

FELLOWSHIP REPORT



April 2026

*Fellowship in Sports and
Arthroscopic Surgery*

Dr. Saqib

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Fellowship in Sports and Arthroscopic Surgery
Department of Orthopedics & Traumatology
The University of Hong Kong
Duration: January – April 2026



‘It always seems impossible until it’s done’

Fellowship at HKU under the supervision of Prof. Wong TM was my goal. Though delayed but eventually after long waiting of almost 7 years, I had the privilege of undertaking a fellowship in Sports and Arthroscopic Surgery at the Department of Orthopedics & Traumatology, The University of Hong Kong, from January to April 2026. This fellowship provided extensive exposure to advanced arthroscopic procedures, sports injury management, and modern orthopedic practices in a high-volume tertiary care setting.

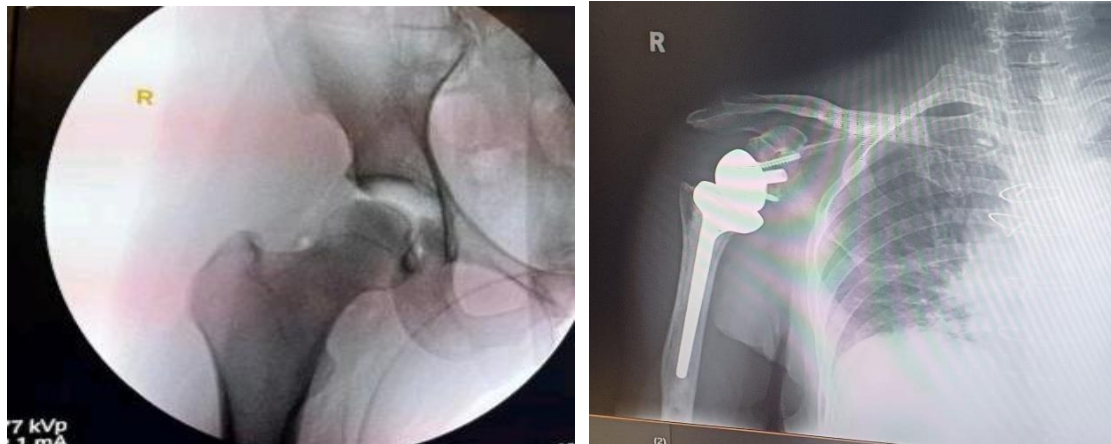
An unforgettable experience starting with the process of documentation, made easier by our secretary MS Eva Liu, who helped at each and every step during the entire training period. Worked with the most skillful and friendly sports team led by Prof. Wong TM.



