



## Dr Suresh Kumar B C

MBBS, MNAMS, D'ORTHO, DNB(Ortho), FISS(SEDUL),  
FICS(JAPAN) 14+ Years Experience

Dr Suresh Kumar B C is a top Orthopedician in Chennai at Apollo Firstmed Hospital . Book appointment online with Dr Suresh Kumar B C at Ask Apollo.

### Hospitals

Apollo Firstmed Hospital, Chennai ,

Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
11:15 -13:30

  
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Book Appointment

## Overview

Dr. Suresh Kumar B C is a highly skilled Orthopaedician based in Chennai, Tamil Nadu, with over 14 years of extensive experience in the field of orthopaedics. He is well-regarded in his specialty and is committed to providing exceptional care to his patients. Dr. B C holds multiple qualifications, including MBBS, MNAMS, D'ORTHO, DNB (Ortho), FISS, and FICS, showcasing his dedication to continuous learning and professional development. His training and expertise allow him to handle a wide range of conditions affecting the musculoskeletal system.

Fluent in multiple languages including English, Hindi, Telugu, Tamil, Kannada, Urdu, Bengali, and Malayalam, Dr. Suresh Kumar can effectively communicate with a diverse patient population, ensuring a comfortable and informative experience for all. As an Exclusive Partner in his practice, he prioritizes patient-centered care, focusing on the individual needs of each patient.

His practice encompasses various aspects of orthopaedics, from diagnosis to treatment and rehabilitation, providing a comprehensive approach to musculoskeletal health. Residents of Chennai looking for an experienced and compassionate orthopaedician will find Dr. B C to be an excellent choice. Whether it's a

sports injury, chronic pain, or surgical intervention, he is dedicated to restoring mobility and improving the quality of life for his patients.

## Experience

1. Worked as senior resident in department of orthopaedics for 2years. Biggest Medical college with highest numbers of cases and surgeries done in orthopaedics, with round the clock emergency orthopaedic theatre. Assisted above 1000surgeries in orthopaedics during the tenure (Government Medical college, Trivandrum)
2. 9years experience in orthopaedic and spine surgery (Apollo Hospitals, Greams Road, Chennai) multi super speciality 650 beded hospitals, the largest hospital chain in India.

Training in various fields of orthopaedic surgery

- Cervical Spine Surgeries (Trauma, Degenerative, Tumours, Deformities)
- Lumbar Spine Surgeries(Trauma,Tumours,Infections, Degenerative, Deformities)
- Expertise in revision spine surgeries and failed back surgeries
- Expertise in redo Spine stabilizations, fusions.
- Stem cell transplant procedures and cartilage regrow procedures and orthobiologics
- Minimal invasive spine surgeries
- Endoscopic Spine surgeries
- Spinal Deformities (Saggital, Coronal)
- Kyphoplasty (Percutaneous, Ballon), Vertebroplasty
- Arthroscopic procedures
- Knee Arthroplasty
- Orthopaedic Trauma including spinal injuries
- Trauma
- Hand surgery
- Paediatric orthopaedics and Deformity corrections
- Tumour Surgery
- Pelviacetabular Injuries
- Spinal Injuries and Spinal Tumours
- Spinal deformities and Degenerative diseases
- Damage control orthopedic surgery
- Joint replacement
- Arthroscopy (knee, Shoulder) and sports injuries

- Scoliosis deformity correction and fusion

Fellow spine in spine and scoliosis research institute in korea university, Seoul, Assisted numerous cases of degenerative spinal disorders, Spinal trauma, tumours and spinal deformity corrections.

## Membership

### Education:

Fellowship in cervical spine surgery (April 2015 - May 2015)

Fellowship in spine and scoliosis surgery(Dec-2013 - Feb 2014)

Diplomate of national board (DNB) Orthopaedic surgery(Jan 2010 - Dec 2011)

Diploma in Orthopaedic surgery(D'ortho) (June 2007 - June 2009)

Bachelor of medicine bachelor of surgery (MBBS) Completion April 2003

### Certification:

1. Fellowship in spine and scoliosis surgery (South Korea)
2. Fellowship in cervical spine surgery (Japan)
3. Certified Training in minimal invasive cadaveric spine course(globus)2019
4. Certified Training in Arthroplasty (Depuy) Cadeveric training 2013
5. Certified Training in Ganga arthroscopic course 2015

Certified Training in Ganga spine course (2014,2015,2016&2017)

### Memberships:

1. Life time member of INDIAN ORTHOPAEDIC ASSOCIATION
2. Member of ASSOCIATION OF SPINE SURGEONS OF INDIA
3. Lifetime member of TAMILNADU ORTHOPAEDIC ASSOCIATION

Member of National academy of Medical sciences

## Research and Publication

- Functional Evaluation of cannulated screw fixation in fracture and neck of femur in young adults.
- Functional Evaluation of Interspinous Device in Lumbar canal stenosis with mild instability and prospective study - 6months follow-up

