

# Perth Sports Surgery Fellowship

## Skills and Goals



ORTHOPAEDIC RESEARCH FOUNDATION  
WESTERN AUSTRALIA



PERTH  
SPORTS SURGERY  
FELLOWSHIP

Welcome to Perth. You're going to have a great time! Please assist us in making this the best possible experience for you by completing the table below. We try to tailor the fellowship to your skills and goals. There are no wrong answers-just helps us plan!

- Cases you are happy performing completely independently +/- supervising a junior (ie with me not on site)? **(label A)**
- Cases you are comfortable performing with some supervision (ie with me unscrubbed/ in another theatre)? **(label B)**
- Cases you happy performing some steps/taking the lead (but with me scrubbed +/- guiding you )? **(label C)**
- Cases/skills you have had minimal exposure to; are starting from scratch/or fairly close to it? **(label F)**
- Cases/skills are you not particularly interested in? **(label Z)**

Type of KNEE Cases/Skills:	POST Fellowship GOAL (A/B/C/F/Z)	PRE Fellowship GRADE (A/B/C/F)	POST Fellowship GRADE (A/B/C/F)
-Knee Scope	A	A	A
-Meniscal Repair (all inside)	A	B	A
-Meniscal Repair (outside in/inside out/Novostitch)	A	C	A
-Meniscal Root Repair	A	C	A
-Meniscal Transplant	A	F	B
-Chondral Grafting (OATS/MACI)	A	F	A
-Hamstring Harvest for ACL Recon	A	A	A
-Patella Tendon Harvest for ACL Recon	A	C	A
-Quads Tendon Harvest for ACL Recon	A	F	A
-Primary ACL Reconstruction	A	C	A
-Revision ACL Reconstruction	A	C	A/B
-ACL Avulsion Fixation	A	C	A
-PCL Reconstruction	A	F	A
-Multi-Ligament Knee Recon (including PLC/PMC)	A	F	A/B
-Osteotomy (HTO)	A	B	A
-Osteotomy (DFO)	A	C	B
-PFJ Recon (MPFL/TTT)	A	C	A
-Joint Replacement	A	A	A
<b>Type of SHOULDER Cases/Skills include</b>			
-Shoulder Scope (Lateral); establishing portals	Z	B	A
-ASAD +/- ACJ Excision	Z	C	B
-Open Cuff Repair	Z	C	A
-Arthroscopic Cuff Repair	Z	F	F
-Arthroscopic Biceps Tenodesis	Z	F	F
-Arthroscopic Stabilisation (Anterior Bankart)	Z	F	F
-Arthroscopic Posterior Labral/SLAP Repair	Z	F	F
-Remplissage	Z	F	F
-Latarjet	Z	F	F
-AC Joint Stabilisation/Reconstruction	Z	F	F
-Joint Replacement	Z	F	F
<b>Type of HIP Cases/Skills include</b>			
-Hip Scope (Setting up)	A	C	A
-Hip Scope (Getting in the joint)	A	C	A
-Hip Scope (Capsulotomy)	A	F	A
-Hip Scope (Labral Repair)	A	F	A
-Hip Scope (Osteoplasty-Femoral/Acetabular)	A	F	B
-Hip Scope (Arthro Psoas release at LT post THR)	A	C	A
-Hip Scope (LT Osteoplasty for IFI)	A	F	C
<b>Tendon Repair Cases</b>			
-Proximal Hamstring Repair	A	F	A
-Pec Major Repair	Z	F	F
-Distal Biceps Repair	Z	C	A
<b>Trauma</b>			
-ORIF (Ankle/Distal Radius/Olecranon/Patella)	A	A	A
-Trauma Nails (TFNa/FRN/Tibial Nail)	A	A	A
-Trauma Hemiarthroplasty	A	A	A
-Trauma THR	B	B	B
-Trauma ORIF Distal Femur	A	A	A
-Trauma ORIF Proximal Humerus	C	F	B
-Trauma ORIF Distal Humerus	C	F	F
<b>Miscellaneous</b>			
-Carpal Tunnel	A	A	A
-Removal of Metal	A	A	A

**a) What are your major goals for your 6 months with us-type/range of cases, anything specific that you want to see/do?**

Major goals are to become independent and confident with ACLR surgery including multiple grafting options and variety of meniscal pathology. I also want to do more multi-ligament knee surgery, particularly MCL and PCL related procedures. I want to be involved in more uncommon knee surgery like OATS, meniscal transplant, osteotomies. Some exposure to other sports injuries of the lower limb like proximal hamstring avulsions and ankle ligament reconstructions would be good if possible.

**b) What type of job/role are you planning on returning home to?**

Ideally I would love to do lower limb sports, but in reality I plan to get a knee consultant post in the UK and plan to evolve from there. This evolution would include encompass hip arthroscopy and some sports foot & ankle work.

**c) Have you completed/are you planning on completing another fellowship?**

Leicester Knee Fellowship - Completed 6 months with Colin Esler. Involved all aspects of knee surgery but mainly comprised of arthroplasty and osteotomy.

Perth Orthopaedic & Sports Medicine Centre Fellowship - Completed 6 months with Peter Annear.

**d) Upon return home, after undertaking the Perth Sports Fellowship, if you could say,**

**“I can now ..... , which I was unable/not confident with prior”**

**What would it be?**

Approach and managed multi-ligament knee injuries  
Manage complex meniscal and chondral injuries  
Have multiple methods to undertake ACLR  
Repair proximal hamstring tendons

**e) (Post Fellowship) Please provide some feedback on the positives/negatives/suggestions for change....have you achieved your goals?**

**(we will also ask you to provide us with a testimonial/logbook for our records)**

Positives:

- Very high volume surgical exposure
- Multiple supervisors provides variety of approaches and philosophies in which to develop your own practice.
- Opportunity to teach/supervise juniors.
- Chance to cherry pick cases and take them on with supervision from afar.
- Li-On Lam persistently trying to make his Rockingham list good for you. He goes a long way to do this and is an excellent trainer. Calm and patient. Thoroughly enjoyed my time with him.
- Brendan is a supremely talented surgeon and a joy to watch. He is less likely to let you do cases but

regardless there is plenty to learn from him. He has a lovely manner in making you feel like a peer.

Negatives:

- Travelling between hospitals on the same day provides undue stress and difficulties
- Limited clinic time may be an issue for more junior fellows. For me was no issue.

Without a doubt the shining light of the fellowship is PDA. A phenomenal individual. Inspirational. He has given me renewed energy and excitement about my career ahead. He will be my mentor for life and I am sure I will lean on him a lot! His personable nature makes you feel part of the team and even part of his family. The efforts he goes to in manipulating his working week to suit the fellow is unreal. To a point that other consultants are shocked he would do the things he does.