

FELLOWSHIP REPORT

Dr. Shubham P. Kalnawat

IFAS Inland Fellowship in Foot & Ankle Surgery

Duration: October 2025 – March 2026

Mentor: Dr. Girish Motwani, Director, Suyog Hospital, Nagpur (MH)

Overview

I successfully completed my IFAS-accredited Inland Fellowship in Foot and Ankle Surgery at Suyog Hospital, Nagpur, under the distinguished mentorship of Dr. Girish Motwani. The fellowship program offered an intensive, immersive exposure to both clinical and operative aspects of foot and ankle subspecialties. Throughout the program, I was actively involved in outpatient diagnostics, emergency trauma management, and complex elective reconstructions, which collectively advanced my clinical acumen and surgical decision-making skills.

Clinical and Surgical Experience

During this fellowship, I was exposed to a vast clinical volume that significantly enhanced my technical proficiency. Under direct guidance, I participated in the comprehensive care of patients presenting with diverse pathologies:

- **Outpatient & Diagnostic Experience:** Evaluated over **6,000 +** patients in the outpatient department, focusing on biomechanical assessments, gait analysis, and conservative management protocols.
- **Surgical Hands-On & Assistance:** Independently performed **90** foot and ankle procedures and assisted in more than **500 +** complex surgeries.
- **Pathologies Managed:** Gained extensive surgical and post-operative management experience in:
 - A. **Sports Injuries:** Management of ATFL, CFL, deltoid ligament, and syndesmotic injuries, as well as Achilles tendon pathology.
 - B. **Deformity Correction:** Progressive collapsing foot deformity (flatfoot), cavovarus, and equinus deformities.

- C. **Trauma & Reconstruction:** Acute and chronic foot/ankle fractures, soft tissue reconstructions, tendon transfers, and diabetic Charcot foot reconstruction.

Research and Academic Activities

- **Title- Beyond The Sprain, Unmasking a Rare Anterolateral Ankle Pathology in a Young Athlete** – [*JOCR, Published: April 2026 ; <https://doi.org/10.13107/jocr.2026.v16.i04.7098>*]
- Participated in weekly department audits, academic case discussions, and literature reviews.

Experience with My Mentor

Training under Dr. Girish Motwani has been an incredibly enriching highlight of my professional journey. His surgical precision, structural approach to complex deformities, and insistence on evidence-based medicine have deeply shaped my approach to patient care. Beyond his exceptional technical skills, Dr. Motwani's approachable, warm, and encouraging demeanor created a highly supportive learning environment that nurtured independent critical thinking and clinical confidence.

Acknowledgements

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

I also sincerely thank the Indian Foot and Ankle Society (IFAS) leadership 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)

Memories We Created-