- Paper presentation on autologous chondrocyte implantation in international cartilage society conference, Chennai 2013
- Paper presentation on “ the appropriate use of radiographic imaging studies in degenerative spinal disorders and to test the accuracy, safety and reproducibility of these imaging modalities and to correlate the abnormalities seen with the clinical findings and symptoms of the patient” at the world congress of orthopaedics, Xian, china September 11<sup>th</sup> - September 14<sup>th</sup> 2014.
- Paper presentation “ Clinicoradiological evaluation of posterior lumbar interbody fusion using unilateral cage using local morselised bone graft - Global spine conference held in dubai April 2016
- Decreased incidence of total blood loss preoperatively and postoperatively in revision spinal fusion surgeries with topical application of tranexamic acid compared to intravenous administration, may 2-5-2018, Singapore
- Back pain improvement after cost effective posterior midline decompression with postero - lateral fusion with autologous morselised bonegraft with BMAC aspirate application in elderly patients with severe degenerative spinal canal stenosis, May 5 singapore
- The effect of age on sagittal plane profile of the lumbar spine according to standing, supine and various sitting positions(Korean university, Seoul)
- Is the guided growing rod system safe for long term treatment (submitted under review): A case report  
Subtitle : The complication of metallosis
- Eurospine journal publication 9submission) - assessment of the safety and outcomes of the interspinous device coflex in the management of lumbar stenosis
- The anatomical variation in a normal thoraco - lumbar spine among different age group. (submitted - under review)
- The effect of delayed surgery on curve type and fusion level in immature AIS patients who showed progression of curve more than 10degrees (Submitted - under review).

## Frequently Asked Questions

### 1. Where does Dr. Suresh Kumar B C practice?

Dr. Suresh Kumar B C's medical practice is located at Apollo Firstmed Hospital. This hospital offers comprehensive healthcare services.

### 2. Who is Dr. Suresh Kumar B C?

Dr Suresh kumar B C is a renowned Orthopaedic Surgeon with over 14 years of experience. He practices in Chennai at Apollo Firstmed Hospital. Dr Suresh kumar B C holds a degree in MBBS, MNAMS, D'ORTHO, DNB(Ortho), FISS(SEDUL), FICS(JAPAN). He provides treatments including Pelvis Fracture Treatment Management, Sports Injury Treatment Management, Regenerative Therapy For Joints. He specializes in treating conditions like Carpal Tunnel Syndrome, Sports Injury, Sports Injury Evaluation And Rehabilitation.

### **3. Why do patients choose Dr. Suresh Kumar B C?**

Dr. Suresh Kumar B C is a leading specialist sought after for expertise in Spinal Disc Surgery, Spine Injury, and Neck and Spine Biopsy procedures.

### **4. What is Dr. Suresh kumar B C's specialization?**

Dr Suresh kumar B C specializes in Orthopaedics. He has expertise in treating conditions such as Carpal Tunnel Syndrome, Sports Injury, Sports Injury Evaluation And Rehabilitation. His key treatments include Pelvis Fracture Treatment Management, Sports Injury Treatment Management, Regenerative Therapy For Joints.

### **5. What are Dr. Suresh kumar B C's medical qualifications?**

Dr Suresh kumar B C holds MBBS, MNAMS, D'ORTHO, DNB(Ortho), FISS(SEDUL), FICS(JAPAN), reflecting his comprehensive education in the field of Orthopaedics.

### **6. What is Dr. Suresh Kumar B C's experience?**

Dr. Suresh Kumar B C has seven years of experience in orthopedics.

### **7. Who is an Orthopedist?**

An orthopedist is a medical doctor specializing in diagnosing and treating musculoskeletal disorders. They manage conditions affecting bones, muscles, joints, and ligaments, including arthritis, back pain, sports injuries, and leg/foot pain. Orthopedic care encompasses the entire skeletal system.

### **8. What is the difference between an Orthopedist and an Orthopedic Surgeon?**

Orthopedists manage musculoskeletal system disorders, offering pre- and post-surgical care. Orthopedic surgeons provide identical care but also perform surgical procedures for conditions such as back pain, disc herniation, bone tumors, carpal tunnel syndrome, and arthritis.

### **9. Does an Orthopedist treat foot and ankle problems?**

Yes, orthopedists specialize in musculoskeletal health, encompassing foot and ankle conditions. They treat various issues including bunions, sprains, arthritis, and sports injuries. Diagnosis utilizes imaging, and treatment is tailored to the problem's severity. Orthopedic foot and ankle care provides comprehensive solutions for these common problems.

#### **10. Is a doctor referral needed to see an Orthopedist?**

No referral is strictly required to book an appointment with an orthopedist. Appointments can be scheduled directly at the clinic or healthcare center. However, a general physician may conduct a preliminary assessment before referring patients with musculoskeletal issues for specialized orthopedic examination.