

1. Los Angeles (UCLA & Kerlan-Jobe)

Arrived at 11am. Car to hotel. Met Nathan. Walkabout and lunch. Check in. Met Dave McAllister and Frank Petrigliano. Tour of UCLA basketball and NCAA hall of fame (The Bruins). Then, met Clarence Shields, Seth Jaber (USC), Khris Jones at Rustic Canyon. Lovely food. Driven back by McAllister. Pep talk by Parag.

Breakfast at hotel at 8am with Dave and Frank. Academic session with the UCLA and USC faculty with multiple presentations. Then, the group visited the LA Lakers main training centre for lunch and tour. We had a chance to see some LA Lakers players at practice and the facilities. Then, visited Rodeo Drive and wine at the Beverly Hill Whilsher Hotel (where Pretty Woman was shot). Drive through Beverly Hills and the Dolby theatre (Kodak theatre). Walked down Hollywood Walk of Fame and dinner was at the awesome magic show at the Magic Castle. Parag got to go on stage and Nathan; what are the odds?; had an old classmate of his from Melbourne being one the performers. Back home at 12am.



15th June

Met Dave McAllister and driven to the famous Kerlan-Jobe Medical Centre under Clarence Shields. Attended many surgeries (cuff, distal biceps & hip scopes). Interesting discussion about LARS (used commonly in China), using chemotherapy pre and post op to reduce opioid use and that Japan CAN'T prescribe opioids. Saw the awesome rehab centre: Blood Flow Restriction physio.(need to read up: 80% of systolic, 30 reps then 3 sets of 15). Visited the Sports neurology centre, looking at concussion rehabilitation. Interesting cocoon-C-VAP to stimulate altitude training, improving CSF flow, tao

clearance, transcranial magnetic stimulation (awesome tool which is promising – keeping the mind/brain function “in the zone”. Headed to the Getty Museum for lovely lunch and wine. Visited the Getty Museum....breath-taking. Top highlight of being driven in a Maseratti to Santa Monica beach. Lovely seafood dinner at the Casa Del Mar before retiring.



With Dr. Clarence Shields at Kerlan-Jobe Centre

16th June

Met Dave at 8am and went for a hospital visit in shorts. Short tour of UCLA (Reagan) Hospital and down to Venice beach for biking. Joined by Clarence Shields & Frank. Beautiful cycling by the beach for over 20km. We walked through Venice boardwalk filled with little shops and reggae. Lunch and beer at Venice Whaler with excellent World Cup views on TV. Headed back to hotel before picked up by Dave to Westfield for some quick shopping. Then, met Seth, Frank, Ted and Greg (Arthrex) at the Jonathan club by Venice beach. After photos and drinks by the beach, had excellent dinner at the club before adjourning for the night. NY tomorrow.



Cycling on Venice Beach. Nathan insisted on the bell 😊.

2. New York (Hospital for Special Surgery)

17th June

Early start and straight to the airport. Caught Delta airlines out of LAX at 7.55am bound to N.Y. . Arrived at 4pm and received by Ryan (HSS Fellow). Went to Anil Ranawat's home where we met him and his beautiful family. Proceeded to the Knickerbocker Country Club at 6.30pm and was fortunate to meet the famous Dr Chit Ranawat. Excellent buffet dinner on the golf terrace and Anil filled us in with a few pointers about HSS. Stuck in traffic on the way back to Carlyle hotel.



With Anil and the famous Dr. Chit Ranawat at the Knickerbocker Club

18th June

Arrived at HSS for academic talks at 7am moderated by Anil Ranawat. Met Drs Warren and a few others attending. Introduced and given a brief overview of the HSS by Laura Robbins and Mathias Bostrom. Met Ron Perez (VP Perioperative ops) who gave us a tour of the whole hospital. Brought into OR and observed surgery all day including hip scopes, TKRs etc. Dinner held at the Lexington Club on Park Avenue with Brian Kelly, Anil Ranawat, Frank Cordasco, Sabrina Strickland, Andreas Gomoll and the fellows.



