



FELLOWSHIP REPORT

Dr. Pratik Vishavadia

IFAS Inland Fellowship in Foot & Ankle Surgery

1st January 2025 – 31st December 2025

Mentor: Dr. Rajesh Simon, Senior Consultant, Division of Foot and Ankle & Podiatry,
VPS Lakeshore Hospital, Kochi, Kerala.

Overview

I completed my IFAS-accredited Fellowship in Foot and Ankle Surgery at VPS Lakeshore Hospital, Kochi, under the mentorship of Dr. Rajesh Simon from January through December 2025. The fellowship provided structured training in the comprehensive management of foot and ankle disorders through a combination of outpatient clinics, operative exposure, academic activities, and multidisciplinary care.

During the fellowship, I was actively involved in the evaluation and management of a wide spectrum of foot and ankle conditions, including trauma, sports injuries, forefoot deformities, adult-acquired flatfoot, cavus foot, ankle instability, Achilles tendon disorders, diabetic foot conditions, degenerative disorders, and paediatric foot deformities. I participated in outpatient consultations, inpatient care, emergency services, perioperative planning, and postoperative follow-up, which strengthened my clinical decision-making and patient management skills.

Clinical and Surgical Experience

The operative experience was extensive and included procedures such as foot and ankle fracture fixation, ankle arthroscopy, ligament reconstruction, deformity correction, minimally invasive foot and ankle surgeries, corrective osteotomies and arthrodesis procedures, tendon and other soft tissue procedures and Charcot foot reconstructions. I also was privileged to have had the opportunity to learn the essence of management of diabetic foot problems under the guidance of Dr. Dennis Jose.

Depending on the complexity of the case and my level of proficiency, I participated as a first assistant, or primary surgeon under supervision. This progressive responsibility significantly enhanced my surgical skills and confidence.

Academic activities formed an integral part of the fellowship. I regularly attended case discussions, journal clubs and regular pre-operative as well as post-operative discussions. I also got to attend and present our cases and share ideas at various conferences. The fellowship also provided opportunities to participate in research discussions and academic presentations, wherein I managed to contribute to five research publications.

1. Charcot Neuroarthropathy: Identification and Classification using Artificial Intelligence (AI) : [IJO, (12th February 2026); <https://doi.org/10.1007/s43465-025-01664-3>]
2. A Novel Indigenous Endoscopic-assisted Surgery for Intractable Plantar Fasciitis: A Case Series [IJO, (17th October 2025); <https://doi.org/10.1007/s43465-025-01597-x>]
3. Mid-term outcomes of a tropical climate-adapted modified total contact cast for diabetic Charcot neuroarthropathy: [IJDDC, (18th May 2026); <https://doi.org/10.1007/s13410-026-01679-y>]
4. Surgical management of Charcot neuroarthropathy involving the hindfoot and midfoot: A case series [IJO, (15th May 2026); <https://doi.org/10.1177/24730114261445393>]
5. Surgical technique for managing infected, unstable hindfoot Charcot using antibiotic cement-impregnated titanium elastic nail system: A novel staged approach [JFAS-AP, (17th Jan 2026); <https://doi.org/10.5005/jp-journals-10040-1423>]

Beyond technical training, the fellowship emphasized professionalism, ethical practice, and most importantly - teamwork. The mentorship provided by Dr. Rajesh Simon was instrumental in refining my clinical judgment, surgical planning, and overall approach to foot and ankle surgery.

Acknowledgements

I wish to express my deepest gratitude to my mentor, Dr. Rajesh Simon, for his dedication to teaching, his patience, and his constant guidance.

I also sincerely thank the Indian Foot and Ankle Society (IFAS) for providing this prestigious platform for advanced training, with special thanks to:

- Dr. S. M. Ajoy (President, IFAS)
- Dr. Abhijit Bandyopadhyay (Hon. Secretary, IFAS)
- Dr. Rahul Upadhyay (Fellowship Committee Chairman)

Photographic highlights:





The fellowship has been a transformative experience that has provided me with a strong foundation in the diagnosis and management of foot and ankle disorders. I am sincerely grateful to Dr. Rajesh Simon, the faculty, nursing staff, physiotherapists, operation theatre personnel, and the entire team at VPS Lakeshore Hospital for their guidance and support throughout the year. I am confident that the knowledge and skills acquired during this fellowship will enable me to provide high-quality, evidence-based care and contribute meaningfully to the field of foot and ankle surgery.