

ICRS Global Access Fellowship 2026

9th ICRS Surgical Skills Course, Warsaw, Poland

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Report:

Participating in the 9th ICRS Surgical Skills Course in Warsaw, Poland, as an ICRS Global Access Fellow 2026 was a truly enriching and transformative academic experience. I sincerely thank the International Cartilage Regeneration & Joint Preservation Society (ICRS) for providing me with this valuable opportunity and for supporting young orthopaedic surgeons from across the world through this prestigious fellowship.

The course itself was of outstanding academic quality. The scientific sessions delivered by internationally renowned experts in sports injuries, cartilage regeneration, and joint preservation provided deep insight into current concepts, evolving technologies, and evidence-based surgical strategies.

One of the most impactful aspects of the fellowship was the hands-on wet lab training. The *“learning by doing”* approach significantly enhanced the course's educational value. The opportunity to practice advanced arthroscopy and cartilage restoration procedures under expert guidance improved both my technical understanding and surgical confidence. Exposure to contemporary techniques and implants in wet labs, including scaffold-based cartilage procedures, meniscal preservation and transplantation strategies, Maioregen, Chondro-Gide, Actifit meniscus scaffold applications, meniscal allograft transplantation, and unicompartmental knee replacement (UKR) – provided practical knowledge directly applicable to clinical practice.

As an orthopaedic surgeon from India, this fellowship has immense relevance to my future work. The knowledge and surgical skills gained during this course will help me strengthen joint preservation and sports injury management in my clinical setting. The experience has also motivated me to further promote evidence-based cartilage restoration and biologic joint preservation strategies in regions where access to advanced procedures is still evolving. I strongly believe that educational initiatives such as the ICRS Global Access Fellowship play a vital role in bridging global disparities in orthopaedic education and healthcare delivery.

Beyond academics, the fellowship also offered meaningful cultural exposure and international networking opportunities. Interacting with surgeons and fellows from different healthcare systems broadened my perspective on collaborative learning and global orthopaedic practice.

I once again extend my heartfelt gratitude to ICRS for their generous support, commitment to education, and dedication to advancing cartilage regeneration and

joint preservation worldwide. It was an honour to be part of this prestigious fellowship, and I look forward to continuing my association with the ICRS academic community in the future.







