

FELLOWSHIP REPORT

Dr. Khanjan Dhirajbhai Ayar

IFAS Fellowship in Foot & Ankle Surgery

Duration: January 2026 – June 2026

Mentor: Dr. Girish Motwani, Director, Suyog Hospital, Nagpur

Overview

I successfully completed a six-month IFAS-accredited Fellowship in Foot and Ankle Surgery at Suyog Hospital, Nagpur, under the mentorship of Dr. Girish Motwani. The fellowship provided extensive exposure to the evaluation and management of a wide spectrum of foot and ankle disorders through outpatient services, emergency care, and operative management. It significantly enhanced my clinical decision-making, surgical skills, and understanding of complex reconstructive procedures.

Clinical and Surgical Experience

During the fellowship, I independently performed 75 foot and ankle procedures, assisted in more than 300 surgeries, and evaluated over 3,500 patients in the outpatient department. I gained hands-on experience in managing sports injuries including ATFL, CFL, deltoid ligament, and syndesmotic injuries; acute and chronic foot and ankle trauma; progressive collapsing foot deformity; cavovarus and equinus deformities; soft tissue procedures like tendon transfers; Achilles tendon repair; superior peroneal retinaculum repair; Charcot foot reconstruction; and limb-salvage procedures.

Research and Academic Activities

1. Beyond The Sprain, Unmasking a Rare Anterolateral Ankle Pathology in a Young Athlete:- Journal of Orthopaedic Case Reports 2026
2. Patient-Specific Total Talonavicular Joint Resurfacing Arthroplasty for End-Stage Talonavicular Arthritis – Case Report (The Journal of Bone and Joint Surgery, Under Review)
3. Structural Realignment in Adolescent Progressive Collapsing Foot Deformity Using a Single Ipsilateral Fibular Autograft for Evans and Cotton Osteotomies (Techniques in Foot & Ankle Surgery, Under Review)
4. Percutaneous Deltoid Ligament Repair in Medial Ankle Instability: Evaluation of a Novel Repair Technique (The Journal of Bone and Joint Surgery, Under Review)

Experience with My Mentor

Working under Dr. Girish Motwani was one of the most valuable aspects of my fellowship. His meticulous surgical technique, emphasis on sound clinical judgment, and commitment to evidence-based practice greatly influenced my development as a foot and ankle surgeon. Beyond teaching operative skills, he encouraged independent thinking, academic curiosity, and compassionate patient care. His approachable, supportive and friendly nature created an excellent learning environment, allowing me to gradually gain confidence in managing complex cases independently.

Acknowledgements

I express my sincere gratitude to Dr. Girish Motwani for his outstanding mentorship and constant encouragement throughout the fellowship. I also thank the Indian Foot and Ankle Society (IFAS), especially Dr. S. M. Ajoy (President), Dr. Abhijit Bandyopadhyay (Hon. Secretary), and Dr. Rahul Upadhyay (fellowship committee chairman), for providing this valuable opportunity for advanced training in Foot and Ankle Surgery.

Memories we created

