

## **ISKSAA COLUMBIA TRAVELLING FELLOWSHIP 2024**

### **FELLOWSHIP REPORT**

**Missouri Orthopaedic Institute, United States**

**Fellowship Period: May 2025**

I am grateful to **ISKSAA** for providing me the opportunity to undertake this fellowship. I would especially like to thank **Prof. Lalit Maini** and **Dr. Pushpinder Bajaj** for their guidance, support, and for facilitating this exceptional learning experience at the **Missouri Orthopaedic Institute (MOI)**, University of Missouri.

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### **1. Clinical Experience with Dr. Ajay Aggarwal**

A central highlight of the fellowship was my interaction with **Dr. Ajay Aggarwal**, who became a significant professional and personal mentor. Dr. Aggarwal is widely respected for his expertise in **hip arthroscopy, joint preservation, and primary and revision hip arthroplasty**. Observing his approach to hip arthroscopy—particularly labral preservation, femoroacetabular impingement correction, cartilage care, and precise portal placement—enhanced my understanding of modern hip preservation surgery.

In hip arthroplasty, his emphasis on restoring biomechanics, individualized planning, and disciplined execution offered invaluable insights. His clarity of thought and communication in the operating room made each case an excellent learning experience.

Beyond the clinical sphere, Dr. Aggarwal extended exceptional warmth and hospitality. He invited me to his home, and he also took me out for lunch during my stay. These gestures made my time in Missouri truly memorable and strengthened a relationship that I believe will continue as a **lifelong mentorship**. His guidance—both professional and personal—has had a profound impact on me.

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### **2. Experience with Dr. Matt Smith**

Working with **Dr. Matt Smith** provided deep exposure to **shoulder surgery**, especially **innovative shoulder arthroplasty techniques**. His understanding of shoulder biomechanics, implant selection, and reconstructive principles was impressive. His teaching style was approachable and engaging, supported by his naturally humorous and friendly personality. Despite tackling complex cases, he created a relaxed yet highly educational environment that made each surgical session enjoyable and informative.

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### **3. Experience with Dr. Paul Keeney**

My time with **Dr. Paul Keeney** offered comprehensive exposure to **hip and knee arthroplasty**, including both primary and revision cases. His systematic approach, meticulous preoperative planning, and methodical intraoperative technique provided a strong foundation for understanding the principles of successful joint replacement surgery.

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### **4. Hands-On Surgical & Clinical Exposure**

The fellowship provided significant supervised hands-on experience and close clinical involvement. Key components included:

- Participation in preoperative clinics, templating, and surgical planning
- Assistance and observation in hip arthroscopy, hip preservation procedures, and arthroplasty
- Exposure to shoulder arthroplasty techniques and principles
- Day-to-day involvement in patient evaluation, postoperative management, and multidisciplinary discussions

This immersive clinical experience helped refine my surgical judgment, patient assessment skills, and overall understanding of modern orthopedic practice.

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## 5. Missouri Orthopaedic Institute & University of Missouri Campus

The **Missouri Orthopaedic Institute** is a dedicated orthopedic center with well-structured and highly organized operating suites. The surgeons, trainees, nurses, and allied health professionals made me feel so welcome and at home.

The **University of Missouri campus** itself is serene, expansive, and academically vibrant. Its well-maintained surroundings, collaborative culture, and strong emphasis on medical education contribute to an atmosphere that is both inspiring and conducive to learning.

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## 6. Conclusion

My fellowship at the Missouri Orthopaedic Institute was a deeply enriching experience. The mentorship of **Dr. Ajay Aggarwal**, the valuable clinical exposure with **Dr. Keeney**, and the enjoyable yet educational sessions with **Dr. Matt Smith** collectively shaped a memorable and transformative month.

I remain sincerely thankful to **ISKSAA**, particularly **Prof. Lalit Maini** and **Dr. Pushpinder Bajaj**, for enabling this opportunity. The clinical skills, insights, and relationships developed during this fellowship will continue to influence my orthopedic practice and professional growth for years to come.

Regards

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