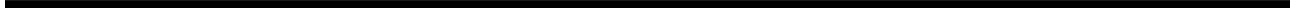
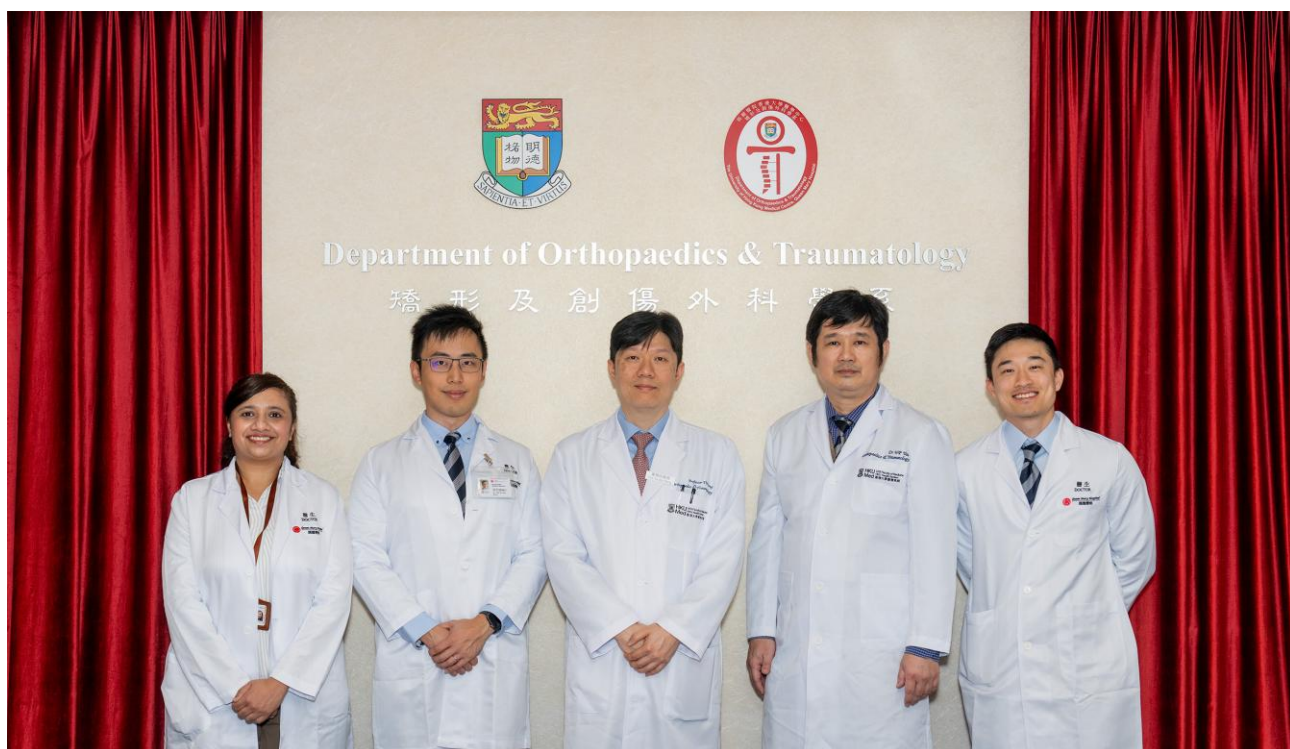


