

# ISKSAA Bradford UK Travelling Fellowship 2025

## *Knee Arthroscopy, Sports Injuries & Arthroplasty*

I am honoured and sincerely grateful to the ISKSAA organizing committee and the fellowship selection board for awarding me the **Bradford UK Travelling Fellowship in Knee Arthroscopy, Sports Injury, and Arthroplasty**. Under the esteemed mentorship of **Mr. Stephen Guy**, I had the privilege of undertaking this fellowship from **June 30th to July 13th, 2025**. This opportunity represents a significant milestone in my professional journey, and I deeply appreciate the trust and support extended to me.

The fellowship was based at the **Bradford Royal Infirmary**, a distinguished institution in **West Yorkshire**, known for its excellence in orthopaedic care, innovation, and teaching. Bradford itself offers a unique blend of accessibility, scenic charm, and multicultural vibrancy, adding to the richness of the overall experience.

**Mr. Stephen Guy**, Consultant Knee Surgeon at the Infirmary, is widely respected for his expertise in **knee arthroscopy and joint replacement surgery**. His meticulous surgical technique, clarity of thought, and approachable demeanour made the learning experience both comfortable and intellectually rewarding. From the outset, Mr. Guy ensured we were well-integrated into the hospital environment, taking the time to orient us to operating protocols and departmental workflows.

During the fellowship, I had the opportunity to observe a range of advanced procedures, including **MPFL reconstruction, meniscal repair, ACL reconstruction with preserved tibial insertion, LET procedures, and primary total knee replacements**. I also observed **hip replacements, revision knee arthroplasties, reverse total shoulder arthroplasty, and trauma surgeries** performed by other consultants at the Infirmary. The entire surgical team was generous with their time and insights, creating a collaborative and open learning environment. What stood out was Mr. Guy's ability to perform complex arthroscopic procedures with minimal assistance, demonstrating efficiency, precision, and independent control.

In addition to surgical observations, we engaged in academic discussions and case-based presentations led by **Mr. Wright** and **Mr. Grogan**, who shared their expertise on recent developments and challenging cases in orthopaedic practice. These sessions enriched the fellowship experience with theoretical depth and practical relevance.

A thoughtful feature of the ISKSAA fellowship structure is the pairing of fellows from the same home country, which provides companionship and support in navigating a new healthcare system and environment—especially meaningful when adapting to a foreign setting.

My time in Bradford has been immensely enriching—professionally, academically, and personally. I am truly inspired by the clinical excellence and collaborative ethos at Bradford Royal Infirmary. The knowledge and experience I have gained during this fellowship will significantly influence my future clinical practice, particularly in knee arthroscopy and sports injury management.

**Dr. Aakarsh Aggarwal**

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