

I would like to extend my heartfelt gratitude and sincere thanks to

- Professor Lalit Maini and Dr. Pushpinder Bajaj - THE ISKSAA TEAM.
- Dr Sanjeev Anand – Our ISKSAA-BOSTAA travelling fellowship coordinator in U.K.
- BOSTAA team & Dr Mazin Ibrahim – our host surgeon in London and a lower limb- Hip and Knee surgeon at Whittington Hospital & University College Hospital NHS, London, U.K and an executive member of BOSTAA.
- Dr Omar Haddo & Dr Aditya Prinja, Upper limb surgeons at whittington hospital NHS, London, U.K.

Our fellowship was of two week duration. We were two fellow Dr Hatif Qamar Siddiqui & Dr. Kumar Keshav.

We had a warm welcome by Dr. Mazin Ibrahim & his team, who took us out for a dinner with his residents and fellows. We went to Kibele, where we got a taste of Turkish cuisine for the first time.



We attended theatres of Dr. Mazin Ibrahim at different hospital, University College London Hospital and Whittington Hospital. The cases that we could attend were Conventional THA, Robotic TKA, Knee arthroscopy and few trauma cases as well. Knee arthroscopy cases included primary and revision ACL, Meniscal repair/partial meniscectomy, LET, etc.

We also attended theatres of Dr. Omar Haddo and Dr. Aditya Prinja who are Upper limb surgeons. Cases that we could able to attend included Shoulder arthroscopy cases related to Bankart repair, SLAP repair, Subacromial decompressions (one with debridement of calcific deposits) and rotator cuff repairs. Other cases included Distal biceps repair with Tendoachilles Allograft,

fasciectomy in Dupuytren's contracture, ORIF with Bone grafting in a scaphoid non-union and PIN & AIN denervation in an arthritic wrist.



We also had very lively discussions related to the cases and also arthroscopy and arthroplasty in general. On most of the days, we had prior intimation of the cases posted for the next day. That allowed us to come a bit prepared for the cases. All our queries were addressed quite comprehensively.

Apart from the fellowship, we also had the great opportunity to attend the BOSTAA Conference at Lords in London. We had an hour tour of Lords Cricket ground. We could meet the Who's who of Arthroscopy and Sports Medicine in the conference.

We had a great time together discussing about orthopaedics and all other things in general. Since it was winter time, by 5:00-6:00 pm, it was quite dark outside and hence we were able to visit London only on weekends. Seeing the working system of NHS from close quarters was also a new experience for us.



At last I felt that this fellowship opportunity added a lot to my basic & advance level of knowledge in arthroscopy and arthroplasty which will help me in managing my patients in better way.

I provide my sincere thanks to BOSTAA & ISKSAA TEAM for giving me this opportunity and made this fellowship possible for me.



Yours sincerely

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