



# Prof (Dr.) Bhalla

MBBS, MS, DNB, MNAMS, MCH(ORTHO), USA

Fellow Sports Medicine, South Korea

Ex. Specialist ESI, New Delhi

Ex. Senior Ortho Surgeon, AIIMS, New Delhi

Joint Preserving Surgeon

**Central Delhi Representative of Delhi Orthopaedic Association**

Advanced orthopedic care for bones, joints, spine, and sports injuries at JMC Hospital, Karol Bagh, New Delhi

## Quick Contact



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# About Prof (Dr.) Bhalla

Dr. Rajesh Bhalla is a highly respected **Senior Orthopaedic Surgeon in Delhi** with **over 15 years of expertise** in treating joint disorders, sports injuries, and complex orthopedic conditions. His practice is built on a patient-first approach, focused on accurate diagnosis, advanced treatment, and long-term recovery.

Dr. Bhalla earned his **Master of Surgery (M.S.)** in Orthopedics from the West Bengal University of Health Sciences, followed by senior residency training at **AIIMS, New Delhi**. He is also certified by the **National Board of Education (DNB Orthopedics)** and has pursued advanced orthopedic fellowships internationally, including in the **USA and South Korea**, where he specialized in joint-preserving techniques and sports medicine.

His practice combines **decades of experience, global exposure, evidence-based techniques, and compassionate care**, making him one of the most trusted orthopaedic doctors in Delhi.

# Global Exposure & Advanced Training

Dr. Bhalla brings international best practices to Indian healthcare through his extensive training and exposure:

-  **Clinical Exposure – USA**

Advanced understanding of modern joint replacement techniques, rehabilitation protocols, and patient-centered orthopaedic care.

-  **Specialized Exposure – South Korea**

Expertise in minimally invasive procedures, arthroscopy, and cutting-edge joint preservation methods.

-  **Fellowship – Coimbatore (India)**

In-depth fellowship training focused on joint replacement surgery, precision techniques, and long-term functional outcomes.

# Comprehensive Orthopedic Care That Restores Movement

Dr. Rajesh Bhalla is widely recognized as a **bone and joint doctor in Delhi**, offering advanced care for patients dealing with chronic pain, injuries, and mobility limitations. From early diagnosis to long-term recovery, patients looking for a trusted **orthopedic doctor in Delhi** receive evidence-based, personalized treatment focused on lasting results.

Bone, joint, and spine problems don't just cause pain—they slowly take away comfort, confidence, and independence. Simple daily activities like walking, sitting, climbing stairs, driving, or even sleeping can become difficult.

**At JMC Hospital, Karol Bagh, Dr. Rajesh Bhalla provides complete, evidence-based orthopedic care focused on:**

- *Identifying the exact cause of pain*
- *Offering clear explanations to patients*
- *Creating practical treatment plans*
- *Achieving long-term pain relief and improved mobility*

Each patient is treated as an individual. Treatment decisions are based on age, lifestyle, activity level, and long-term joint health—not just temporary pain relief.



# Complete Range of Orthopedic Services

From diagnosis to recovery, Dr. Bhalla offers comprehensive treatment for all orthopedic conditions affecting your mobility and quality of life.

## Joint Pain & Arthritis Care

Patients searching for a reliable joint pain doctor in Delhi or arthritis doctor in Delhi benefit from a structured approach that focuses on pain relief, joint preservation, and improved mobility.

- **Knee, hip, and shoulder pain treatment**
- **Osteoarthritis management Joint stiffness and swelling relief Age-related joint degeneration**



## Spine, Back & Neck Treatment

As a trusted spine treatment doctor in Delhi, Dr. Rajesh Bhalla provides comprehensive care for back and neck conditions affecting posture, movement, and nerve function.

- **Chronic back pain solutions**
- **Slip disc management Sciatica pain treatment Cervical spondylosis care**



## Fracture & Trauma Care

From emergency fracture management to post-injury rehabilitation, treatment is planned to restore strength, alignment, and mobility.

- **Pre-Operative Instructions (If Surgery Is Required)**
- **Simple and complex fractures**
- **Accident injury management**
- **Cast and splint application**
- **Post-fracture rehabilitation**
- **Post-Operative Instructions**



## Sports Injury Management

Athletes and active individuals consult Dr. Bhalla as a leading sports injury doctor in Delhi, known for safe recovery planning and return-to-activity guidance.

- **Ligament injuries (ACL, PCL)**
- **Muscle tears and strains**
- **Meniscus injuries**
- **Return-to-activity guidance**



# Surgical & Non-Surgical Treatment Options

## Joint Replacement Consultation

Patients seeking an experienced knee replacement doctor in Delhi, hip replacement doctor in Delhi, or shoulder replacement surgeon in Delhi receive complete guidance—from evaluation and planning to rehabilitation and long-term joint care.

