

ISKSAA BOSTAA UK TRAVELLING FELLOWSHIP 2025

Respected Sir,

First I am grateful to Dr Pushpinder Bajaj, President of ISKSAA for selecting me to the ISKSAA BOSTAA travelling fellowship program in the UK for November 2025 Session.

I had a great privilege to be mentored by Mr (Dr) Sajeew Anand, Consultant Orthopaedic Surgeon at Leeds and Academic Secretary of BOSTAA for allotment to different units across the UK during my Fellowship Tenure in November 2025. I also had opportunity to attend the BOSTAA 2025 Annual Conference held at Ethihad Stadium, Manchester on 11th November 2025 which guided in certain newer and different techniques of Approaching the Arthroscopy and Sports Injuries as well as Rehabilitation.

During my Travelling Fellowship , In the first week I was assigned in the Manchester Wilmslow Hospital.

I worked with Mr Leonardo Funk- Consultant Shoulder Surgeon where I observed AC joint Reconstruction surgery, Revision Latarjet Procedure using Iliac crest Bone Grafting, Rotatory Cuff Repair, Subacromina Decompression and Bankarts Repair . I worked with Mr Neil Jain - Consultant Arthroscopy Surgeon , where I saw different knee arthroscopy procedures like ACL reconstruction, Meniscus Repair, Menisectomy and balancing , Chondroplasty. Later I worked with Mr Robert Watts- Elbow Surgeon where I got to saw different Elbow procedures like Arthroscopic Arthrofibrosis Release surgery , Medial Collateral Ligament Reconstruction, LUCL reconstruction and Radial head Replacement.

In the weekend , I explored Various Places around Manchester Tourist Spots as well as Liverpool city which was beautiful to see.

For the Second week in was assigned to different hospital across the London . After securing the Airbnb room in London , I started my fellowship work from Monday. Unfortunately Because of Residents Strike on Monday I couldn't able to attend the surgeries done by Mr Ricci Plastow in University College which got cancelled. Instead , I was assigned to go to St george Hospital under Mrs Shami Umarji as suggested by Mr (Dr) Sanjeev Anand Sir, where in got to see different Day Care Hand Surgeries like Carpal Tunnel Release surgery, Trigger Finger Release, Dupuyterns Contracture Release, Intralesional Steroid Injection for Inflammatory pathology.

Next day I went to Central Middlesex Hospital where I was guided by Mr Rhidian Thomas, President of BOSTAA , where I got to see Knee Arthroscopy cases like Transtibial ACL reconstruction, Revision ACL reconstruction, Meniscus Repair, Partial Menisectomy , Chondroplasty.

Next day i attended St George University Hospital Trauma Seminar, Paul Calvart Theatre where I got see few trauma surgeries done by Mr Vishwas Shetty like Lateral Malleolus fixation, DHS plating , Revision PFN nailing and Trochanter Stabilisation Plate with Bone Substitute for a failed subtrochanteric femur fracture with broken Proximal femur Nail and Proximal Hamstring Repair.

On further days, I kept attending the Trauma Seminar meet, Outpatient Department of Hand Surgery and Fracture Orthopaedic Clinics, as well as Trauma theatres which was well guided by Mrs Shami Umarji, Consultant Orthopaedic Hand and Wrist Surgeon and Head of Surgery Division.

During the weekend , i again started exploring various tourist and Visitation Spots actors the London which is a very huge city to complete before returning to India.

I sincerely thank ISKSAA especially Dr Pushpinder Bajaj and Mr (Dr) Sanjeev Anand for this opportunity and looking forward to meet you again.

Dr Kiran B M

Consultant Orthopaedic Surgeon
Bengaluru East

