

Fellowship Experience Report

Six-Month Fellowship in Foot and Ankle Surgery

Fellow: Dr.Nikil.E.B

Mentor: Dr. Anuj Chawla

Duration: Six Months- Jan 13 2026 to July 13 2026

Institution: Fortis hospital Gurugram, Haryana

Overview

I completed a six-month fellowship in Foot and Ankle Surgery under the guidance of Dr. Anuj Chawla. The fellowship provided comprehensive training in the evaluation, diagnosis, surgical management, and rehabilitation of a wide range of foot and ankle disorders. Training included outpatient clinics, operating theatre assistance, ward rounds, postoperative care, and academic discussions.

Clinical Training

Outpatient Department (OPD)

- Clinical decision making
- Surgical indications and planning
- Radiological evaluation
- Implant selection
- Complication management
- Rehabilitation protocols

Operating Theatre Experience

Regular participation in elective and trauma operating lists included:

- Preoperative planning
- Surgical assistance
- Instrument handling
- Postoperative management

Surgical Procedures Attended

Hallux Disorders

- Hallux valgus correction (MIS)
- Lapidus arthrodesis
- Hallux rigidus (Cheilectomy, First MTP arthrodesis)

Lesser Toe Deformities

- Hammer toe
- Claw toe
- Mallet toe
- PIP arthrodesis
- Weil osteotomy
- Flexor tenotomy
- Percutaneous MIS correction

Peripheral Nerve Disorders

- Tarsal tunnel release
- Morton's neuroma excision

Heel Disorders

- Plantar fascitis
- Gastrocnemius recession

Toenail Disorders

- Partial and total nail excisions
- Nail bed repair

Diabetic Foot & Infections

- Debridement
- Incision and drainage
- VAC therapy
- Limb salvage approach
- Diabetic foot reconstruction principles

Foot & Ankle Arthritis

- First MTP arthrodesis
- Triple arthrodesis
- Subtalar arthrodesis
- Ankle arthrodesis (Open, Arthroscopic and MIS)

Charcot Foot

- Total Contact Cast (TCC)
- CROW walker
- Ilizarov fixation
- Midfoot reconstruction

Flatfoot Reconstruction

- EOTTS
- Spring ligament reconstruction
- FDL tendon transfer
- Calcaneal osteotomy
- Lateral column lengthening

Pes Cavus

- Osteotomies
- Tendon transfers
- Soft tissue releases
- Triple arthrodesis

Ligament Reconstruction

- Modified Broström repair
- ATFL repair
- CFL repair
- Deltoid ligament repair
- Internal brace augmentation
- Tendo achilles repair

Stress Fractures

- Conservative management

Arthroscopy

- Anterior ankle arthroscopy
- Posterior ankle arthroscopy
- Subtalar arthroscopy

Foot & Ankle Trauma

- Ankle fractures
- Calcaneal fractures
- Navicular fractures
- Lisfranc injuries
- Metatarsal fractures
- Nonunion

Postoperative Care

- Wound care and dressing
- Cast and brace management
- Rehabilitation protocols
- Weight-bearing progression

Academic Activities

- Journal club-MIS using schanon burr in Hallux valgus
- Attended advancement in foot and ankle arthroscopy meeting smith and nephew-16 march 2026
- Attended IOA foot and ankle workshop -26 th April 2026
- Paper presentation -Presented in MIDCON trauma conclave-Medium-Term Results of Mini-Open ATFL Repair with Inferior Extensor Retinaculum Augmentation- 21 June 2026
- Work under progression- submitted a chapter in clinical cases in foot and ankle surgery-on metatarsal head fracture

Skills Acquired

- Clinical evaluation of foot and ankle disorders
- Surgical planning
- MIS techniques
- Arthroscopy principles
- Osteotomy and arthrodesis techniques
- Tendon and ligament reconstruction
- Diabetic foot management
- Charcot foot reconstruction concepts
- Postoperative rehabilitation

Conclusion

This fellowship provided extensive exposure to both routine and complex foot and ankle pathology. Under the mentorship of Dr. Anuj Chawla, I developed strong clinical, surgical, and academic skills in foot and ankle surgery, with particular experience in minimally invasive surgery, deformity correction, sports injuries, trauma, diabetic foot care, and reconstructive procedures.