

My Experience: Foot and Ankle Surgery under Dr. Girish Motwani

Introduction

The fellowship in Foot and Ankle Surgery under the mentorship of **Dr. Girish Motwani** has been a transformative journey. It provided exposure to a wide spectrum of pathologies and surgical interventions, while also instilling values of compassion, academic rigor, and holistic guidance. This experience highlighted that foot and ankle surgery is not a narrow subspecialty but a vast universe requiring deep knowledge, precision, and creativity.

Clinical Exposure

1. Congenital and Developmental Conditions

- **Flat Foot (Pes Planus):** Evaluation of flexible vs. rigid flatfoot, surgical correction techniques, and postoperative rehabilitation.
- **Club Foot (Congenital Talipes Equinovarus):** Management of resistant and relapsed cases, including soft tissue releases and bony procedures.
- **Coalition:** Diagnosis of tarsal coalitions and surgical excision.

2. Trauma Cases

- **Complex Trauma of Foot and Ankle:** Multiplanar fracture-dislocations, open injuries, and staged reconstructions.
- **Calcaneum Fractures:** ORIF, minimally invasive fixation.
- **Lisfranc Injuries:** Anatomical reduction and fixation, with emphasis on long-term functional outcomes.
- **Navicular Fractures:** Internal fixation and salvage procedures for comminuted fractures.

3. Advanced Reconstructive Procedures

- **1st Talonavicular Replacement:** Exposure to joint replacement techniques for severe arthritis and deformity.
- **Sports injuries:** ATFL and Deltoid Reconstruction
- **Management of various types of ankle and foot related infections**
- **Arthrodesis Procedures:**
 - **Midfoot:** Fusion for arthritis and instability.
 - **Forefoot:** Correction of deformities and pain syndromes.

- **Hindfoot:** Triple arthrodesis and isolated subtalar fusion for complex deformities.

Academic and Surgical Learning

- Detailed case discussions and evidence-based decision-making.
- Hands-on surgical training with emphasis on anatomical precision.
- Exposure to rare and challenging cases that broadened clinical perspective.
- Understanding biomechanics of the foot and ankle in both static and dynamic states.

Mentorship and Guidance

Dr. Girish Motwani's mentorship extended beyond the operating room:

- **Academic Support:** Encouragement in research, publications, and presentations.
- **Personal Guidance:** Providing life lessons, moral support, and motivation.
- **Holistic Mentorship:** Helping fellows grow not only as surgeons but as empathetic individuals.

His kindness and accessibility created an environment where learning was both rigorous and nurturing.

Key Takeaways

- Foot and ankle surgery is a **vast universe**, encompassing congenital, traumatic, degenerative, and reconstructive domains.
- Precision, patience, and innovation are essential for success in this subspecialty.
- Mentorship plays a pivotal role in shaping not just surgical skills but also professional character.

Conclusion

The fellowship under Dr. Girish Motwani has been an invaluable experience, offering unparalleled exposure to complex cases and instilling a lifelong appreciation for the depth of foot and ankle surgery. It reinforced the idea that this field is not a small niche but a **comprehensive specialty with immense scope and impact**.