# SPORTS AND ARTHROSCOPIC

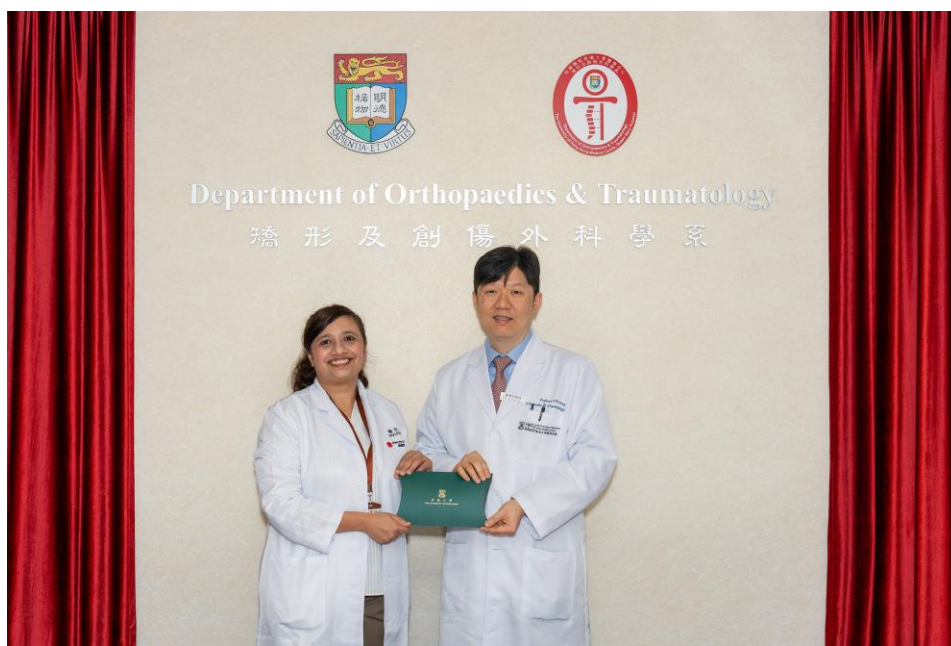
## SURGERY

### FELLOWSHIP REPORT





(Dr. Rufina Ali ,Dr.Kevin Fok, Prof Tak Man Wong, Dr. Peter Yau and Dr. Brian Siu)



**"If you can dream it, you can do it. Always remember that this whole thing was started with a dream and a mouse." –**

Walt Disney

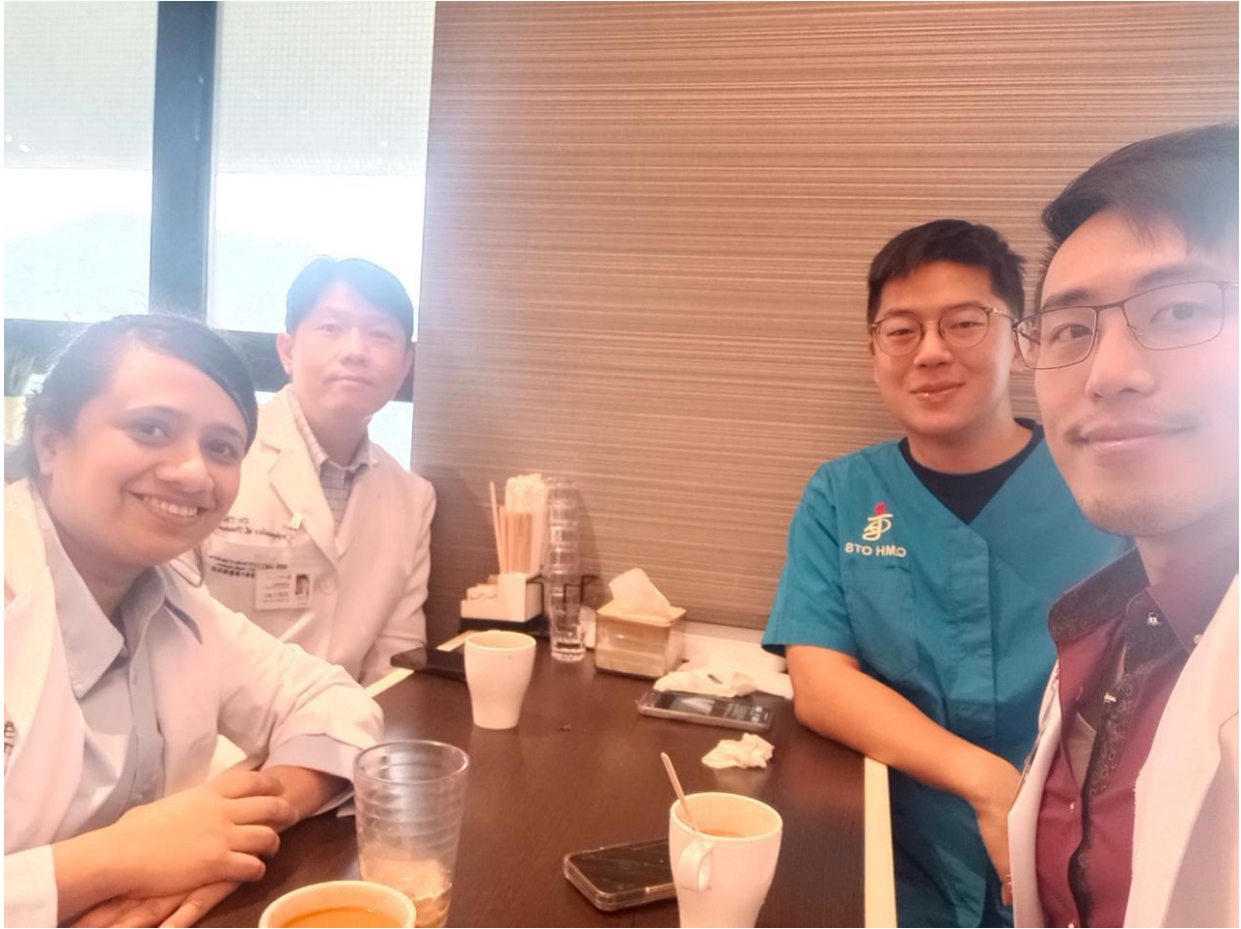
Pursuing subspecialty training in sports and arthroscopic surgery has been my goal since my residency (2018-2022). This ambition led me to explore various fellowship options, and I eventually found Professor Wong's email address. My journey toward fellowship began from that moment.

