

## **Fellowship report of JRC & IMRI Primary and Revision Arthroplasty and Arthroscopy Fellowship 3 November – 29 November 2025 | Adelaide, Australia.**

I had the privilege of completing the JRC and IMRI Primary and Revision Arthroplasty and Arthroscopy Fellowship from 3 November to 29 November 2025 in Adelaide, Australia. The fellowship was conducted under the expert mentorship of Prof. Jegan Krishnan and Dr. Sunil Reddy at The Joint Replacement Clinic (JRC), in collaboration with the International Musculoskeletal Research Institute (IMRI). Clinical training was delivered across several leading centres, including Ashford Hospital, Memorial Hospital, North Eastern Community Hospital, and Calvary Central Districts Hospital.

### **Objectives and Structure of the Fellowship**

The program was designed to provide comprehensive exposure to primary and revision joint arthroplasty as well as advanced arthroscopic procedures. It combined hands-on operative training with structured case discussions, enabling the development of both technical skills and sound clinical decision-making essential for complex joint reconstruction.

### **Clinical and Surgical Exposure**

#### **1. Primary Total Joint Arthroplasty**

I participated in and observed a high volume of primary arthroplasty procedures involving the:

- Knee
- Hip
- Shoulder

This exposure strengthened my understanding of patient selection, pre-operative planning, implant positioning, operative techniques, and post-operative management. I gained valuable insight into the surgical approaches and philosophies of Prof. Krishnan and Dr. Reddy, particularly in managing both routine and complex cases.

#### **2. Revision Arthroplasty**

A key highlight of the fellowship was involvement in complex revision hip and knee arthroplasty, including cases related to:

- Aseptic loosening
- Periprosthetic fractures
- Instability
- Infection
- Bone loss management

This experience enhanced my expertise in reconstruction strategies, implant selection, fixation methods, and soft-tissue management, all of which are crucial in revision surgery.

### **3. Arthroscopy and Soft-Tissue Reconstruction**

The fellowship also provided operative exposure to:

- Shoulder arthroscopy
- Knee arthroscopy
- Ligament and soft-tissue reconstruction

This strengthened my understanding of minimally invasive techniques and their role in joint preservation and functional recovery.

### **Academic and Clinical Learning**

I benefited from in-depth discussions and one-on-one teaching with the faculty on:

- Surgical techniques and intraoperative decision-making
- Alternative treatment strategies
- Principles of infection control
- Implant biomechanics and design
- Rehabilitation and recovery pathways
- Detailed pre-operative planning

These interactions significantly refined my clinical judgment and improved my approach to complex musculoskeletal care.

### **Overall Experience and Impact**

This fellowship offered an enriching and immersive experience in arthroplasty and arthroscopy. Training across high-volume centres, combined with the mentorship of experienced consultants, greatly enhanced my operative skills, clinical reasoning, and understanding of advanced joint reconstruction.

I am deeply grateful to Prof. Jegan Krishnan, Dr. Sunil Reddy, and the teams at JRC and IMRI for their guidance and support. The skills and knowledge gained will contribute significantly to my professional growth and to delivering high-quality musculoskeletal care to my patients.

I also express my sincere gratitude to Dr. Pushpinder Bajaj Sir and the entire medical team for their continuous support and mentorship throughout this rewarding fellowship.

Regards,

**Dr. NAGARAJ M (2272)**