procedures as the situation evolved.
- Volunteered as a frontline medical professional during the COVID-19 crisis, assisting in triage and patient screening efforts.

Awards

- Committee member of the organizing team of POSICON 2025.
- Core member of INWOKE (Integrated Network of Women Orthopaedic Surgeons of Karnataka for Empowerment) – state wing of WOICE (Women Orthopaedics India).
- Part of the editorial team for the college magazine – ASPIRE.
- Committee member of the organizing team of the college fest – STRINGS.
- Interests include travelling, architecture, art and cooking.

Research and Publication

- **Published Journals:**
- **Shah, M. M., Mammen, J. J., Jain, M., Ponugoti, G., Naik, N., Patel, T., Rubaiath, T., & Vijay, P. (2025). Midterm outcomes of shoulder dislocations in brachial plexus birth injuries treated with injection botulinum toxin A. Journal of Pediatric Orthopaedics.**
- **Shah, M., James, J., Rubaiath, T., & Vijay, P. (2025). Orthokids precise de-rotation jig for rotational osteotomies of humerus. Techniques in Hand and Upper Extremity Surgery.**
- **Dr. Joseph Eugene, Dr. Hemanth R, Dr. Rajgopal HP, Dr. Ashok Kumar Reddy K, Dr. Preksha Vijay. A study on complications of proximal femoral nails in management of intertrochanteric fracture. Nat J Clin Orthop 2020;4(3):38-40. ISSN (E): 2521-3474.**
- **Dr. Joseph Eugene, Dr. Hemanth R, Dr. Rajgopal HP, Dr. Ashok Kumar Reddy K, Dr. Preksha Vijay. The risk factors associated with complications in proximal femoral nailing. Nat J Clin Orthop 2021;5(1):66-68. ISSN (E): 2521-3474.**
- **On Going Research Work:**
 - **Single Stage Correction of Proximal Humerus Varus & Arm Shortening: Review of Long-Term Outcomes in Two Patients and Review of Literature.**
 - **Medial Plantar Artery Pseudoaneurysm: An Unusual Complication of Percutaneous Plantar Release.**
- **Paper Presentation:**
- **IOACON 2022, Amritsar: "Evaluation of the functional outcome of distal tibia fractures managed by MIPPO technique using distal tibia locking plate."**
- **BOS meet 2023, Bangalore: "Total hip replacement for an ankylosed hip – A case report."**
- **Poster Presentation:**
 - **POSICON 2025, Ahmedabad (BEST POSTER): "Single Stage Correction of Proximal Humerus Varus & Arm Shortening: Review of Long-Term Outcomes in Two Patients and Review of Literature."**
- **POSICON 2025, Ahmedabad: "Ipsilateral Femur Shaft Fracture and Hip Dislocation in a Young Child: Report of a Rare Case and Treatment Dilemma"**
- **POSICON 2025, Ahmedabad: "3-D Printed Jig for Physeal Bar Excision."**

- IOACON 2020, Goa: "A case of segmental femur fracture managed with retrograde un-reamed nailing (supracondylar nail)."
- Thesis:
"Functional Outcome of Surgical Management of Comminuted Proximal Tibia Fracture with Locking Compression Plate by MIPPO Technique Using Modified Rasmussen's Scoring System".

Frequently Asked Questions