

I would like to express my sincere gratitude for giving me the chance to take part in the **leeds international travelling fellowship** in the UK. During the journey, I had the opportunity to enhance my clinical and surgical skills, deepen my understanding of complex orthopaedic conditions, and grow both professionally and personally. In particular, Dr. Sanjeev Anand sir, who mentored me during my tenure, is a very humble person from the beginning to the end. My knowledge and abilities have expanded as a result of being exposed to the various methods, techniques and practices used by **Mr Sanjeev Anand sir, Mr Mark Philipson, Mr Daniel Henderson and Mr Sam Vollans**. I got to see a descent number of surgeries covering the majority arthroscopy and arthroplasty procedure like

- **Arthroscopic superior capsule reconstruction and rotator cuff repair for massive rotator cuff tear.**
- **Arthroscopic pincer resection utilizing an outside-in approach for intra-articular access and labrum repair.**
- **Arthroscopic Trochanteric Bursectomy and Iliotibial band release for persistent trochanteric bursitis.**
- **Modified dynamic anterior stabilization (das) and hill-sachs remplissage for the treatment of recurrent anterior shoulder dislocation with slap tear .**
- **Management of a rare arthroscopic lateral femoral condyle reduction osteoplasty**
- **Total knee replacement in knee arthritis with fixed flexion deformity**
- **Open removal of chondral tumour from infrapatellar region**
- **Radiocapitellar arthroplasty of the elbow for neglected terrible triad injury of elbow**
- **Right elbow lre radiocapitellar replacement**
- **Revision total knee Arthroplasty**
- **Anatomic total shoulder replacement.**
- **Shoulder cc ligament reconstruction**
- **Revision shoulder arthroplasty stage 1 for infected RSA**
- **Medial unicompartamental knee replacement**
- **Cemented total hip replacement.**
- **Arthroscopic ACL reconstruction with hamstring autograft + lm repair**

I am now able to apply these newly acquired skills in my own practice, my wide range of experiences during this fellowship have helped me better understand the difficulties faced by orthopaedic surgeons across this part of globe, and I believe this will improve my proficiency as a surgeon in the future.

My profound appreciation is extended to the ISKSAA fellowship committee, **Dr. Pushpinder sir and Dr. Lalit sir** for believing in my abilities and providing me with this invaluable opportunity. This fellowship has been an incredible learning experience and i will always treasure the memories i have made along the way. Thank you for your patience, encouragement, and for always challenging me to aim higher. It has been an honour to learn from you.

Yours sincerely,

Dr. Paramjit singh