With the HSS surgeons for the traveling fellows presentation

19th June

Presentations by Gandhi and Yuichi. Interesting discussion between Stephen O'Brien, Russ Warren, Andy Pearle, Wickowicz. Then, OT with Brian Kelly (Hip Scope: Labral repair. Tips: Do a capsulotomy (connect from portal to portal, pressure at 30-40mmHg, Use curved arthrocare wand, Use a S&N Nanopasser and the Slingshot, Cannula to tie knots. OT with David Altchek for an ACL (BTB graft), and the legend Russ Warren for a shoulder scope & distal clavicle excision). Had a tour of the HSS rehabilitation organisation and lunch at the Bel-Air cafe. Had a tour of the HSS biomechanical engineering lab after lunch and met Dr Carl Imhauser. The evening was excellent: we walked through Central Park from the Carlyle hotel to Broadway. Watched the play "The Band's Visit" that won numerous Tony awards (accompanied by the fellows Brandon Erickson and Meghan Bishop). Late dinner at an Italian restaurant and we ended up with drinks at the hotel with Parag's fellow from India (Kailish).



At the Broadway show "The Band's Visit" with HSS fellows Megan and Brandon

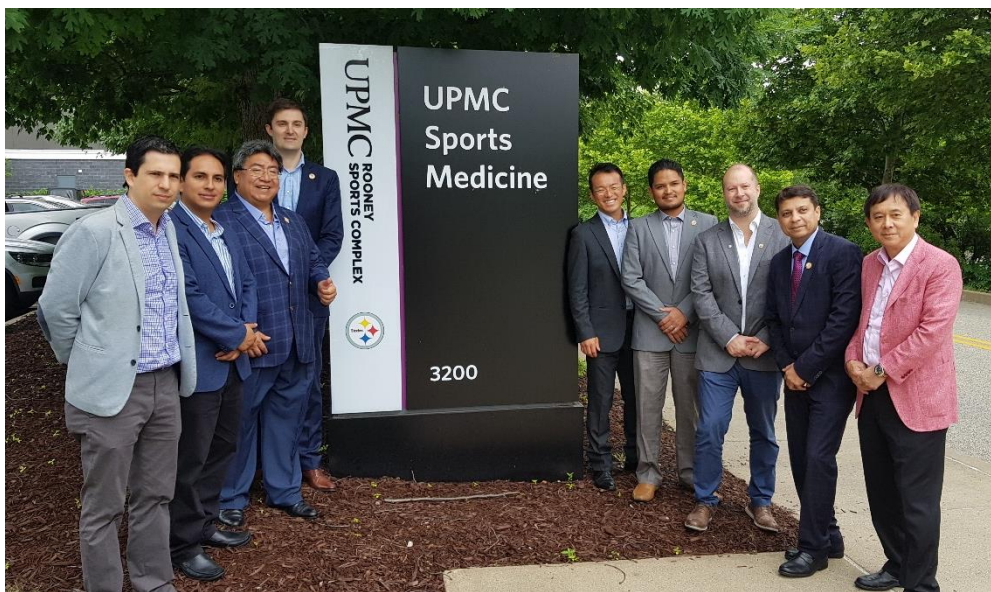
3. Pittsburgh (University of Pittsburgh Medical Centre)

20th June

Left to LaGuardia early for our flight to Pittsburgh. Arrived in the afternoon and met Kanto Nagai and Ben Rothrauff; research fellows from Pittsburgh. We drove to the lovely, cosy B&B called Inn at the Negley. Met Dr Freddie Fu at the hotel, and went to the Duquesne Club for the graduation of the fellows and residents. Met the SLARD fellows who are also staying at the same place. Also met Dr Voelker Musahl and Dr Craig Mauro at dinner and Dr. Fu made a kind introduction of the fellows from APKASS. First time it rained during our trip with weather warnings across Pittsburgh.

21st June

Early breakfast at 6.30am with Dr Fu. Visited the Cathedral of Learning at the University of Pittsburgh. Plenty of photos. We were given a tour of the biomechanics lab and the Warrior lab (DoDefence) with Dr Fu taking all of us personally. Also visited the Pittsburgh Pitts and the Steelers training facility. Fortunate to met Mr Rooney (Steelers owner) and the head coach. Then, we visited the medical centre (which will be known as the Freddie Fu Sports Medical Centre). Dr. Fu gave us a full tour and spent an hour presenting his ACL concepts which was enthralling. We headed for a treat at Lulu's Chinese restaurant and had the famous Dr. Fu's noodles. We then proceeded to the Kaufman medical centre where all APKASS & SLARD fellows presented their talks. We also heard from Volker Musahl about why Pittsburgh does NOT believe in the existence of the ALL. Headed back at 6pm to the Inn for fantastic wine tasting with Dr Fu (each bottle was worth over 1000USD!). Had exquisite Elisany lamb for dinner and enjoyed the night together with the Pittsburgh and SLARD guys.



