

Fellowship Title- ISKSAA FORTIS MOHALI FELLOWSHIP-2025

Mentor- DR MANIT ARORA

Duration- 2 Weeks

Place- FORTIS HOSPITAL MOHALI

Respected sir,

Firstly I would like to express my sincere gratitude to Dr. Pushpinder Bajaj, Dr. Lalit Maini, Dr. IPS Oberoi, Dr. Raju Eswaran and the entire ISKSAA team for providing me the opportunity to learn and develop my knowledge and skill in the orthopaedic-subspecialty of arthroscopy and sports medicine through the ISKSAA FORTIS MOHALI FELLOWSHIP under Dr. Manit Arora. I would like to share my experiences through this testimonial for the same.

On the very first day I was welcomed by Dr Manit Arora & his team in Opd area. Sir invited me for black coffee and formal introduction was done. Firstly I was amazed to see national and state players roaming around Opd to visit Dr Manit. Opd was managed very systemically by his team with following the protocol of history taking and examination part which was presented to Dr Manit and thorough discussion over it to make final diagnosis. Sir was very kind and he answered my every silly question and I realised how decision making is important in arthroscopy which was purely depends on your history and examination part.

Next day, I was introduced to the operation theatre in the early morning and I witnessed lots of new techniques and concepts being applied. There was much question-and-answer between my mentor, me, and the team. Whole OT team was very good at their own work and helpful to me.

The same routine of surgeries and interesting questions and doubts were discussed in all 14 days of stay. All the discussion was surrounded by evidence-based medicine. Every Tuesday, Wednesday and Saturday were full-fledged OTs. Each week was a mix of knees and shoulder with a different diagnosis.

Monday, Thursday and Friday were reserved for OPDs. I witnessed how the patients are handled right from registration to counselling,

planning for surgery, to post op follow up protocol and I understood the importance of Physio therapy in this subspecialty. The two weeks were filled with knowledge, brainstorming and interactive one-to-one sessions regarding recent sports medicine and arthroscopy updates.

The fellowship covered vast areas of knee and shoulder surgeries. These included-

- 1.ACL repair*
- 2.ACL reconstruction with peroneus longus graft*
- 3.Meniscal repair/meniscal balancing*
- 4.PCL reconstruction*
- 5.MCL repair and internal bracing*
- 6.HTO with meniscus*
- 7.HTO with ACLR*
- 8.HAGL and subscap repair*
- 9.DLO for genu valgum*
- 10.Stiff knee- quadricepsplasty with mess repair*
- 11.Bankart with hill-sach lesion*
- 12.OATS for LFC focal defects*
- 13. Laterjet surgery with ICBG*
- 14.Rotator cuff repair with SCR*
- 15.Reverse shoulder arthroplasty for RC arthropathy*

If I asked to choose memorable cases for lifetime then I'll choose –

- 1.SMCL & DMCL repair***
- 2.Quadricepsplasty for stiff knee***
- 3.RSR***

As my mentor told me that every arthroscopy is different and he made me realised the same in these 2weeks. Working under his mentorship was a boon to me. I witnessed an array of different techniques used in surgery and ways to handle complications. All in all, it was a complete package for a fortnight. I benefitted hugely and feel indebted to him for all the help he offered during my stint as a fellow. I have witnessed about 30 cases in two weeks which is unbelievable.

I would recommend anyone who is fond of learning arthroscopy and

sports medicine to do a fellowship under him for all-round development in sports medicine. I was treated humbly and with all the warmth from the associate consultant and co-fellows . The staff was great and supportive in all steps of my two weeks.

Besides of all the learning, I also got chance to visit the beautiful city and nearby tourist places in my free time. This journey came to end with a delicious farewell lunch organised by my mentor. Thank you so much Dr Manit Arora, Dr Akash Hora, Dr Ravi, Dr Ayush, Jazz, Naïve and Dr Kritika.

I wholeheartedly thank ISKSAA for giving me an opportunity to visit Dr. Manit for the fellowship. I hope to continue my bond with ISKSAA with same enthusiasm. Wishing ISKSAA the best.

*Thank you ,
Yours truly,
Dr. Pradeep Choudhary
Jodhpur Rajasthan*