

# Perth Sports Surgery Fellowship

## Skills and Goals



ORTHOPAEDIC RESEARCH FOUNDATION  
WESTERN AUSTRALIA



PERTH  
SPORTS SURGERY  
FELLOWSHIP

Welcome to Perth. You're going to have a great time! Please assist us in making this the best possible experience for you by completing the table below. We try to tailor the fellowship to your skills and goals. There are no wrong answers-just helps us plan!

- Cases you are happy performing completely independently +/- supervising a junior (ie with me not on site)? **(label A)**
- Cases you are comfortable performing with some supervision (ie with me unscrubbed/ in another theatre)? **(label B)**
- Cases you happy performing some steps/taking the lead (but with me scrubbed +/- guiding you )? **(label C)**
- Cases/skills you have had minimal exposure to; are starting from scratch/or fairly close to it? **(label F)**
- Cases/skills are you not particularly interested in? **(label Z)**

Type of KNEE Cases/Skills:	POST Fellowship GOAL (A/B/C/F/Z)	PRE Fellowship GRADE (A/B/C/F)	POST Fellowship GRADE (A/B/C/F)
-Knee Scope	A	A	A
-Meniscal Repair (all inside)	A	B	A
-Meniscal Repair (outside in/inside out/Novostitch)	A	B	A
-Meniscal Root Repair	A	F	A
-Meniscal Transplant	A	F	F
-Chondral Grafting (OATS/MACI)	A	C	A
-Hamstring Harvest for ACL Recon	A	B	A
-Patella Tendon Harvest for ACL Recon	A	B	A
-Quads Tendon Harvest for ACL Recon	A	C	A
-Primary ACL Reconstruction	A	B	A
-Revision ACL Reconstruction	A	C	A
-ACL Avulsion Fixation	A	C	A
-PCL Reconstruction	A	F	A
-Multi-Ligament Knee Recon (including PLC/PMC)	A	C	A
-Osteotomy (HTO)	A	B	A
-Osteotomy (DFO)	A	C	A
-PFJ Recon (MPFL/TTT)	A	C	A
-Joint Replacement	A	B	A
<b>Type of SHOULDER Cases/Skills include</b>			
-Shoulder Scope (Lateral); establishing portals	A	A	A
-ASAD +/- ACJ Excision	A	B	A
-Open Cuff Repair	B	C	A
-Arthroscopic Cuff Repair	B	C	B
-Arthroscopic Biceps Tenodesis	B	C	B
-Arthroscopic Stabilisation (Anterior Bankart)	B	C	B
-Arthroscopic Posterior Labral/SLAP Repair	B	C	B
-Remplissage	Z	F	B
-Latarjet	Z	F	C
-AC Joint Stabilisation/Reconstruction	C	F	B
-Joint Replacement	Z	F	C
<b>Type of HIP Cases/Skills include</b>			
-Hip Scope (Setting up)	A	F	A
-Hip Scope (Getting in the joint)	C	F	A
-Hip Scope (Capsulotomy)	Z	F	B
-Hip Scope (Labral Repair)	Z	F	C
-Hip Scope (Osteoplasty-Femoral/Acetabular)	Z	F	C
-Hip Scope (Arthro Psoas release at LT post THR)	Z	F	A
-Hip Scope (LT Osteoplasty for IFI)	Z	F	C
<b>Tendon Repair Cases</b>			
-Proximal Hamstring Repair	A	F	A
-Pec Major Repair	Z	F	C
-Distal Biceps Repair	Z	F	C
<b>Trauma</b>			
-ORIF (Ankle/Distal Radius/Olecranon/Patella)	A	A	A
-Trauma Nails (TFNa/FRN/Tibial Nail)	A	A	A
-Trauma Hemiarthroplasty	A	A	A
-Trauma THR	A	A	A
-Trauma ORIF Distal Femur	A	B	A
-Trauma ORIF Proximal Humerus	B	C	B
-Trauma ORIF Distal Humerus	C	C	B
<b>Miscellaneous</b>			
-Carpal Tunnel	A	A	A
-Removal of Metal	A	A	A

**a) What are your major goals for your 6 months with us-type/range of cases, anything specific that you want to see/do?**

Major goals would be - confident with ACL and revision ACL, including different graft harvest and ways of getting out of trouble.  
- Able to perform multi-lig knees, and PCL hopefully  
- Be comfortable performing osteotomy - HTO/DFO  
- Be comfortable performing all types of meniscal repair for different tears  
- Be comfortable performing MPFL and TT transfers and osteochondral fixation or OATS

I'm not discounting shoulder/hip arthroscopy - I think the crossover of skills to knee arthroscopy would be really useful, hence the scores above!  
I also like the idea of learning proximal hamstring repair and adding that into my practice

**b) What type of job/role are you planning on returning home to?**

The aim is to be a young adult / sports knee surgeon, focusing on ligament reconstruction and joint preservation, up to and including TKR.

**c) Have you completed/are you planning on completing another fellowship?**

Yes I've completed an arthroplasty fellowship in New Zealand, and I hope to complete the Trauma fellowship here at FSH following this 6 months.

**d) Upon return home, after undertaking the Perth Sports Fellowship, if you could say,**

**"I can now ....., which I was unable/not confident with prior"**

**What would it be?**

I can now...  
- perform revision ligament surgery  
- perform multi-ligament knee reconstruction  
- perform all types of meniscal repair  
- perform OATS

**e) (Post Fellowship) Please provide some feedback on the positives/negatives/suggestions for change....have you achieved your goals?**

**(we will also ask you to provide us with a testimonial/logbook for our records)**

Looking back on my pre fellowship goals is very interesting, I have achieved them all. The only thing missing from my logbook and on my 'grading' above is a meniscal transplant, and we were unfortunate that one we had lined up went elsewhere.

There are so many positives, which I have tried to include in my testimonial. No real negatives other than it only being 6 months! Though this works to everyone's advantage in the end as you feel very ready by the end of 6 months. Fortunately I am staying on in the organisation for the Trauma fellowship, and the flexibility is there to allow me to see some more interesting knee cases with the sports guys. So hopefully I may see one or two meniscal transplants before I leave after all.

The crossover with the previous fellow was great. The only slightly problematic part was the length of time it took me to get an ABN, certainly I think a lot of the paperwork and onboarding stuff for the different hospitals could have been started beforehand or streamlined, but this wasn't a huge deal in the end, it may have just distracted me from the other things I needed to be doing at the start of the job.