



## ICRS Global Access Fellowship 2025

### Dr. Melanio C. Acosta IV

First and foremost, I am extremely grateful to everyone at ICRS for being chosen as the winner of the ICRS Global Access Fellowship 2025 which gave me an opportunity to visit Doha, Qatar. During this traveling fellowship I was able to join everyone at the Aspetar Orthopaedic and Sports Medicine Hospital under the godfatherhood of Dr. Prof. Emmanuel Papakostas as well as take part in the 8th ICRS Surgical Skills Course "Understand it - See it - Do it."







ICRS

International Cartilage Regeneration  
& Joint Preservation Society



The Aspetar Orthopaedic and Sports Medicine Hospital is one of the leading and most innovative orthopaedic and sports medicine hospital in the world with world-class staff and physicians. Complete with state-of-the-art rehab and training facilities, fully equipped operating rooms, cadaver labs, athletic screening clinics, and even a sports dentistry center.

During this fellowship I was able to partake in invaluable opportunities, learning from experts from every corner of the world. The fellowship gave me a perfect chance to review basic concepts as well as learn the newest and most innovative techniques in orthopaedics, cartilage, regenerative, and sports medicine. With over 50 expertly presented lectures, operating room time with orthopaedic legends, and the very in-depth surgical cadaver course, I was able to grasp a greater in-depth understanding with hands-on practice and experience of techniques that will most undoubtedly be useful in my orthopaedic practice.

The formal education opportunities offered during my time in Aspetar was not the only highlight of the fellowship. Being able to get to know, make great acquaintances, rub shoulders with, and pick the brains of the leading researchers and surgeons in the field may be the greatest takeaway from the entire fellowship. Being able to have treasured discussions with world-renowned experts, other Aspetar fellows, and surgeons joining the surgical course about life, career, and the past, present, and future prospects of our field is such a rare opportunity for someone coming from Southeast Asia and the Philippines. I was able to make priceless connections with old acquaintances and new friends from around the world, many of which I can see myself working and collaborating with in the many years ahead.



Again, I thank ICRS and Dr. Prof. Emmanuel Papakostas for giving me this greatly appreciated opportunity. My experiences at Aspetar will be a guide and inspiring goal for my orthopaedic practice.

