

ICRS Sports Medicine Fellowship 2025



We had the privilege of visiting Aspetar in Doha, Qatar, as a trio of traveling fellows (including our Orthoregeneration Network traveling fellow) of burgeoning cartilage surgeons based out of Brazil and the United States.

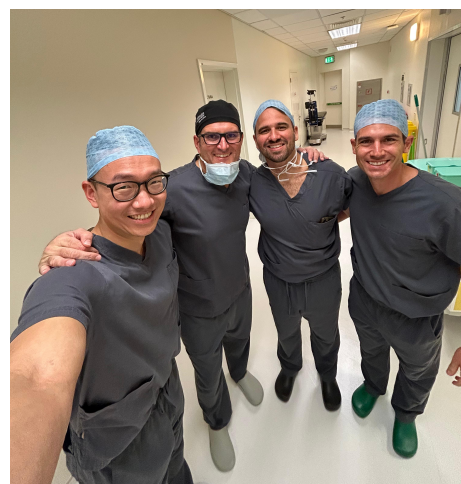
Upon arrival, our godfather, Prof. Emmanouil Papakostas, met us at the airport and took us on a personal driving tour of the city. It struck us that the expansion of the sports medicine program at Aspetar, as well as the surrounding area (the Aspire Zone), has been extensive leading up to and after the 2022 FIFA World Cup in Qatar, commemorated by statues erected around the city as well as a football Monument at the entrance of the hospital. Before even stepping foot into the Aspetar facility, we were already awestruck.



In the first week, we had the opportunity to follow the routine of the Aspetar Clinic, one of the World's most renowned Sports Medicine Centers. We were impressed by how Aspetar managed to integrate excellence in all phases of athlete treatment, including surgery and rehabilitation, in a state-of-the-art facility. The number of elite athletes treated at Aspetar, combined with the quality of its professionals and structure, make it one of the most valuable centers for sports medicine worldwide.



Aspetar Clinic comprises highly competent individuals from diverse countries and continents, fostering a unique multicultural synergy. A full complement of exceptional hospital staff greeted us and gave us a tour of the inpatient wards as well as the ORs. We had the privilege of operating with the esteemed Aspetar faculty, including Profs. Emmanouil Papacostas, Alan Getgood, Peter Verdonk, Gazi Huri, Bruno Olory, and Elisabet Hagert in a multitude of routine and complex procedures of the knee and shoulder, alongside the outstanding Aspetar clinical fellows Ashraf Hantouly, Matt Free, and Iacopo Romandini, amongst others. The real man of the hour was Ahmad Almojaber, the Aspetar Surgery Training Center Coordinator, who acted as our desert tour guide, friend, and local host during the entire experience. Arriving 1 week prior to the 2025 ICRS Surgical Skills Course helped us break the ice and make the most out of the entire educational experience.



In the second week, names such as Christian Letterman, Aaron Krych, Elizaveta Kon, Philip Rossler, Bashir Zikria, and Francis Wong joined as Faculty for the ICRS Surgical Skills Course. This fantastic event took place at the high-standard Apetar Surgical Training Center. The course combined high-level lectures with cadaver practices, which enabled us to significantly develop our skills in cartilage treatment and glean valuable tips and tricks from some of the field's leading experts.



We cannot fail to mention the intense social agenda led by our godfather and now dear friend Emmanouil Papacostas. "Manos" was extremely welcoming and attentive to every detail, making sure we had the best possible experience during our stay in Doha. From an unforgettable trip to the safari in a convoy of Land Cruisers, dipping our toes where the dunes meet the sea, to tasting some of the best hummus bi tahini we have ever had, every moment was perfectly balanced between learning cutting-edge cartilage and sports medicine surgery from some of the best surgeons in the World to enjoying the local culture, food, and activities. Most importantly, we made many lifelong friends.





We want to thank Manos and the ICRS team for making this amazing experience a reality. The ICRS Sports Medicine Fellowship is irreplaceable and unique and will forever hold a special place in our hearts.

Ting Cong, MD

Guilherme Mathias Palhares, MD

