

ISKSAA BOA UK Travelling Fellowship 2025

Fellowship Report

Fellow: Dr. Mudit Nemani

Designation: Associate Consultant, Manipal Hospitals, Broadway

Duration: September - October 2025

Host Institution: Leeds Teaching Hospitals, Leeds, United Kingdom

1. Introduction

I had the privilege of being selected for the ISKSAA BOA UK Travelling Fellowship 2025, hosted at the Leeds Teaching Hospitals in Leeds, United Kingdom. This prestigious fellowship provided a valuable opportunity to enhance my knowledge and clinical exposure in the fields of knee arthroscopy and arthroplasty, while also gaining significant insight into shoulder and hip reconstruction procedures. The program aimed to foster academic exchange, surgical observation, and international collaboration within orthopaedics.

2. Objectives

- To observe and understand advanced surgical techniques in arthroscopy and arthroplasty, with a focus on the knee.
- To gain insights into preoperative planning, intraoperative decision-making, and postoperative rehabilitation protocols followed in the UK.
- To learn about evolving technologies such as robotic-assisted joint replacement surgery.
- To interact with leading orthopaedic surgeons and gain exposure to multidisciplinary team dynamics in patient management.

3. Activities Undertaken

- Attended outpatient clinics and surgical sessions focused on knee arthroscopy and joint replacement procedures.
- Observed complex primary and revision knee arthroplasty surgeries.
- Gained exposure to shoulder arthroplasty, hip reconstruction, and arthroplasty, including robotic hip and knee replacement procedures.
- Participated in clinical discussions and case presentations with the orthopaedic team.
- Observed the use of advanced surgical instrumentation, robotic platforms, and navigation systems.
- Understood perioperative protocols and enhanced recovery pathways adopted at the institution.

4. Key Learnings and Outcomes

- Exposure to contemporary techniques in arthroscopy and arthroplasty, including robotic joint replacements and complex shoulder and hip reconstructions.
- Learnt several new techniques in dealing with surgical problems.
- Observed innovative approaches to pre-operative planning and patient workup.

Key Takeaways:

- Understanding the structure and organization of hospital systems and their impact on outcomes.
- Developing a refined approach to surgical cases, emphasizing thorough assessment and planning.
- Importance of detailed planning and methodology in achieving consistency and safety.

- Learning tips and tricks to improve surgical outcomes, particularly in arthroplasty and arthroscopy procedures.
- Understanding key concepts like GIRFT.
- The focus on research and dedication shown by the doctors there is something I would like to emulate.

5. Reflections and Acknowledgments

I express my sincere gratitude to Mr. Sanjeev Anand, my mentor, for his exemplary surgical skills, technical knowledge, hospitality and ever-helpful demeanor. His insights into knee arthroscopy are something that would help me a lot in my own practice. Learning from such experienced and accomplished surgeons would help me approach my practice better and with greater confidence.

I would like to thank the entire staff at Chapel Allerton Hospital for welcoming me into the mix and making my stay pleasant and wonderful. Last but not the least, I would like to thank

- Mr. Jeya Palan, whose expertise in hip and revision arthroplasty is second to none.
- Mr. George Whitwell who helped us gain valuable knowledge in handling complex knee surgeries.
- Mr. Ram Venkatesh for his helpful tips and tricks in complex knee cases and discussions.
- Mr. Dan Henderson for his innovative approach to shoulder procedures.
- Mr. Paul Cowling who helped me refine my technique and learn a lot about shoulder replacements.

Deep gratitude to ISKSAA and BOA and to the faculty and staff at Leeds Teaching Hospitals for their mentorship and support.

6. Conclusion

The ISKSAA BOA UK Travelling Fellowship 2025 has been an outstanding academic and professional experience, contributing significantly to my growth as an orthopaedic surgeon. It reinforced my interest in advancing arthroscopic and arthroplasty techniques, integrating robotic technology, and evidence-based preoperative planning. I look forward to applying these learnings to improve patient care and promote continued learning.

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