

## **ICRS Sachdev Translational Innovation Fellowship 2026**

**New York, USA | June 21–27, 2026**



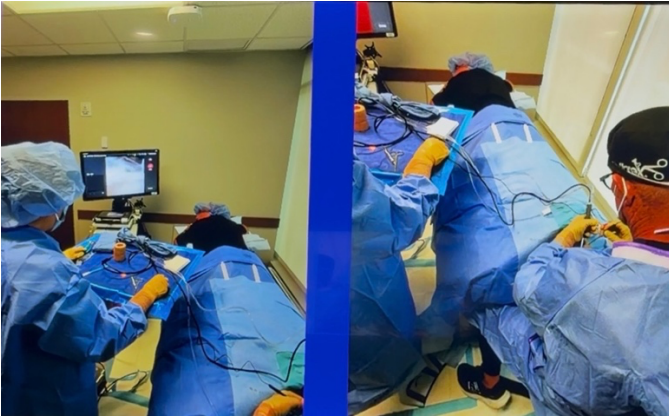
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### **Introduction**

As an orthopedic surgeon with advanced training in sports medicine and regenerative medicine, I found this experience especially meaningful, as it deepened my passion for translational medicine. I am so grateful to ICRS for giving me the opportunity to be part of the ICRS Sachdev Translational Innovation Fellowship 2026. The program was so comprehensive, with many sessions where we learned from leaders in cartilage research and patient care. Moreover, we had the opportunity to expand our network and meet scientists highly respected for their advanced research. The possibility to spend a week at some of the world's leading centers for cartilage research and care in New York was an invaluable game-changer.

### **Day 1 — New York University | Langone Health**

The fellowship began at NYU, where we were warmly welcomed by Dr. John Kennedy and Dr. Alexander Tham. The day focused on the translational challenges involved in cartilage repair and the importance of bridging laboratory innovation with clinical practice. I particularly appreciated the opportunity to understand how the group approaches these problems with a strong focus on clinically meaningful questions. Moreover, we had the opportunity to observe presentations on cartilage repair surgeries, which gave an important clinical perspective.



The day concluded with a fabulous dinner at the Metropolitan Club, with more chances to build the relationships that make this fellowship experience so meaningful.



## **Day 2 — Columbia University**

The visit to Columbia University offered a particularly valuable opportunity to engage with leading researchers. The day began with Sachdev's Fellows presentations, which provided an excellent forum for sharing our work and discussing translational approaches to joint preservation. Receiving feedback in such an intellectually stimulating environment was both rewarding and motivating.



The scientific program continued with presentations from Columbia researchers and I found it especially inspiring to hear from different but highly complementary areas, as it emphasized how multidisciplinary collaboration is essential for advancing the field.

Later in the day, we had the opportunity to meet with faculty members, including Dr. William Levine. These exchanges gave us a deeper understanding of how the institutions work to achieve the highest levels of patient care and research.



The evening was rich in discussions with Dr. Sachdev during an interesting Thai dinner in New York.



### **Day 3 — Mount Sinai | Icahn School of Medicine**

The Icahn School of Medicine at Mount Sinai was an excellent spot to engage with a highly collaborative and intellectually stimulating environment. We were very welcomed by Dr. James Iatridis, and the day began with our fellowship presentations, which allowed us to share our work and receive thoughtful feedback from a group deeply involved in musculoskeletal research. The subsequent seminars highlighted the diversity and depth of research being carried out at Mount Sinai, ranging from bone biology and genetics to tissue adaptation and mechanobiology. I found it particularly interesting to see how different disciplines intersect in their work, creating a research melting pot to address complex musculoskeletal problems.





#### **Day 4 — Hospital for Special Surgery**

The visit to HSS offered a concrete view of how clinical practice and research integrate in one of the best Orthopedic Hospitals in the world. We had the opportunity to meet Dr. Scott Rodeo and participate in the weekly scientific meeting where surgical cases are discussed, an amazing opportunity to learn from highly respected surgeons and clinician-scientists. Moreover, we observed surgical cases and participated in sessions in which clinical problems directly shaped research questions.