This was an enriched experience that provided both professional and personal growth. Under the guidance of Prof. Tak man Wong leading the team, I was exposed to the arthroscopic world that emphasized innovation and precision in orthopaedic care. I had the privilege of working alongside an exceptional team, including Prof Wong, Dr. Yau ,Dr Kevin ,Brian Siu, Brian Leung and Martin. It was an invaluable learning experience at Queen Marry Hospital and the Duchess of Kent Children's hospital.

My fellowship documentation process started from May 2024, I would like to thanks Ms .Eva Liu for her exceptional help and meticulous coordination. She helped me start from medical registration, E-visa , accommodation, journey map and much more . I bothered her a lot during this duration and she humbly answered my all queries . I landed at Hong Kong on 19<sup>th</sup> January 2025 having a lot of excitement in my heart and mind.

**CLINICAL AND PROFESSIONAL EXPERIENCE:**

On my first day, I met Dr. Kevin, who briefed me about the department, the schedule, and my duties. He then led me to the clinic, where I met Martin and Prof. Wong. I saw various shoulder cases that had never encountered in my entire clinical experience. It was truly mesmerizing.



(My first day : Prof Wong, Martin and Dr. Kevin.)

As a fellow in the Sports Division, I had the invaluable opportunity to immerse myself in every facet of the division's daily operations. This included not only outpatient clinics but also ward duties and hands-on work in the operating room. The Division of Sports and Arthroscopic Surgery is a dynamic environment, driven by enthusiasm and a strong sense of dedication to patient care and advanced surgical practices.

Throughout my fellowship, I was fortunate to assist in a wide variety of sports surgery cases, each of which broadened my expertise and sharpened my skills. My experience ranged from performing routine ACL repairs to more complex revision ACL surgeries. I also had the opportunity to assist in intricate procedures such as rotator cuff repairs, Bankart and Remplissage repairs, revision rotator cuff surgeries, bony Bankart procedures, and reverse shoulder replacements. Additionally, I was involved in meniscal repairs, biceps tenodesis, and supra-capsular reconstruction. Each of these cases required a unique approach, which deepened my understanding of both the technical aspects and decision-making processes in sports surgery.

I also had the chance to assist with hip arthroscopy, iliopsoas release, patellar chondroplasty, latissimus dorsi repair, MPFL reconstruction, and surgery for external hip snapping. These experiences further enriched my knowledge and provided me with a well-rounded skill set in managing a diverse range of sports-related injuries."