1. Clinical Exposure and Training- Monday and Tuesday

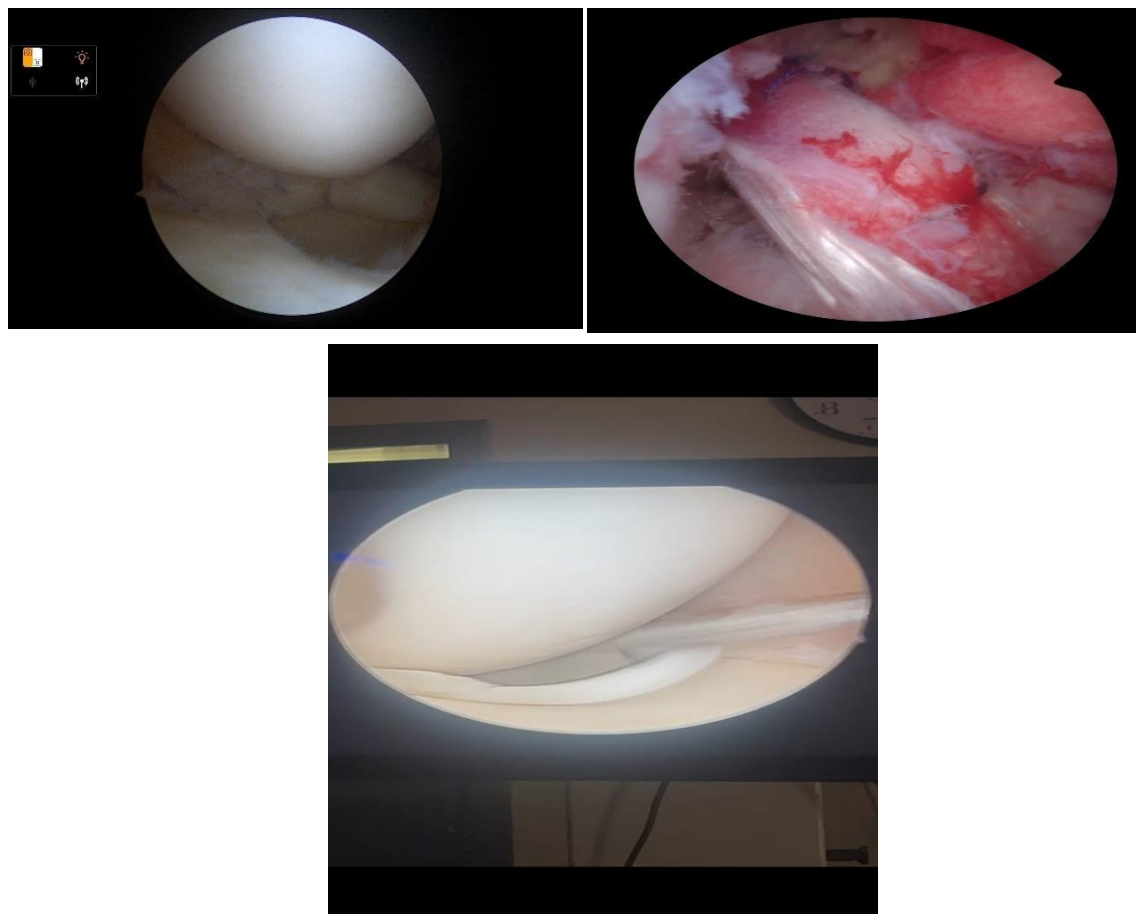
During the fellowship, I actively participated in several clinical duties, i.e. outpatient clinics, ward rounds, and operative procedures. The clinical exposure included assessment and management of sports-related injuries, pre-operative evaluation, post-operative care, and participation in academic discussions.

I examined sports patients and learned about radiological modalities like MRI (Knee, Shoulder) and participated in decision making process regarding various conditions i.e. Knee ligament injuries (ACL, PCL, MCL), meniscal tears, shoulder (RCT, Shoulder instability), hip (labral tears, FAI).



2. Surgical Experience- Thursday and Friday

I observed and assisted in a wide range of arthroscopic and reconstructive procedures including knee arthroscopy (ACL reconstruction, meniscal repair), ACLR, LLT, LET, MLKI, MPFLR, RC Repair, Bonrnkant repair, Rempilscope, Reverse shoulder arthroscopy (rotator cuff repair, stabilization), Hip labral tear, and very rare procedures like Bicep tendon repair.



