

Perth Sports Fellowship – February 2025 – August 2025

Coming from Canada, many people asked how I ended up across the world in Perth, Australia. The answer is simple; I was searching for a truly unique fellowship experience in sports surgery. One that provided high case volume, hands-on autonomy in a safe environment, and mentorship that would help shape the kind of surgeon I wanted to become. After discussing my goals with my mentor, Dr. Ian Lo, he recommended I reach out to Mr. Peter D'Alessandro and his team. When I looked through the fellowship website and testimonials, it almost seemed too good to be true. After calling a few past fellows, I realized every word was genuine and I applied right away.

The fellowship structure is intentionally designed to tailor the experience to each fellow's interests. Much of the fellowship is with the legend Pete D'Alessandro, focusing on complex soft-tissue reconstructions of the knee and shoulder, as well as limb alignment surgery. Pete also performs hip arthroscopy, if you are keen. I have an interest in knee and shoulder and had the opportunity to expand my skills in shoulder surgery, including arthroplasty, under the guidance of outstanding surgeons such as Mr. Li-On Lam, Mr. Sat Gohil, and Mr. Brendan Ricciardo, who also perform soft tissue reconstructions of the knee and shoulder. Working and learning from Dr. Mike Finsterwald at Rockingham General Hospital, a PSSF alumni himself, was another highlight on the schedule. A testament to the strong and enduring network this program fosters.

As said in previous testimonials, the culture of support and growth was what made this fellowship one of the best learning experiences I could have asked for. Every challenge was treated as a judgment-free teaching opportunity. Rather than reacting with stress during difficult moments, the fellowship team approached them with enthusiasm and were grateful that I could learn now during my fellowship, rather than face those same obstacles alone later in my career. This environment allowed me to push my limits safely, gain true autonomy, and develop a deep sense of confidence in my surgical decision-making.

Outside the operating room, the experience was just as rewarding. Pete and his family made me feel genuinely welcome. I joined them at many Footy games (Go Dockers!) and joined in on the family ski trip to Japan with two of the previous PSSF fellows. I also joined Pete at the ISAKOS 2025 conference in Munich, Germany and was able to meet ten of the previous PSSF fellows. I was welcomed into this special group of alumni and consider all these surgeons' family. The fellowship doesn't just train surgeons, it builds lifelong friendships and a community of colleagues who continue to share cases, ideas, and advice long after leaving Perth.

In total, I completed 345 cases, with 198 performed as primary surgeon. As the primary surgeon, I completed 71 ACL reconstructions, 10 multiligament reconstructions, 12 MPFL repairs, 11 osteotomies, and a range of complex shoulder procedures including arthroplasty, rotator cuff repair, and stabilization. Beyond the numbers, what I gained most was confidence, perspective, and the realization that excellence in surgery comes from great mentorship and trust.

The breadth and complexity of surgical exposure was outstanding during this fellowship. By the end of my time in Perth, I was confidently performing multiligament reconstructions and complex arthroscopic procedures on my own.

The Perth Sports Surgery Fellowship was truly a transformative experience both professionally and personally and I am deeply grateful to have been part of it.

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PSSF Alumni XVI