My Weekly Schedule was

*Monday : Shoulder Clinic*

*Tuesday: Knee Clinic + post op Clinic*

*Wednesday : Pre op Clinic + Inter Departmental Meeting + Monthly Pre OP meeting.*

*Thursday + Friday : OTS*



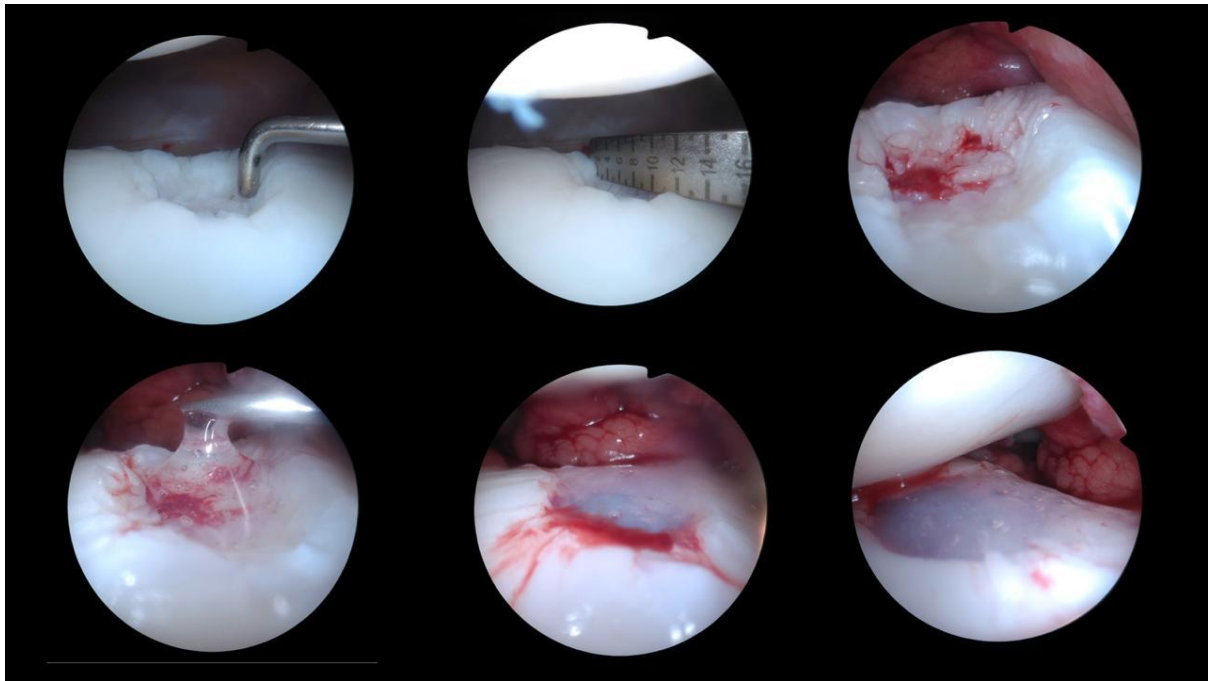
( Involvement in Academic meetings)

## **OT EXPERIENCE:**

I had the privilege of working with three incredible mentors during my fellowship. Prof. Wong, an exceptionally skilled surgeon, exposed me to advanced surgical techniques, inspiring me to perform with the same precision and finesse in the future. Dr. Yau, a brilliant academic and teacher, taught me valuable techniques, including the famous ***HK Knot***, leaving a lasting impression with his precision and thoughtful approach. Dr. Kevin, another pivotal mentor, provided invaluable training in shoulder arthroscopy, ACL graft harvesting, graft preparation, and tunnel making, while also sharing his wisdom in managing complex cases. Each of them greatly expanded my skills and knowledge.