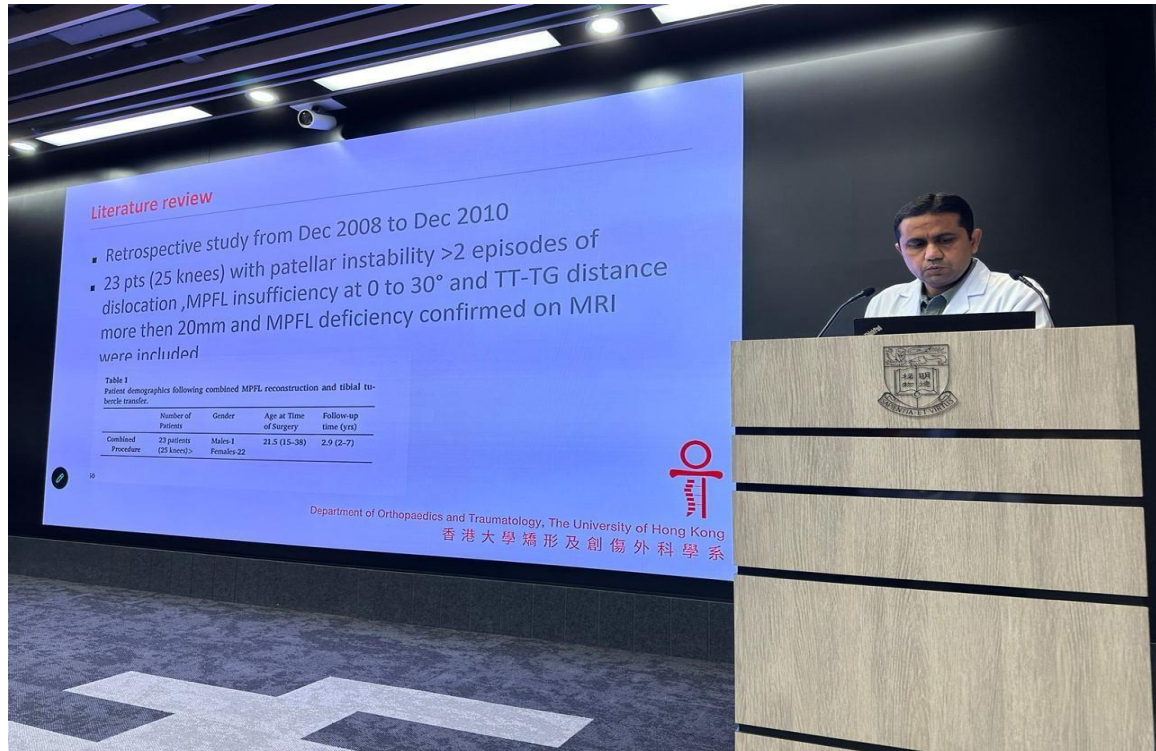
3. Procedural Participation

I assisted in multiple surgical procedures under supervision, gradually progressing to performing selected steps and observing expert-level surgical planning and decision-making.



4. Academic Activities

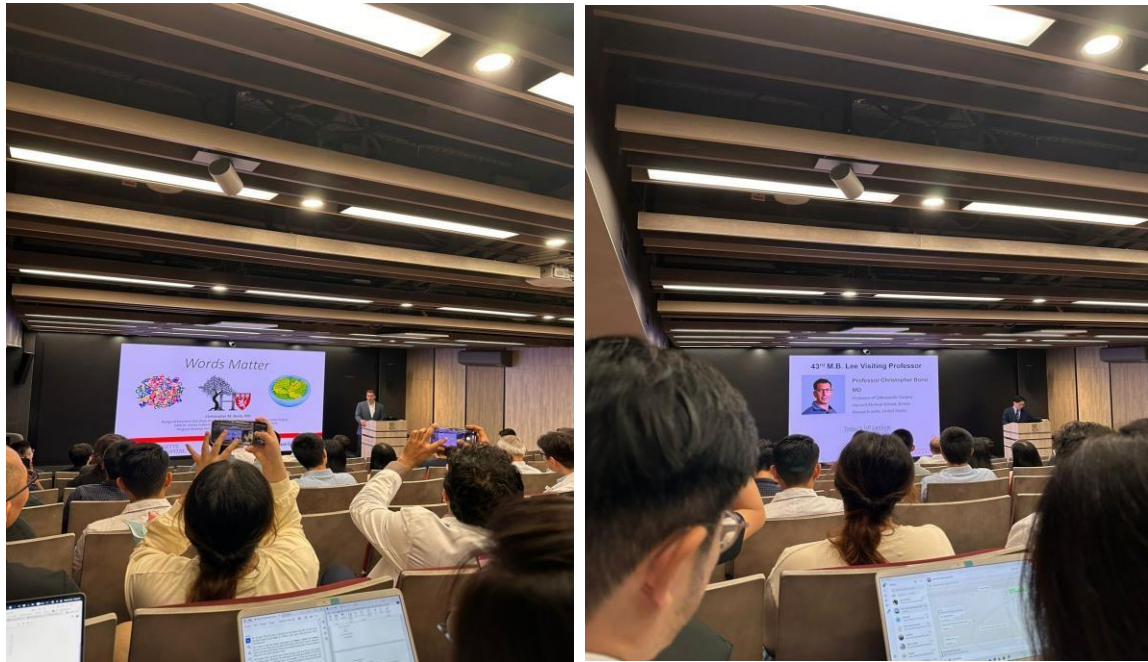
Wednesday- The fellowship included weekly academic conference, case discussions, teaching sessions, and journal reviews, enhancing my understanding of evidence-based orthopedic practice. I presented some literature reviews during the sessions.



