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Name: Dr Sumit Raniga
 E-mail address: sumitraniga@gmail.com
 Country of residence: Canada
 Country of visiting fellowship: Switzerland
 Name of the host: Professor Matthias Zumstein
 Dates of visiting fellowship: 18th April to 1st May

Report about the outcome and economic result of the EFORT Foundation Visiting Fellowship

Expenses:

Travel: _____ 1000 _____ EUR
 Accommodation: _____ 1000 _____ EUR
 Other expenses: _____ 500 _____ EUR

Topic	Please tick one of the boxes <input checked="" type="checkbox"/> 1 (poor) to 5 (very good)					Your comments, thoughts, recommendations
	1	2	3	4	5	
Education						
Could you improve your knowledge and gain a lot of new experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Host Department						
How was your communication with your host centre (regarding accommodation, programme, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Did they offer you a social programme?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	



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Report to EFORT:

It is recommended that the report is 3-4 pages including the cover page.

The following paragraphs should be addressed:

1. Description of clinical activities during the fellowship
2. Description of scientific activities during the fellowship
3. Description of social aspects of the fellowship
4. Technical skills that I learnt during the fellowship
5. Theoretical knowledge that I learnt during the fellowship
6. New knowledge and skills that I can implement in my own practice
7. Overall reflective statement over how the fellowship contributed to my professional development

Important to note! Fellows are kindly requested to follow these additional rules of the reporting:

1. The report will be published on EFORT/EFORT Foundation websites
2. The report will be forwarded to the sponsor of your visiting fellowship as feedback
3. The report will be forwarded to your host as feedback
4. Please also note that only the narrative and not the first page, the evaluation (ticked boxes) will be posted on the website

Final fellowship report

1. Description of clinical activities during the fellowship

Clinical Activities included 5 sessions of operating and 2 sessions in clinic.

The Operating Sessions included a variety of cases such as the following:

- Primary Shoulder Arthroplasty,
- Revision Shoulder Arthroplasty,
- Primary Arthroscopic Rotator Repair
- Revision Rotator Cuff Repair with Patch Augmentation
- Latarjet Procedure
- Elbow Contracture Release
- ACJ Reconstruction
- Proximal Humerus Fracture
- Humeral Shaft Fracture
- Distal Humeral Fracture
- Elbow Trauma



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The Clinic Sessions included a variety of cases with both new patients, follow ups and post operative follow ups such as the following:

- Acute and Degenerative Rotator Cuff Pathology
- Primary Glenohumeral Joint Arthritis
- Rotator Cuff Tear Arthropathy
- Shoulder Instability
- Elbow Arthritis
- Elbow Instability
- Shoulder and Elbow Trauma

Focus of Physiotherapy and Postoperative Rehabilitation Post Surgery.

2. Description of scientific activities during the fellowship

Development of a Population Based Statistical Shoulder Model

- Completed the Phase 1 of a multiple phase project to develop of statistical shoulder model
- Organised Results
- Wrote the Introduction, Methods and Results Section of Manuscript for Submission
- Planned the next Phase of the Project

Genetic Predisposition to Adhesive Capsulitis and Postop Shoulder Stiffness

- Completed the Phase 1 of a multiple phase project
- Organised the data
- Planned the data analysis
- Planned the next Phase of the Project

Presented on "The Evolving B Type Glenoid" to the entire Department of Orthopaedics and Traumatology, Bern University Hospital.

Visited Medacta Biomechanical Engineers

- Discussed different aspects Shoulder Prosthesis Development
- Potential Research Collaborations as an early user

3. Description of social aspects of the fellowship

Dinners with Professor Matthias Zumstein and his Family.

Dinner with Shoulder and Elbow Team from Bern University Hospital

4. Technical skills that I learnt during the fellowship

Revision of multiple surgical techniques such as Latarjet, Arthroscopic Rotator Cuff Repair, Shoulder Arthroplasty etc as listed above.



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5. Theoretical knowledge that I learnt during the fellowship

Many scientific discussions around current and future research projects.

In-depth discussions around Shoulder Prosthesis design and biomechanics.

Good clinical discussions around wide range of complex clinical cases.

As well as, discussions around wide range of complex surgical cases.

6. New knowledge and skills that I can implement in my own practice

As I was Professor Zumstein's Fellow for 1 year so this visit allowed me to consolidate my knowledge and skills. It also allowed me to work on some research collaborations. And also study the new Medacta Shoulder System.

I also focused a bit more on Postop Rehabilitation Protocols which I will implement in my own practice.

7. Overall reflective statement over how the fellowship contributed to my professional development

Excellent visit that allowed me to consolidate my knowledge and skills. Also allowed me to work on current research collaborations, and plan the next phases of our projects. I also learnt about the new Medacta Shoulder System. Wonderful visit – I love Bern and the Shoulder and Elbow Team at the Inselspital.