The day concluded with the West Point Fellows Day Research Symposium 2026, which highlighted the value of training young surgeons to succeed in both clinical and scientific aspects.

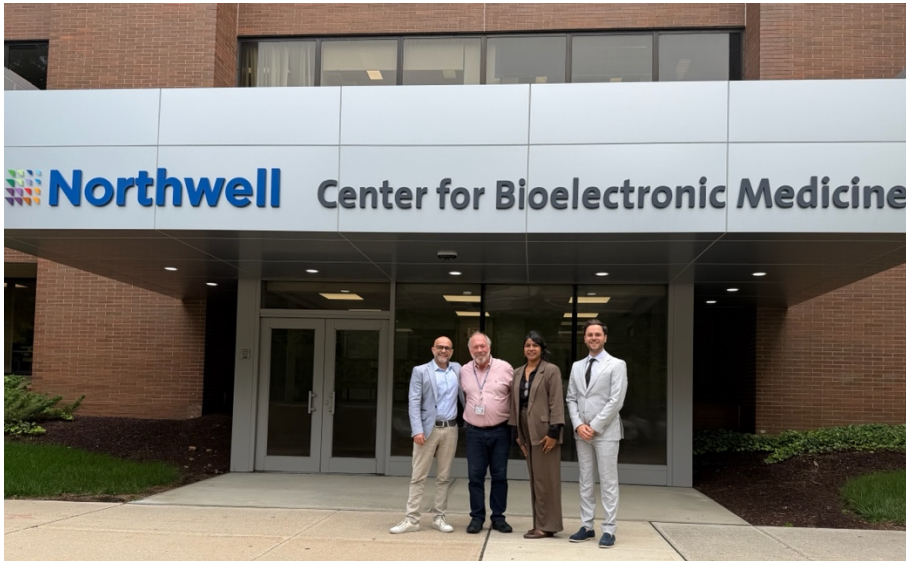


### **Day 5 — Northwell University | Feinstein Institutes for Medical Research**

This is our godfather’s Dr. Daniel Grande Institute. In the morning, we began discussing our research projects and received many suggestions and insights from Dr. Grande's team. Later, they highlighted their comprehensive research program. Their experience in regenerative research and their successful translational research was impressive and offered practical advice on structuring projects with real clinical impact.



In the afternoon, we had one of the largest laboratory tours, which provided a closer look at the research environment and the advanced facilities available at Northwell University.



### **Beyond the scientific part**

While the scientific program was undoubtedly the highlight of the fellowship, some of the most memorable moments took place outside the lecture halls and laboratories. I am deeply grateful to Dr. Ranjan Sachdev, Dr. Mani Vessalj and Dr. Daniel Grande for their warmth, generosity, and constant support throughout the week.

A particularly special experience was spending time with Dr. Grande outside the academic setting, including a personal drive through his hometown, Sea Cliff, and a visit to a yacht club where he served as a commander. These informal moments offered a rare opportunity to learn from his experience, personal and academic journey, and to reflect on what it takes to build a meaningful translational research career.



My sincere gratitude to my co-fellow, Dr. Elizabeth Vinod, whose kind personality and brilliant mind made the week even more memorable. We explored New York City together, sharing ideas and enjoying the moments. What began as a professional connection quickly grew into a genuine friendship. I am sure she will be a superstar in the field of cartilage, and I look forward to future scientific collaborations and continued friendship.



### **Acknowledgements**

It was truly an unforgettable experience, largely thanks to Anouk and Anneke, whose careful planning and assistance ensured everything ran smoothly throughout the week.

Last but not least, I wanted to thank you, my mentor, Dr. Christian Lattermann, a visionary who inspired me in the field of cartilage during my research Fellowship at Harvard.