

## 1. Fellowship in Sports Injuries

### 1. Information Related to Course Content

- Fellowship Programme shall be offered only to Postgraduate Degree holders of the subjects Concerned.
- The Fellowship Programme shall be of one year with 240 teaching and working days / 2 Semesters with the following distribution.
- The Programme shall have the contents of around 960 hours of Teaching, Learning (around 40 Credits) (Each semester may have 20 Credits + 4 Credits).
- The fellow will work with a team of fellowship trained sports medicine surgeons with emphasis on reconstructive surgery of the knee & shoulder. Cases will include ACL reconstruction, PCL reconstruction, meniscal repairs, MPFL, MCL & LCL reconstruction, Osteotomies, revision ACL surgery, open & arthroscopic shoulder instability repairs, Laterjet procedure as well as arthroscopic, open, mini open, and arthroscopic cuff repairs and AC joint dislocations.
- The fellow will be exposed to both arthroscopic and open techniques. The fellow will primarily be involved with ambulatory surgeries, inpatient surgeries and trauma.
- Under fellowship programme the following course content will be taught i.e Instrumentation, Arthroscopic Set up & Portal Placements in Knee & Shoulder, Menisci, Cartilage, Synovium, Patellofemoral joint, ACL, PCL, MCL, LCL, Posterolateral complex, Multiligament injury and Osteoarthritis. Shoulder Periarthritis Shoulder Instability-anterior, posterior, inferior, multi, SLAP & Biceps tendon lesions Rotator cuff and Impingements, Scapular dyskinesia, Intra-articular and Peri-articular Fractures .
- There will be a regular didactic learning component to the fellowship, where the fellow along with the residents will participate in regular Subspecialty teaching rounds.
- The fellow will also have the opportunity to participate in various research & academic activities; including resident teaching, lectures, presentations, and both clinical and basic science research projects.
- At least one project suitable for presentation & publication during the tenure.

### AIMS AND OBJECTIVES

- Strengthen basic knowledge and content of sports medicine as it relates to orthopedic surgery and management.
- To develop a systemic approach to the patients' problem and decision making skills in Management
- To develop and sharpen skills in interpretation of musculoskeletal radiological studies
- To attain basic skills in arthroscopy including knowledge of various specialized instruments and its maintenance.
- To obtain experience in scientific data collection, analysis interpretation, publication and Surgical audit.

150 hours of Teaching and Learning	10 Credits
90 hours of Assignment / Seminar / Group Discussion/ Tutorials	6 Credits
360 hours of Practical / Demonstration / Hands On Experience / Lab Work	12 Credits
360 hours of Field Work / Clinical Work / Research Work	12 Credits

**2. Duration** - 1 Year (12 Months)

**3. Training Facilities –**

At Skill lab, knee and shoulder models available for training the fellows in basic arthroscopic skills of triangulation and portal placement, training.

**4. Teaching faculty Details**

I. Dr. Ashwin Deshmukh  
Registration No. 2010010073

II. Dr. Ishan Shevate  
Registration No. 2013051360

**5. Infrastructure Facilities**

- One Distinct Sports OT is dedicated to oversee all types of Arthroscopic surgeries with complete Arthrex 4K Arthroscopic trolley and stock Smith and Nephew Arthroscopic Trolley, and with a fully functional radio frequency ablation system and shaver system.
- One separate minor O.T. in OPD.
- Imported Maquet OT tables and OT lights.
- We have 120 bedded Ortho department along with special rooms for ‘Ortho’ patients. Hospital is equipped with state of the art equipment and highly skilled doctors with staff to deal with problems of the joints. Separate theatres with laminar airflow system exclusively for Arthroscopy available. OT is equipped with all Arthroscopy instrumentation. KIMS family believes in academic excellence and research which is the only means of progression.

**6. Fee** – Rs. 1,00,000/- (Rupees One Lakh Only)