Monthly- participated in monthly inter hospital sports meetings.



Monthly- participated in monthly pre-op meetings and various seminars & conferences (National & International Facilities)



5. Teamwork and Professional Development

Working within a multidisciplinary team improved my communication, collaboration, and clinical coordination skills.

Sports Team

Extremely friendly and talented team including

- Prof. Wong TM
- Dr. Peter Yau
- Dr. Kevin Fok
- Dr. Brian Leung
- Dr. Kelvin Cheung

6. Key Learnings and Skills Acquired

I developed enhanced arthroscopic skills, improved understanding of sports injury protocols, familiarity with modern equipment, and better clinical judgment in patient management.

7. Research and Academic Contribution

I was exposed to ongoing research activities, including data analysis and research methodologies, and encouraged to contribute to academic publications.

8. Overall Experience

This fellowship was an invaluable experience that significantly strengthened my capabilities as an orthopedic surgeon.

9. Acknowledgment

I express sincere gratitude to the faculty, supervisors, and colleagues at the Department of Orthopedics & Traumatology, The University of Hong Kong and specially my Prof. Wong TM for his supervision. Special thanks to Dr. Kerin Fok, a great human being for being available all the time and providing me enough hands-on training during my fellowship.

10. Life in Hongkong

Food- being a multicultural place, enjoyed various cousins.



DK Quarters- with availability of all basic facilities, enjoyed some memorable time with fellow colleagues from India, Philippines and others.

Transport- such a diverse and easily accessible transport system.



Making Friends- life away from home is never easy, but friends like Dr. Bilawal, Dr. KB and Dr Marrium are blessing. Thankful to all of them.



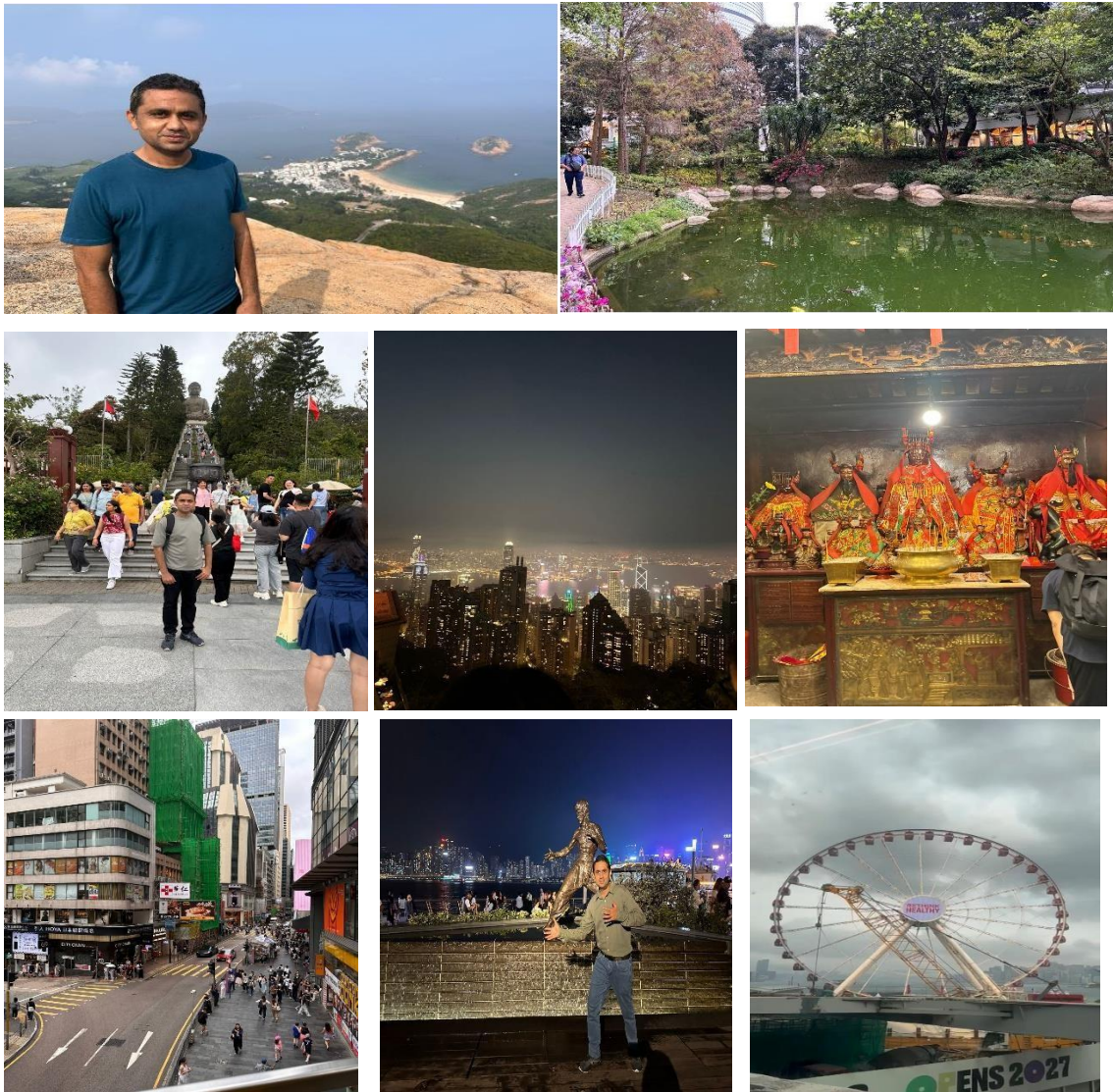
Eid Celebrations- at Kowloon Islamic Centre.