- **Knee replacement evaluation and planning**
- **Hip replacement consultation**
- **Pre-surgery assessment and preparation**
- **Post-surgery follow-up care**
- **Long-term joint health planning**

Comprehensive support through every stage of your surgical journey, ensuring optimal outcomes and recovery.

## Conservative Management

For patients looking for a joint preserving doctor in Delhi, non-surgical options are prioritized whenever clinically appropriate to delay or avoid surgery.

- **Pain relief injections and medications**
- **Physiotherapy coordination**
- **Movement correction therapy**
- **Lifestyle and activity guidance**
- **Non-invasive treatment protocols**

Many conditions can be successfully managed without surgery through proper conservative care and lifestyle modifications.



# Knee Preservation Care

## घुटने क्यों बदलवाएं जब उन्हें बचाने के हो उपाए

Not all knee pain requires knee replacement surgery. With timely diagnosis and the right treatment plan, many knees can be preserved and kept functional for years. Under the expert guidance of Dr. Bhalla, knee preservation focuses on relieving pain, improving mobility, and delaying or avoiding surgery.

### Who can benefit?

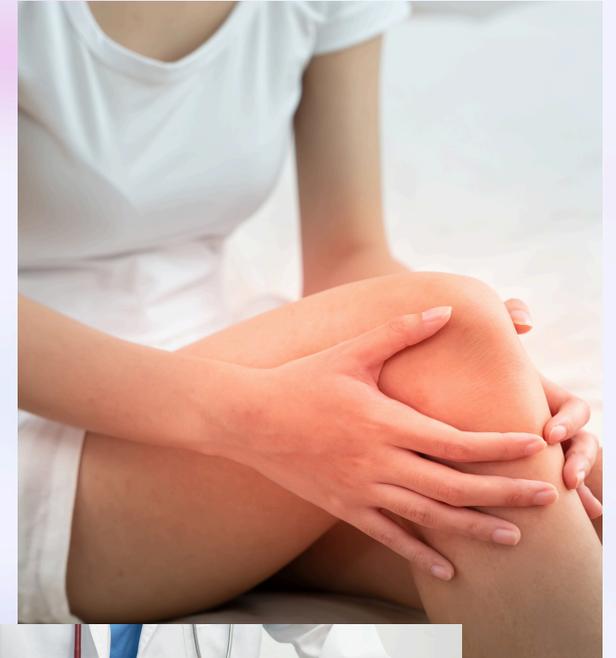
- Early to moderate osteoarthritis
- Chronic knee pain or stiffness
- Difficulty in walking or climbing stairs
- Patients looking for non-surgical options before knee replacement

### Key benefits:

- Preserves the natural knee
- Reduces pain and improves movement
- Helps delay or avoid surgery

### Treatment approach includes:

- Medications and pain-relief injections
- Physiotherapy and muscle strengthening
- Weight management and lifestyle correction
- Movement correction and activity modification



# Conditions We Commonly Treat

## 1 Persistent Joint Pain

Chronic pain in knees, hips, shoulders, or other joints affecting daily activities and quality of life



## 2 Mobility Difficulties

Trouble walking, bending, climbing stairs, or performing routine movements due to joint or bone issues



## 3 Injury-Related Problems

Sports injuries, accident trauma, falls, and work-related orthopedic injuries requiring expert care



## 4 Age-Related Conditions

Arthritis, osteoporosis, joint degeneration, and other conditions that develop with aging



## 5 Spine & Back Issues

Chronic back pain, neck pain, slip disc, sciatica, and posture-related spinal problems



## 6 Post-Accident Recovery

Fractures, dislocations, soft tissue injuries, and comprehensive trauma care with rehabilitation



# Patient-Centered Treatment Approach

Dr. Bhalla follows a structured, transparent care process designed to give you clarity and confidence at every step of your treatment journey.

01

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## Detailed Clinical Examination

Thorough physical assessment to understand your symptoms, pain patterns, and mobility limitations

02

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## Diagnostic Review

Careful analysis of X-rays, MRI scans, or other reports to identify the root cause of your condition

03

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## Clear Explanation

Plain-language discussion of your diagnosis, helping you understand what's happening and why

04

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## Customized Treatment Plan

Step-by-step treatment strategy tailored to your condition, age, work routine, and activity level

05

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## Recovery & Follow-Up

Ongoing support focused on restoring mobility, preventing recurrence, and maintaining long-term joint health

# Why Patients Choose Dr. Rajesh Bhalla



## Extensive Experience

Years of specialized orthopedic practice with proven track record in both surgical and non-surgical treatments



## Accurate Diagnosis

Thorough evaluation and precise identification of orthopedic conditions for effective treatment planning



## Balanced Care

Thoughtful combination of surgical and non-surgical options based on individual patient needs



## Patient-Friendly Approach

Clear communication, compassionate care, and treatment plans you can understand and follow



## Convenient Location

Easy access in the heart of Karol Bagh, New Delhi, with modern facilities at JMC Hospital



## Long-Term Relief Focus

Treatment designed not just for immediate pain relief but for sustained recovery and prevention

# What Our Patients Say

Real stories. Real recoveries. Real smiles.