With Dr Freddie Fu and the SLARD fellows at UPMC

22nd June

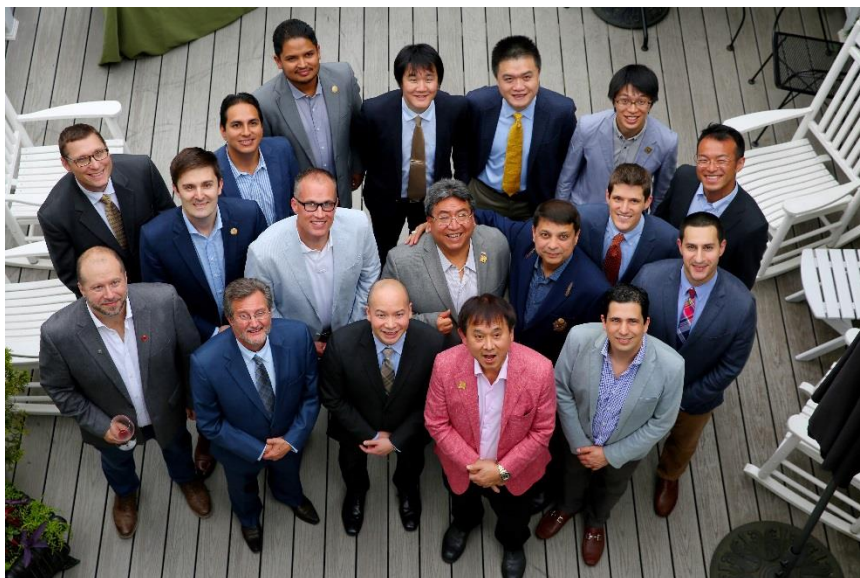
Headed for surgery observation with Freddie Fu and Voelker Musahl at 7am. ACL, Revision ACL (Quadriceps tendon) and single PL bundle reconstruction. Voelker then took us to the UPMC bioengineering lab for a tour of the facilities which was very impressive. Then, headed 20 miles north to the UPMC office and the Pittsburgh Penguins (Ice Hockey) training rink. Headed back to the hotel for a siesta. Picked up at 6pm and straight to the Hofbrauhaus for phenomenal beer courtesy of the Pitt guys (especially Voelker). Dinner at the beer hall and both SLARD and APKASS continued at the Inn till the wee hours.



The trademark “double-bundle” dance with Drs Freddie Fu and Volker Musahl

23rd June

Breakfast at the Inn and took an hour drive to visit Falling Water, a beautiful house built in the 1930s and remains a major tourist attraction in Pittsburgh. It was raining for the most part and we stopped for lunch at a quaint country diner. We then went to the river and took a walk on the Ohiopyle trail which is a forest trail that connects all the way to Washington DC. Quiet afternoon at the Inn to catch up on some sleep. We had dinner at the Inn and joined by Voelker and Dr Rodovsky.



The “Pitt” Crew

4. Baltimore (Johns Hopkins Medical Centre)

24th June

Breakfast at the Inn and both SLARD and APKASS driven to the airport. We just missed Freddie as he was returning and caught the flight to Baltimore (via Charlotte). We were met at the airport by Lance LeClere (with a lovely sign made by his daughter) and driven to our hotel. Lance then took us to Annapolis where we had a look at the Naval Academy which was very nice (By the way, Lance is a Lt. Commander in the US Navy). Then, got to go on Lance's boat on the Chesapeake Bay and we met JP Rue for beautiful Maryland Crabs. Further beers on the boat and then back to the hotel. (I need to buy a boat like Lance's)



