

To whom it may concern

The Perth Sports Surgery Fellowship has rapidly become one of the top sports fellowships globally, and I happy to attest that the fellowship has gone above and beyond the high expectations I had for it. I have just completed the 6 month fellowship, having been the fellow from Aug 2023 until February 2024.

Having completed my higher surgical training in the United Kingdom, I had chosen to subspecialise in hip and knee surgery, with a specialist interest in arthroscopic and sports surgery. I had previously undertaken a 12 month fellowship in hip preservation surgery in Birmingham, England and my primary goal for this fellowship was to concentrate on sports knee surgery alongside progressing my hip arthroscopy skills.

Pete D'Alessandro is the driving force behind the fellowship and his enthusiasm and eagerness to maximise fellow learning and education was clearly apparent from prior to my commencement when we had a zoom meeting to discuss what I wanted to get out of the fellowship and then subsequently being asked to complete a fellowship skills and goals questionnaire to allow the supervisors to tailor my training accordingly. Alongside Pete, I worked with Sat Gohil, Brendan Ricciardo, Li-On Lam and Mike Finsterwald as co-supervisors. Each supervisor is a keen teacher, with extensive skills and experience in sports surgery, and each supervisor really takes time and interest to ensure your learning is prioritised. Working with a number of different supervisors was really beneficial as it meant there was cross pollination of ideas and techniques, and also allowed exposure and training in different techniques for the same procedures. The fellowship supervisors all work hard as a collective to maximise the fellows learning, streamlining cases to ensure that cases with maximal educational value are placed on lists which the fellow attends.

When contemplating which fellowship to undertake, I had been advised to ensure that any fellowship allowed good public exposure to ensure "hands-on" training. In this regard, I believe the PSSF offers the perfect blend between 80% public where you are the primary surgeon in the majority of cases, and 20% private where the high volume and case-mix allows excellent exposure to new techniques and a high volume of complex cases such as exposure to multiple revision ACLs, complex meniscal tears etc. Spending time in the private setting was also extremely useful in terms of gaining experience in the management of the elite athlete, something which had been lacking from my training in a public healthcare system in the UK.

An example week highlighting a typical week was as follows:

Mon	Public: Meniscal transplant, revision ACL with lat root repair + 2nd stage MACI, rectus repair
Tues	Public: 2 x MPFLs (quads) with TTT, primary ACL, knee scope
Wed	Public: PCL/MCL, Primary ACL, MPFL
Thurs	Morning: admin Afternoon: Private: revision ACL, root repair, hip scope
Fri	Public: PCL/PLC, ACL/PLC, hip scope

The support from the local Smith and Nephew team was phenomenal, and their knowledge of the kit and sports surgery in general was something I had not previously experienced from industry. Andrew Zed is the primary rep supporting the sports fellow and his knowledge and support throughout the fellowship was invaluable. Neil Glasser is the Western Australia Smith and Nephew Sports Territory manager and takes great time to ensure the fellow's experience is optimised as much as possible,

ensuring full company support for all fellow lists and often covering lists himself if the other team members are unavailable.

Due to the high case volume and focused training, my progression in knee arthroscopic skills exceeded my expectations so that by the end of the fellowship I was comfortable performing complex cases such as revision ACL reconstruction, root repairs, inside-out meniscal repairs etc independently on fellow lists as well as training local trainees in sports knee surgery cases. I feel I have been equipped with all the tools and techniques necessary to provide a world-class sports hip and knee service to the patients in my own practice. The only bad thing about the fellowship was when it ended and the huge exposure and complexity of cases came to an end! I loved every minute of my time with the PSSF team and have made lifelong friends with each of the supervisors as well as a number of colleagues within the wider healthcare team.

Academically, the Orthopaedic Research Foundation of Western Australia provides world class research support. There are regular sports research meetings and there is encouragement to get involved in some of the high level ongoing research projects including ongoing randomised control trials. I presented work from the fellowship at the Australian Knee Society Annual Meeting in Melbourne and The AOA Tri-State meeting in Darwin, as well as winning a research prize from fellowship research at the British Hip Society Annual Meeting.

Outside of work, Western Australia is an amazing place to live and work and has been a fantastic life experience for my whole family. Working primarily in the cool port city of Fremantle and living a short walk from world class beaches in Cottesloe, my family and I really did feel like we were living the dream. The fellowship allows ample time outside of work to enjoy lots of the benefits of living in Perth, as well as allowing time to explore more of WA at weekends and on holidays – we had several trips to the beautiful south west, as well as to Esperance and Albany.

In summary, the Perth Sports Surgery Fellowship provides world class training in sports surgery. This prestigious fellowship will provide you with unparalleled training and mentorship in sports surgery, ensuring the fellow is fully trained in all aspects of their area of interest. My main advice would be to use this as a finishing fellowship as this will allow you to fully maximise the fellowship opportunities.