

Bangalore

30/4/2021

ISSLS Fellowship Committee

**RE: Report on ISSLS Clinical Travelling Fellowship 2019 by Shashidhar.B.K**

Dear Committee members,

I am writing to report my ISSLS Clinical Travelling Fellowship 2019.

I sincerely thank the ISSLS selection committee and all the Executive Committee to have given to me this fantastic opportunity. Moreover, I would like to thank Dr. Dong Youn Kim and Seoul Chuk Hospital for kindly sponsor the ISSLS fellowship. I also thank my mentors Prof Hee Kit Wong and Prof Naresh Kumar for recommending me for this fellowship training

The ISSLS Clinical Travelling Fellowship gave me the opportunity to increase my knowledge in all aspects of spine surgery by observing new endoscopy techniques and spending a period of time with the world expert in endoscopic spine surgery. Indeed, I was able to deeply discuss with Prof Dr. Christoph Seipe many issues related to clinical spine surgery beyond spine endoscopy also. I thank Prof Seipe for accepting me for this observer ship at his centre as part of this fellowship.

My fellowship lasted from 22/7/2019- 05/08/2019. I thank Mrs. Zilker the office secretary of Prof Seipe for smoothly co-ordinating my theatre visits. During the fellowship I have observed surgeries through the week with major focus on endoscopic spine surgery with following techniques learnt:

- Full endoscopic lumbar discectomy via an inter-laminar approach
- Full endoscopic, bilateral over-the-top decompression for lumbar spinal stenosis
- Full-endoscopic over-the-top decompression
- Full Endoscopic Decompression for Spinal Stenosis: Technique, Tips and Tricks.

The ISSLS Clinical Travelling Fellowship gave me the opportunity to increase my knowledge in endoscopic spine surgery observing new techniques and spending a period of time with the world expert in endoscopic spine surgery. I sincerely thank the ISSLS selection committee and all the Executive Committee to have given to me this fantastic opportunity. I also thank Mrs.Fiona and Mrs. Katarina at ISSLS office for making the entire process was smooth. I also wish the best to health to all of you during these tough covid times.

Thank you

Dr.Shashidhar Bangalore Kantharajanna