At the crab restaurant with JP Rue and Lance LeClere

25th June

Met Dr Miho Tanaka at the lobby of the Ritz Carlton and we were taken to John's Hopkins for our presentations. We also met Dr Andy Cosgarea who gave a great talk on the approach for patella stabilisation rationale. We also heard from Drs Zikria and Miho Tanaka on their respective research on MACI and MPFL anatomy. Couple of photos around campus and pizza for lunch. We observed Miho perform an MPFL (transosseous patella 4.5 tunnel fixed with sutures across lateral bridge, allograft, mini C-arm, a neat way of checking isometry with the graft around the pin, brace 0-90 for 4 weeks locked in extension for weight bearing). Evening was spent at John Wilkin's house by the river for dinner and drinks with the whole team from John's Hopkins and the Navy. JP Rue gave his famous "Timbuktu" joke which I will never forget. Heard a lot from Dr Cosgarea on his travels to Malaysia.



At Johns Hopkins with Drs Andy Cosgarea and Miho Tanaka

26th June

Early start and we took the train to Washington D.C. Met up with Lance LeClerc, John Dicken's and Robin West before heading into the White House. After security checks, had a full tour of the President's House and the Eisenhower building. We even got access to the Vice President's office, the White House Press briefing room and the West Wing including the Rose Garden (Courtesy of John Dicken's and his military background. We were told NOT to show the pictures we took on social media while in the VP's office. We were also fortunate to have photos taken at the White House press briefing stand and we got to the door of the Situation Room!). Headed back and had a tour of the Baltimore Orioles medical facilities (baseball). We bought Orioles jerseys and watched them play the Mariners at the baseball stadium (unfortunately we lost) with other Hopkins residents (Alex & Itai).



The White House tour with Drs Robin West and Miho Tanaka

5. Iowa City (University of Iowa)

27th June

Headed early to the airport (Miho met us at the lobby to say good bye) to catch the flight to Cedar Rapids (Iowa) via Chicago. Arrived and was greeted by Dr Brian Wolf at the airport for a short drive to Iowa City. We presented that evening at the University of Iowa and got to meet the faculty including Dr Albright. Had a nice dinner at the Chop House and we saw the largest baked potato in the world! Couple of drinks at the hotel bar among the fellows before settling in for the night.



At the Chop House Restaurant for the world's biggest baked potato!

28th June

Early start with Brian picking us up at 6.30am. Proceeded to the Ambulatory Care Surgery centre and observed surgery all day. Started with a medial meniscal debridement (the torpedo shaver with pointed tip a good option to reach a tight posterior meniscus), shoulder arthroscopy ACL & meniscal root repair (pie crusting MCL with spinal needle to open up medial compartment, 7mm cannula to accommodate the Scorpion suture passer, using a knot pusher on the femoral button and pressing knot to secure further). Finished at 3.30pm and went for a tour of the Iowa University Football training facility, the football stadium and the UI Sports Medicine clinic. Dinner was at the rooftop of the Hilton Hotel (Vue Restaurant) which had great views of the whole Iowa City together with Robbie Westerman and the other fellows.



University of Iowa Football stadium (part of the "Big 10")

29th June

Early start with presentations at 6.30am. We went to OR with Matt Bollier and got to see an exertional compartment syndrome release, medial meniscal transplant, hip arthroscopy and a derotational femoral osteotomy & MPFL. Headed back to the hotel for a while and Matt picked us up for dinner at 6.30pm at Brian Wolf's house. Lovely new building and all were impressed with the "Wolf Cellar". Headed back to town for a nightcap at the Social house.

30th June

Robbie picked us up at 8.30am and we went to the reservoir for boating on Brian's boat. Yuichi showed great skill at water skiing given that this was his first time. (I proved an embarrassment when I tried which was not surprising and Nathan intelligently declined). Parag took the morning off and we had lunch at a local brewery where the hostess spoke fluent Japanese. We had the afternoon to ourselves. Dr Albright picked us up at 6.00pm and we went to his house for dinner together with his wife, son Jeff and Robbie's wife Beth. Had a taste of excellent 18year old single malt and lovely salmon dinner. Headed back and we chilled in Parag's room for a bit talking about how phenomenal the fellowship had been so far.



On the “Wolf boat”

6. St. Louis (Washington University)

1st July

We had breakfast together (traveling fellows) and Parag organised a session where we got to talk about our future plans. Beth (Robbie’s wife) and Robbie sent us to the airport and we flew on to St Louis. Unfortunately, the flight was delayed for over 8 hours however thankfully, Nathan got us all into the lounge. Arrived St Louis late at about 11.30pm and went to our hotel.

