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To Whom it May Concern;

The Perth Sports Surgery Fellowship has been an incredible experience both professionally and personally for me; and I deeply recommend it to all future candidates. The term of my fellowship was January 2021 to July 2021.

I entered this fellowship keenly interested in arthroscopic and sport surgery, primarily of the hip and knee. This fellowship promised a high volume of cases, complexity, and the opportunity to perform surgery autonomously. It delivered on these promises and more.

Dr D'Alessandro and the three other fellowship trained supervisors, Messrs Gohil, Lam and Ricciardo all use modern evidence-based techniques and are all excellent surgeons having been trained by some of the world's best sports surgeons themselves. The high volume of cases in this fellowship ensure you learn by repetition, giving one the opportunity to practice and improve. You learn not only the procedure but perhaps more importantly how to troubleshoot as you come across a whole variety of surgical scenarios in part due to the sheer volume of cases. A large portion of these cases were technically complex, with multiple pathologies to treat. An example of one of these operations I did early on was an HTO & ACLR & meniscal root repair all in one operation – my only exposure to this previously was reading about it in research articles! I found that after encountering these complexities, regular cases become much more manageable and straight forward.

Industry support is exceptional in this fellowship. They will help you get to know all the kit and techniques used and impart their own vast knowledge both in and out of theatre. What I also found incredible is that they get in touch with your local industry reps at home and let them know what kit preferences you have for when you return!

At the end of this fellowship, I had completed 438 cases, and as primary surgeon in 65% of these. Below is a table outlining the case mix of the key procedures this fellowship had me involved in:

Operation	First surgeon	Total	Notes
ACLR	69	82	6 different graft options: • Semitendinosis graft quadrupled • SemiT/Gracilis doubled • SemiT/Gracilis tripled • SemiT/Gracilis quadrupled • Quadriceps tendon graft • Bone patella tendon bone graft
Revision ACLR	6	8	
PCLR	7	7	
Multiligament knee	10	10	
Posterolateral corner reconstruction	7	7	
Osteotomies - DFO/HTO	6	9	
MACI	1	1	
OATs	6	7	
Proximal hamstring repair	10	13	
Quadriceps tendon MPFL reconstruction	10	10	
Acute osteochondral fixation	3	3	
Hip arthroscopy	16	22	

There is a lot of research being carried out under the auspices of the Orthopaedic Research Foundation of Western Australia (ORFWA). Of note, there's RCT in ACL surgery and cohort studies in multiligament surgery and chondral injuries amongst others in progress. ORFWA is currently prolific in producing research both in sports surgery and arthroplasty. If you express an interest, you will be assigned a project!

Outside of work, Perth is a great up and coming city with restaurants, nightlife and cultural activities that can be compared to many other international cities. For me personally, Western Australia has amazing scenery and a diverse and rugged outback that can't be compared to and not to mention world class surfing and kitesurfing.

If you do get the opportunity to spend your fellowship here, I would unreservedly recommend that you take it, as it's an enriching experience both professionally and personally.