

## **A Transformative Journey Through Excellence in Orthopaedics**

The fellowship experience we embarked upon was not just an academic pursuit but a journey of learning, skill enhancement, and professional growth. Traveling across some of India's finest medical institutions, we had the privilege of observing and engaging with some of the most accomplished orthopedic surgeons in the country. From robotic knee replacements to sports injury reconstructions, each stop along the way added a new dimension to our understanding of orthopedic surgery.

### **Maulana Azad Medical College – The Foundation of Our Fellowship**



***With Dr Lalit Maini ( centre ) at Maulana Azad Medical College, New Delhi***

Our journey began at Maulana Azad Medical College (MAMC), one of the most prestigious medical institutions in India, known for its excellence in medical education and research. We

had the privilege of being guided by Dr. Lalit Maini, our fellowship mentor, who played an instrumental role in coordinating our visits. Alongside him, Dr. Sumit Arora welcomed us warmly.

At MAMC, we observed two remarkable cases—a total hip replacement (THR) using Stryker implants and a megaprosthesis procedure in a young osteosarcoma patient. The precision and expertise with which these cases were handled were a testament to the high standards of orthopedic surgery practiced at this institution.

### **Sports Injury Centre – A Hub of High-Volume Surgical Excellence**



*With Dr Deepak Joshi at Sports Injury centre, New Delhi*

Our next destination was the Sports Injury Centre (SIC) under the leadership of Dr. Deepak Joshi. This was a truly eye-opening experience for us. The fact that over 30 sports injury surgeries were performed in a single day at this specialized center was nothing short of astounding.

We witnessed a wide range of procedures, from primary ACL reconstruction to revision ACL surgeries, and from Bankart lesion repairs to Latarjet procedures. The systematic approach to treating sports injuries at SIC gave us a profound understanding of the latest advancements in arthroscopic and minimally invasive techniques.

### **Sant Parmanand Hospital – The World of Robotic Surgery**



*With Dr shekhar Srivastava at Sant Parmanand Hospital, New Delhi*

Next, we visited Sant Parmanand Hospital, where we were introduced to the fascinating world of robotic knee replacement surgery using the MISSO robot. It was an enriching experience to see the precision and efficiency robotic assistance brings to knee replacement procedures.

Under the guidance of Dr. Shekhar Srivastava, one of the pioneers of knee replacement surgery in North India, we gained an in-depth understanding of how robotics is revolutionizing orthopedic surgery. His meticulous approach to patient selection, preoperative planning, and execution helped us appreciate the future of knee replacement technology.

### **Max Saket Hospital – The Stryker MAKO Experience**



*With Dr Ramneek Mahajan ( using Stryker MAKO Robotics at Max Saket Hospital, New Delhi*

At Max Saket Hospital, we had the privilege of being guided by Dr. Ramneek Mahajan. Here, we saw both conventional knee replacement and robotic-assisted surgery using the Stryker MAKO system.

What set this experience apart was the way Dr. Mahajan explained each step of the procedure—his planning, his decision-making process, and the art of achieving perfect joint balancing. His attention to detail and willingness to impart knowledge made this stop one of the most rewarding learning experiences for us.

## **Indian Spinal Injuries Centre – Mastering Complexities**



*With Dr. Vivek Mahajan at Indian Spinal Injury Centre, New Delhi*

At the Indian Spinal Injuries Centre (ISIC), we had the opportunity to work alongside Dr. Vivek Mahajan. One of the most challenging yet fascinating cases we observed was an exchange nailing with bone grafting for tibia nonunion performed by Dr. Ritab. The level of expertise required for such cases was inspiring.

Additionally, we saw a navigated total knee replacement (TKR) using the ROSA system. We also scrubbed in with Dr. Mahajan during a total hip replacement, where he explained each step meticulously. His ability to break down complex procedures into comprehensible steps enhanced our confidence in approaching such cases in the future.

### **Max Hospital, Shalimar Bagh – Advancing Surgical Approaches**



***With Dr Lakshay (left) and Dr Simon Thomas (right) at Max Hospital, Shalimar Bagh, New Delhi***

At Max Hospital, Shalimar Bagh, we had the opportunity to witness bilateral TKR using Cuvris robotic technology under Dr. Simon Thomas. We also scrubbed in for TKR using the subvastus approach with Dr. Kunal Aneja. The subvastus technique intrigued us, as it provides the potential for faster recovery and reduced postoperative pain.

This visit broadened our understanding of various approaches to knee replacement and the importance of patient-specific customization in orthopedic surgery.

### **Indraprastha Apollo Hospital – Precision in Total Hip Replacement**



*With Dr Yatin Kharbanda at Indraprastha Apollo Hospital, New Delhi*

Our next stop was Indraprastha Apollo Hospital, where we met Dr. Yatin Kharbanda. His step-by-step approach to total hip replacement was nothing short of a masterclass. His meticulous dissection, emphasis on preoperative planning, and execution of the surgery were exemplary.

What made this visit special was the postoperative discussion we had with Dr. Kharbanda, where he not only explained his surgical decisions but also provided invaluable career advice. Learning from someone with such a methodical and structured approach reinforced the importance of precision in surgical planning.

## **Fortis Shalimar Bagh – A Robotic Finale**



***With Dr Amite Pankaj at Fortis Shalimar Bagh Hospital, New Delhi***

Our final stop was Fortis Shalimar Bagh, where we trained under Dr. Amite Pankaj. Here, we witnessed Smith & Nephew CORI robotic TKR as well as conventional TKR.

What stood out was Dr. Pankaj's speed, efficiency, and confidence in executing robotic surgery. His ability to seamlessly integrate technology into surgery while maintaining surgical precision



was truly inspiring. This visit cemented our understanding of how robotics is shaping the future of orthopedics.

## **Final Reflections – A Journey of Growth**

This fellowship was a once-in-a-lifetime opportunity that enriched our knowledge, sharpened our skills, and expanded our professional network. Every center we visited provided us with a unique learning experience—whether it was robotic surgery, complex reconstructions, or sports injury management.

We owe a deep sense of gratitude to Dr. Lalit Maini and Dr. Pushpender Bajaj, whose guidance made this fellowship possible. Their mentorship and support have been invaluable to us.

We return from this journey with a refined perspective on orthopedic surgery, a deeper appreciation for technological advancements, and a renewed passion for continuous learning.

Thank you,

Dr. Aditya Seth

Dr. Rahul Patel