

## Testimonial

I am deeply honored to have been selected for the prestigious ISKSAA Fellowship 2024 at Ospedale Cervesi in Cattolica, Italy, focusing on shoulder arthroscopy and arthroplasty. This fellowship has been a transformative experience, and I am sincerely grateful to ISKSAA for providing me with this invaluable opportunity to grow both professionally and personally in the field I am most passionate about.

First and foremost, I would like to extend my heartfelt gratitude to Dr. Pushpinder Bajaj, President of ISKSAA, and the entire organizing committee. Their dedication to fostering international collaborations and creating such unique learning opportunities for young surgeons is truly commendable. Their continuous efforts have provided a platform for surgeons like me to gain exposure to advanced surgical practices and cutting-edge methodologies, paving the way for significant career advancements.

Cattolica, the charming seaside town on the Adriatic coast, added a unique dimension to the experience. Known for its serene beaches, vibrant streets, and welcoming locals, it provided a beautiful backdrop for my fellowship. My accommodation, a fully equipped apartment just a 16-minute walk from the hospital, was comfortable and convenient. With nearby supermarkets like CONAD and Lidl, day-to-day living was smooth and hassle-free, ensuring that I could focus entirely on the enriching professional opportunities.

The highlight of the fellowship was my time spent at Ospedale Cervesi under the expert mentorship of **Dr. Paolo Paladini**. Words fall short of describing his exceptional surgical skills and passion for teaching. His meticulous attention to detail and ability to simplify even the most complex procedures made each day an extraordinary learning experience. From the very beginning, Dr. Paladini ensured I was actively involved in a wide variety of complex shoulder surgeries, including:

- Cuff repair
- Reverse shoulder arthroplasty
- Shoulder arthrodesis
- Latissimus dorsi transfer
- Bankart repair
- Remplissage
- AC joint repair
- Mumford procedure
- Allograft for neglected posterior dislocation with McLaughlin procedure

The operating theatre at Ospedale Cervesi is equipped with state-of-the-art technology, featuring multiple high-definition screens that ensure every team member in the room has a clear view of the ongoing procedure. This innovative setup fosters effective teamwork and provides an immersive learning environment for fellows. The high surgical volume, with an average of 8-10 shoulder cases daily, allowed me to observe and learn a variety of techniques and approaches, contributing immensely to my professional growth.

Despite the initial challenges posed by the visa process, Dr. Paladini's unwavering support and approachability stood out. He went above and beyond, even offering to adjust the fellowship schedule to accommodate my availability. His dedication and understanding ensured that my experience was both productive and seamless.

The fellowship days were structured to maximize learning, beginning at 8 AM and often extending until 7 PM. Wednesdays were particularly dynamic, with two operating rooms running concurrently, while Fridays provided valuable exposure to outpatient consultations and injection procedures. This balanced schedule allowed me to gain hands-on experience in the operating theatre while also understanding the nuances of patient consultation and management.

Beyond the surgical expertise, the camaraderie and warmth of Dr. Paladini's team made the experience truly special. Their openness to collaboration and commitment to excellence created an environment where learning thrived, and personal connections flourished. This fellowship has not only refined my surgical skills but also broadened my perspective on patient care, interdisciplinary collaboration, and the importance of continuous learning. I leave Ospedale Cervesi with a profound sense of gratitude and inspiration, eager to apply these learnings in my practice and share them with my colleagues to improve patient outcomes.

To future fellows, I wholeheartedly recommend this program as a career-defining opportunity. The combination of advanced surgical exposure, mentorship from one of the finest shoulder surgeons, and the enriching experience of working in a world-class facility like Ospedale Cervesi makes this fellowship truly unparalleled.

I am deeply thankful to ISKSAA, Ospedale Cervesi, and especially to Dr. Paladini for making this an unforgettable and transformative journey in my career.

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