



## Mr Vishal Pai

MBChB, FRACS, FAOrthoA,  
PGDipSurgAnat

**Orthopaedic Surgeon -  
Knee and Sports Medicine**

**To arrange an appointment  
with Mr Vishal Pai, please  
contact:**

### **Holmesglen Private Hospital**

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Vishal Pai is a consultant orthopaedic knee surgeon who works at Holmesglen Private Hospital, Frankston Private Hospital and Box Hill Hospital. Vishal completed his medical degree in New Zealand at the University of Otago in 2007 and obtained a distinction in medicine and surgery. Following this, he undertook his orthopaedic training in Victoria obtaining his Fellowship of the Royal College of Surgeons, Australia in 2017.

Vishal has worked as a consultant orthopaedic surgeon at Box Hill Hospital and The Austin as the lead trauma surgeon where he dealt with both paediatric and adult fractures.

Subsequently, he underwent further subspecialist training in the United Kingdom in knee surgery. He worked in Bristol at the University Hospital Bristol NHS Trust Knee Unit. He refined his skills with revision knee arthroplasty, revision ACL reconstruction, partial knee replacement and patellofemoral stabilisation surgery.

Travelling to London to work with Mr Andrew Williams and Mr Simon Ball at the Fortius Clinic and the Chelsea & Westminster NHS Trust, he furthered his knowledge about primary and revision ACL reconstruction, multiligament knee reconstruction, complex meniscal repair and robotic knee arthroplasty.

During his time in London, Vishal worked with many elite athletes including Olympians, English premiere league footballers, rugby players, gymnasts and acrobats. He understands the psychology, decision making, operative technique, pre- and post-operative rehabilitation that is required to get an athlete back to sport in a safe manner.

Vishal is also trained to perform robotic assisted partial and total knee arthroplasty and is happy to discuss the benefits of this during your consultation. Robotic guidance uses landmarks from your knee in order to create a digital map which then guides the planning and execution of your knee replacement. The accuracy of this is within 1 millimeter of the digital plan. Whilst the long-term benefits are still being studied, robotic assistance can be a useful adjunct in complex cases or in younger patients.

### **Speciality interests include:**

- Anterior cruciate ligament reconstruction
- Multiligament knee reconstruction
- Realignment osteotomy
- Knee arthroscopy & meniscal repair
- Robotic-assisted partial & total knee replacement
- Patellofemoral stabilisation
- General trauma

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