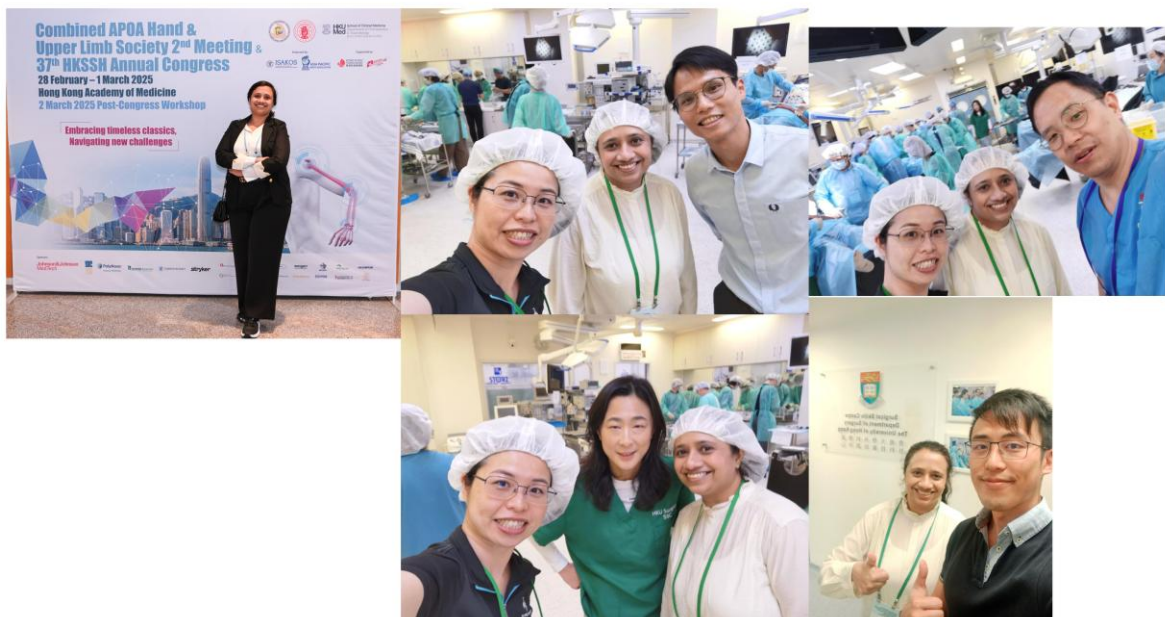


( Me and Prof Wong in hip arthroscopy)



(patella Chondroplasty)

During my fellowship I had an opportunity to attend APOA hand and upper limb meeting and reverse shoulder replacement cadaveric workshop 28<sup>th</sup> Feb to 1<sup>st</sup> March 2025



( highlights from APOA Meeting and reverse shoulder replacement cadaveric workshop)

### **Research and Academic Activity :**

During this period I have been involved in the department 3 research projects which helps in building my professional and academic career.

### **My Hong Kong Family:**

Before coming to Hong Kong, I was quite concerned about adapting to life here, particularly regarding accommodation and, most importantly, halal food. However, thanks to Professor Wong and the sports team, I was introduced to delicious and authentic halal Chinese food, which made my stay much more comfortable. I am deeply touched by their respect and consideration for my religious and cultural values. I would like to express my sincere appreciation for the warmth and hospitality extended to me by the team



(Welcome Dinner by Prof Wong)



( Dr. Kevin, Dr Brian Leung, Prof Wong and Me)



( Farewell Dinner By Prof Wong : Dr. Brian Leung, Dr. Kevin, Prof Wong , Me and Dr .Brian Siu)

### Accommodation:

During my fellowship, I was allowed to rent a room in the doctors quarters of DKCH. Which is quite calm and peaceful place where I got the opportunity to meet other overseas fellows (Philippines, India, Saudi Arabia, and Pakistan ) including my friends and get to know about their cultures. With them the dormitory was like 2<sup>nd</sup> home to me .



( With other overseas Fellows).

### *Hong Kong as a city :*

For me Hong Kong is a beautiful ,calm and bright place. It is a very accessible place – their mass public transportation system is very efficient so going around, even for a first-time dweller like me, was easy. Majority of the people also know how to speak English.

During weekends I have enough opportunity to explore this beautiful places including Islands, beaches, Victoria peak, harbour big buddha and much more. I have opportunity to celebrate Chinese new year, flower show and dragon boat festival as well





### **FOOD EXPERIENCE:**

During this 6 months, I loved to enjoy Hong Kong cuisine from street food to restaurant dining .



In the last I would like to thanks Prof Wong and team . It was truly valuable experience to work with them. This fellowship give me insight about arthroscopic world. After this fellowship, I now feel confident that whenever I have a troubling or difficult case, I know where I can turn to get good advice and suggestions.

I strongly feel that the experience of this Fellowship will facilitate both my short and long term career aspirations. I think that this fellowship Program provides a unique opportunity for young arthroscopic Surgeons to upgrade their knowledge and professional skills and to also to find new networking possibilities in the field of sports surgery

In the end

*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

*..... I will never forget how you all made me feel during the “Fellowship”.*



*Thank you:*

