ESSKA-AFAS Pau Golano Research Fellowship: an open opportunity for dedicated Research.

“Research is formalized curiosity. It is poking and prying with a purpose” - Zora Neale Hurston

Curiosity goes hand-in-hand with development and growth. We learn because we are curious and especially when we are given the means. The ESSKA-AFAS Pau Golano Research Fellowship provided me with just such an opportunity. I could give free rein to my curiosity, and expand my knowledge and independence by performing research at the Foot and Ankle department of the Hospital of Special Surgery under Dr John Kennedy, whilst discovering the scientific world on the other side of the ocean.

A major focus of my fellowship included a systematic review of return-to-sports after the treatment of peroneal tendon dislocation. Although I was in close attendance with Dr Kennedy's research team, I was able to nurture my own projects and set my own goals. During the weekly meetings, the whole team gathered to report on their projects and strove to improve their quality. Everything was closely examined, and by critically questioning another person’s work, you were forced to challenge your own work and yourself. From start to finish, you needed to be on top of your game, as the Americans say.

Research and clinic works in symbiosis for Dr Kennedy: I was given the opportunity to examine patients with peroneal tendon dislocation in the outpatient clinic, to observe their surgical treatments in the theatre, and then to perform a retromalleolar groove-deepening procedure and superior peroneal retinaculum repair on a cadaver. With all these aspects falling into place - both in clinic and in cadaver lab - the result was a perfect ambience for research.

The fellowship was a great educational journey for me and resulted in several publications [1,2]. My review on peroneal tendon dislocation [2], and a study on peroneal tendoscopy which was also executed during the fellowship [1], were both published in a recent KSSTA themed issue: ‘There is no simple ankle sprain’. Both were presented during ESSKA’s Barcelona Congress, and my study on peroneal tendoscopy was also presented at the AANA’s 17th annual meeting in Boston, in April 2016. In addition to the research projects, a chapter on peroneal tendon disorders was published in ESSKA’s Instructional Course Lecture book 2016. Upon these foundations, we can hope for a continuing and fruitful collaboration between Academic Medical Center (AMC) and Hospital for Special Surgery (HSS).

This fellowship encouraged me to keep challenging myself and not to settle for what is merely thought of as correct. It gave me the opportunity to spend three months in the finest Orthopaedic Hospital in America, at a great and inspirational department, and with an amazing Foot and Ankle family. Like ESSKA-AFAS, Dr Kennedy strives for the optimum environment, for the research and treatment of sports-related ankle problems, and their education. He is a great and inspiring teacher, and he created
a space in which I could challenge myself every day. This was a unique experience, which I shall
珍视 for the rest of my life. I found many answers on my scientific journey in New York. But, I
discovered many more questions waiting for their answer.

I would like to thank the ESSKA-AFAS Board for this wonderful opportunity. This fellowship provided a
great foundation for my career!

References
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peroneal tendon disorders. Knee surgery, sports traumatology, arthroscopy : official journal
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2. van Dijk PA et al. (2015) Return to sports and clinical outcomes in patients treated for peroneal
tendon dislocation: a systematic review. Knee surgery, sports traumatology, arthroscopy :
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