## Dr. R Bhalla | Orthopaedic Doctor in Karol Bagh, Delhi | Knee Replacement Surgeon

JMC Hospital, 846, Joshi Rd, Block A, Karol Bagh, New Delhi, Delhi,  
110005, India

5.0 ★★★★★ 71 reviews ⓘ

Most relevant Newest Highest rating Lowest rating

**Neha Saxena**  
1 review

★★★★★

I had a fracture in my leg and was treated by Dr. Bhalla, a highly skilled orthopedic surgeon in Delhi. He made the surgery look easy and helped me recover quickly. His positive attitude and clear instructions gave me confidence. I truly recommend him to everyone.

**Shyamji Shukla**  
2 reviews · 2 photos

★★★★★ 2 months ago

I had a ligament injury while playing football, and Dr. Rajesh Bhalla, one of the most reputed Orthopedic Surgeons in Delhi, treated me perfectly. He explained every step of the recovery plan and ensured I followed it properly. I ... [More](#)

👍 1

**HEY JAN**  
1 review

★★★★★ 4 weeks ago

I rarely leave reviews, but this one is worth writing. I was dealing with knee pain that kept getting worse. After trying home remedies and other clinics with no results, I finally visited Dr. Bhalla, a well-known orthopedic doctor in ... [More](#)

👍 1

**Shivmohan Davey**  
1 review

★★★★★ 2 months ago

My grandmother had knee replacement surgery done by Dr. Rajesh Bhalla, one of the top Orthopedic Surgeons near Delhi. The surgery went smoothly, and her recovery was quicker than we expected. He personally followed up and adjusted her ... [More](#)

👍 1

**Sobha Rani**  
1 review

★★★★★ a month ago

I was referred to Dr. Rajesh Bhalla by my colleague for chronic neck pain. The orthopedic clinic in Delhi is very well managed and hygienic. The staff ensures minimum waiting time, and Dr. Bhalla himself gives each patient proper time. His diagnosis was perfect, and I was pain-free in just three visits.

👍 Hover to react



Patient  
Review:



# Smiles That Speak for Themselves



Dr. Rajesh Bhalla - MBBS, MS(Orthopedics), DNB(Ortho/Surgery), M.Ch.(Orthopedics)



Dr. Rajesh Bhalla - MBBS, MS(Orthopedics), DNB(Ortho/Surgery), M.Ch.(Orthopedics)



Watch Patient  
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# Before Treatment

## What Patients Commonly Experience:

- Severe joint or back pain
- Difficulty walking or climbing stairs
- Stiffness, swelling, and reduced flexibility
- Fear of movement due to pain
- Dependence on painkillers



# After Treatment

## What Patients Achieve with Proper Care:

- Significant pain reduction
- Improved joint movement and flexibility
- Better posture and balance
- Return to daily activities with confidence
- Reduced dependence on medications

# Who Should Visit an Orthopedic Specialist?

If you are searching for an experienced [orthopaedic doctor in Delhi](#) for bone, joint, spine, or sports-related concerns, timely consultation can prevent complications and speed recovery.

## Chronic Pain Sufferers

Any one experiencing long-standing joint, back, or bone pain that interferes with daily life and hasn't responded to basic treatments

## Movement Difficulties

Patients facing challenges with walking, bending, sitting, or standing due to orthopedic issues

## Athletes & Active Individuals

Sports persons dealing with injuries, overuse conditions, or needing guidance for safe return to activity

## Senior Citizens

Elderly patients managing arthritis, joint degeneration, osteoporosis, or age-related bone and joint problems

## Accident Victims

Individuals recovering from trauma, fractures, or accident-related orthopedic injuries requiring expert care

## Office Workers

Professionals experiencing neck pain, back pain, or posture-related issues from desk work and sedentary lifestyle

# Take the First Step Toward Better Movement

## Your health, your movement, your life.

Bone and joint problems should never be ignored. Early consultation and proper treatment can prevent long-term discomfort and mobility issues. Dr. Rajesh Bhalla is committed to helping patients move better, live comfortably, and regain the active lifestyle they deserve.

- ❑ **Don't let pain hold you back.** Whether you're dealing with a recent injury or chronic condition, expert orthopedic care is available right here in Karol Bagh.

## Book Your Appointment Today

**Call:** 085954 71202

**Visit:** JMC Hospital, 846 Joshi Road, Block A, Karol Bagh, New Delhi 3 110005

**Website:** [drrajeshbhalla.com](http://drrajeshbhalla.com)



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"Care for every joint, every step. Trusted orthopedic care helping you move without pain."