

The Hip Society/M.E. Müller European Fellowship in Hip Reconstruction provided me with an incredible career opportunity and life experience. I feel extremely fortunate to have had this opportunity, and felt it provided me with everything I had hoped to get out of it, and much more. Fortunately, my fiancée Rosemary was able to join me on my Fellowship adventure, which was an amazing life experience for us as we step into the next chapter of our lives together.

I started my Fellowship in Hamburg, Germany, at the ENDO Klinik. The ENDO Klinik is the home of the single-stage revision for prosthetic joint infection, which was one of the main reasons that drew me there. I definitely met this learning objective, taking part in multiple single-stage revisions each week. In addition, I was able to take part in a wide range of other complex primary and revision arthroplasty cases. From an academic standpoint, I got involved in a number of research projects with Drs. Gehrke, Citak, and the rest of the ENDO Klinik team, including multiple publications to date and more on the way! On a systems level, I got to witness and learn from the remarkable efficiency of the ENDO Klinik, where up to 12 arthroplasty rooms run every weekday, with very few cancellations or late ORs.

Our time in Hamburg came to an end just before the Christmas holidays, and we took the opportunity to do some traveling. We visited Bavaria, including Neuschwanstein and Munich, as well as Czechia and Poland. We got to experience the vast landscapes and beautiful cities of the region, and paid an important and extremely moving visit to the Auschwitz-Birkenau Memorial.

Following the holiday break, I started my time at the University of Cambridge in the United Kingdom (UK). There, I worked under the supervision of Mr. Vikas Khanduja. Mr. Khanduja's practice is a young adult hip practice, which includes hip arthroscopy and hip arthroplasty. This was a very valuable experience for me, as I have a keen interest in the young active patient with early to moderate arthritic changes. The opportunity to work in a young adult hip practice, and to see patients across the entire range of the arthritic disease process being treated by the same surgeon and team was a unique experience for me, and something I had specifically hoped to glean from this Fellowship. I feel that based on my experience in Cambridge, I have developed a much more thorough and nuanced approach to counselling and treating active patients with early to moderate arthritis. I'm confident this will be important in my practice going forward. Towards the end of my time in the UK, I also had the opportunity to visit Mr. Khanduja's colleague and friend, Mr. Ajay Malviya in Northumbria (Newcastle). Mr. Malviya is one of the highest volume periacetabular osteotomy surgeons in the UK, and the opportunity to spend time with him really helped to demystify an

operation which I had only seen rarely in my training. The minimally invasive technique which Mr. Malviya helped to develop and publish on was a very valuable learning experience. During my time in the UK, I got involved with many research projects, and those collaborations continue to this day.

Highlights of our travels around the UK included the beautiful Cambridge campus, exploring London, visiting our friends in Cardiff, checking out the ancient Roman baths in Bath, and hiking the Hadrian's Wall path. While in the UK, we also got to do some amazing hiking in Madeira, and visited St. Anton, Austria for a ski trip.

Overall, pursuing the Hip Society/M.E. Müller European Fellowship is one of the best life and career decisions I have ever made. Not only did I get the clinical and academic experience I had hoped for, I am confident I have built a lifelong international network upon whom I can draw for the rest of my career. As well, through the application process and the fellowship itself, I have connected with a number of Hip Society members and past Müller Fellows, which is a wonderful community to be a part of. I could not be more grateful to the Foundation and the Board of Directors for this opportunity. A special thank you to Sarah Benavidez for always being so responsive and helpful, and making this a seamless and smooth experience.



Rosemary and I at King's College, University of Cambridge