Farewell- sports team.

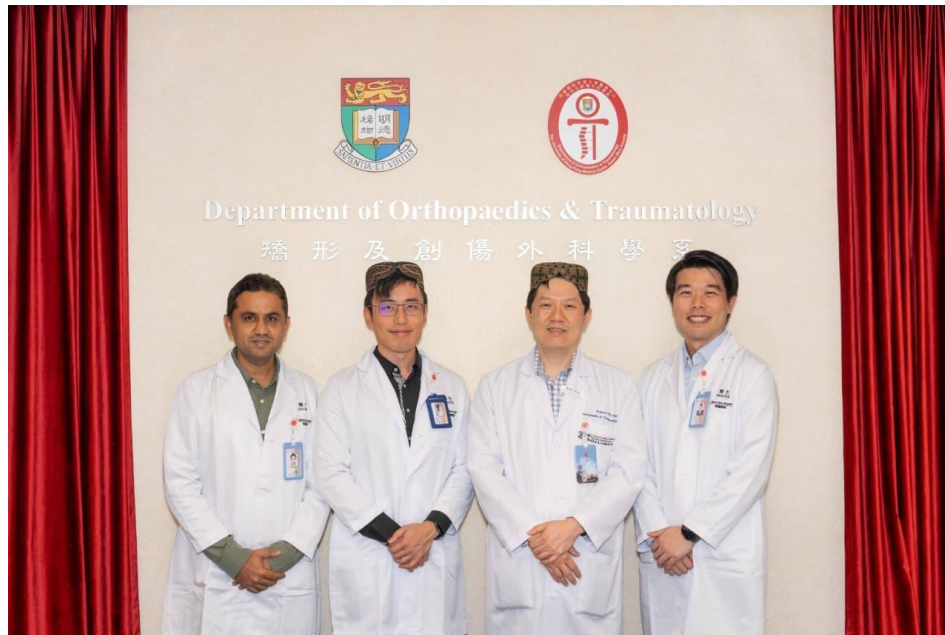


11. Hongkong City Tour



12. Fellowship Certificate

Received certificate from worthy Prof. Wong TM and presented them our cultural gifts (Sindhi Topi)



In the end, I would like to thank the HKU for this fellowship opportunity, my wonderful parents (specially my late father) for their prayers, all my family members for their support and last but not the least (my life & my kids) for their sacrifices and support.





Thanks a lot