2nd July

Early start to the day with the driver bringing us to Chesterfield Orthopaedic clinic, Washington university. Attended surgical cases by Drs Jay Keener, Matt Smith and Matt Matava. Cases seen included a rotator cuff, combined PCL/PLC and meniscal repair. Lunch at the unit and headed for happy hour at the iTap where we tried many samples of local brew. Apparently Budweiser is based in St. Louis which I didn’t know. Dinner was courtesy of Parag at a very nice Indian restaurant and he had his nephew attending.



A lovely sign awaited us in Chesterfield Orthopaedic Clinic

3rd July

Another early start with the driver waiting for us at 5.45am. Gave our fellows presentation with the orthopaedic team in attendance. We attended surgery done by Drs Matt Matava and Rob Brophy. We watched a few good cases including an ACL revision where the previous surgery was done using a Xenograft and a revision OATS procedure using allograft. We had lunch at the ShakeShack and took a drive around the city of St Louis. In the evening, headed to Alton, Illinois for authentic American bar food and watched the 4th of July fireworks by the banks of the Mississippi.



With Dr Matt Matava and the Wash U sports surgery clan



4th of July fireworks in Alton, Illinois overlooking the Mississippi river

7. AOSSM Meeting (San Diego)

4th July

Easy morning and headed to the airport at noon. Met up with the SLARD fellows and caught the plane to San Diego. Rushed to the hotel and then, had dinner at the SkyBox for an AOSSM reception. Met up with many top surgeons including Chuck Bush-Joseph (AOSSM President), Bruce Reider and Mark Miller. Watched the 4th of July fireworks from the rooftop overlooking San Diego bay.



At the SkyBox for the AOSSM Reception

5th July

Early start for the 2 km fun run at 6am with Yuichi and Juan (SLARD) at the hotel. The president, Chuck Joseph flagged us off and we ran around the San Diego bay area. Attended the AOSSM meeting beginning with ICL's and lectures. Great meeting with all the top Sports Surgeons presenting. We then had a reception at the pool deck in the Grand Hyatt that evening and we got to meet almost all the people that hosted us over the past weeks.



Right before the run

6th July

Early start with ICL's at 6.45am. We attended the traveling fellowship presentation and the official inauguration of the President of AOSSM (Chuck Bush-Joseph). Attended many sessions during the meeting and the exhibitors. In the afternoon, we attended the Kerlan-Jobe fellows session at the Pendry hotel followed by the HSS alumni fellow's presentation at the San Diego Culinary & Wine Centre. We all attended the Magellan reception at the 32nd floor of the Grand Hyatt where we were introduced and inducted into the Magellan society. The SLARD and APKASS fellows then hit the Gas Lamp quarter of San Diego for the final farewell (phenomenal).



Lovely reception at the pool deck

7th July

Our last day. We attended the talk by Bill Warlton and a few ICL's in the meeting. Some of us adjourned for shopping in the afternoon to get souvenirs while others packed. The APKASS fellows met for a final drink at the 30brew Hyatt and we said good bye to Nathan and Parag who were flying off. Yuichi and I joined the rest of the gang of a fun night & dinner aboard the USS Midway aircraft carrier, off the San Diego Bay. Lovely night of drinks and food and we met many of our previous hosts. Yuichi and I walked back on San Diego bay for a nightcap at the hotel. We will be leaving in the morning and this traveling fellowship has been an exceptional experience for all of us. Thank you once again to all our gracious hosts and I hope to be able to return the favour when you come to Malaysia.



On the aircraft carrier USS Midway with Yuichi

8th July

Left the hotel by limo at 7am. Didn't get to see Yuichi unfortunately. Have a gruelling travel schedule ahead: San Diego to San Francisco to Tokyo to Malaysia to look forward to. It was a great trip and I for one can't wait to return the favour. (around 23 hours!)

For all future traveling fellows, this is one of the best experiences of your lifetime. Consider yourself privileged to be accepted and enjoy it. The best thing to have happened to me personally in my career and I would be extremely privileged to host future fellows and promote this programme.