

# Fellowship Report

Sports Team of Dept. of O&T

April – June 2023

How time flies! I have finished my three-month fellowship program in the sports team of Queen Mary Hospital. As a clinical fellow, I was attached to the Sports team and had the opportunity to work with a team of renowned orthopaedic surgeons and other healthcare professionals. It's a memorable period of time for me to learn professionalism and excellence in the medical care of Sports Medicine.

During my fellowship period, I was involved in several clinical activities related to sports medicine. I had the opportunity to participate in the management of various sports-related injuries, including ACL injuries, meniscal injuries, shoulder instability and massive rotator cuff tear. I also had the opportunity to observe and assist in various surgical procedures, including arthroscopic surgeries, ligament reconstructions and shoulder joint replacements.



The pre-op meeting is held monthly. We have the chance to review all the surgical cases for next month and learn from Dr. Wong and Dr. Yau in the case discussion. From the medical history to the physical examination and imaging findings, the seniors always show their thorough thinking and broad knowledge on each topic of sports medicine. They also kindly challenge the juniors like me about the surgical indication and published evidence focusing on certain disease, which helps me to think deeply about the logic behind for an appropriate treatment.

The number of OT is not large, but the quality is impressive. Most of the cases are complex and full of difficulty, like massive rotator cuff tear and ACL revision. I am lucky to have the chance to attend those hard cases and learn the great technique from the top surgeons. Meanwhile, we have most advanced surgical instruments in QMH and DKCH, such as 4k arthroscopic system, suture anchors, curved meniscus repair system, REGENETEN Bioinductive Implant and etc., to provide the best medical service for the patients.

In April, I had great chance to attend HKIOF and lectures by visiting professors, including Prof. Mihata, Prof. Mathoulin and Prof. Bhandari. They are all giants in orthopaedics of their specialties. Their surgical demonstration in real cases or cadaveric courses really widened my horizon in

arthroscopic surgical technique. I also really appreciate the experience sharing on SCR surgery by Prof. Mihata in term of both biomechanical consideration and surgical skill. Moreover, his dedicated commitment on SCR surgery to achieve zero re-tear for rotator cuff tear patients inspires my passion to go ahead in the field of sport medicine, because difficulties could be overcome if you keep thinking and focus.



I also have attended the clinical service in OPD and it is impressive that the patient FU in HK is incredibly regular and compliance. Patients with a surgical history usually have more than ten years of FU as what I saw in clinic. This is really great and helpful for enriching the knowledge of the natural history of a disease as well as postoperative evolution. It's also a great source of data for FU study.

Since I am helping with the 3D printing service in my hospital with the help of Dr. Chris Fang, I always want to learn 3D printing skill like segmentation and jig design with him in person. This aim was fulfilled in this fellowship. I have learnt the skills to design surgical jigs for RSR and mandible reconstruction from Dr. Fang and Matthew and even tried to design a RSR jig for our surgical patient before the end of fellowship.

It's always interesting and exciting to work with doctors and fellows from HK and other different countries. Although time is short, I have made friends with many doctors including Peter, Thomas, and fellows from Mainland of China and Pakistan. With numerous gatherings for lunch and dinner with sharing of knowledge, culture and medical system, we have spent a memorable time in HK and will keep in touch in the future.

Overall, my fellowship period at The University of Hong Kong has been an enriching and rewarding experience. I had the opportunity to work with a team of dedicated and experienced healthcare professionals and learn from their expertise. I also had the opportunity to participate in several clinical activities related to sports medicine, which have broadened my knowledge and skills in this field.

Finally, I would appreciate Dr. Wong Tak Man for the opportunity to participate in this fellowship program. And I also want to thank Eva for the help of the whole process of my fellowship. I am confident that the knowledge and skills I have acquired during my fellowship period will be valuable in my future clinical and research endeavors.

Dr. Li Xiang  
June 27, 2023