

Current Chief Resident (R5s) Testimonials

Michael James, MD (Medical School: Washington University)

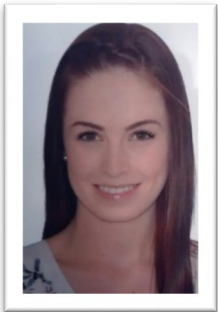
What aspects of Sport Medicine attracted you towards that fellowship and career path?



“My interest in Orthopaedics began following a hip injury incurred as a professional dancer. I underwent hip arthroscopy and was so inspired by the care provided by my surgeon and his team that I began taking pre-medicine requirements during my post-operative rehabilitation. Eight years later, I found myself performing surgery in the same operating room where I was first inspired to pursue medicine. During residency, I decided to pursue a fellowship in Sports Medicine and Arthroscopy for several reasons. In particular, I was drawn to the highly motivated patient population, the collaborative rehabilitation process, and the wide breadth of procedures. Arthroscopy also requires exceptional precision and attention to detail given the small margins for error. This fits well with my personality as I am highly invested in each individual case, both from a technical and holistic point of view. A Sports Medicine fellowship will also allow me to contribute to the field of Dance Medicine both clinically and from a research perspective.”

2021-2022: Jennifer Purnell, MD (Medical School: University of British Columbia)

What attracted you to the University of Calgary’s Orthopaedic Surgery Residency Program?



“Choosing a residency program is no small feat as there are many things to consider. I believe it ultimately comes down to where you feel you fit in best. After all, your residency program is your family for five years, if not beyond! I am from BC and completed medical school in BC. I was lucky enough to secure an elective in Calgary and it was immediately apparent that the resident group has a strong sense of camaraderie, and everyone is supportive of each other. Clinically I found that the Calgary residents, even in the more junior years, were all very competent and appropriately confident in their surgical skills and patient management. Finally, from an academic perspective, Calgary offers resident rotations in every sub-specialty area of orthopedics, and these are complimented by a robust didactic teaching schedule. These are ultimately my reasons behind choosing Calgary for residency. The cherry on top is having the opportunity to live somewhere where I can take advantage of all the fun outdoor activities the Rocky Mountains have to offer all year long!”

Former Chief Resident (R5s) Testimonials

2020-2021: Lee Fruson, MD (Medical School: University of Calgary)

What attracted you to the University of Calgary's Orthopaedic Surgery Training Program?



"There are a lot of considerations when choosing a residency training program and there is no cookie-cutter formula, so take everything you hear with a grain of salt! I personally think the key is deciding on a balance of your priorities to figure out where you "fit" best. I was drawn to Calgary for many reasons. I attended medical school in Calgary and had the opportunity to work with and get to know many of the residents and staff within the program, which really gave me a good sense of the culture here. There is a true sense of teamwork, camaraderie and friendship within our resident body that we pride ourselves on. Another added benefit is that we have core rotations through all of the orthopaedic subspecialties with dedicated teaching preceptors. This has been hugely beneficial not only from a learning perspective and case exposure but also with regards to mentorship moving forward in whichever career path you take interest. Another large factor for me was my family and friends outside of medicine. You will need an escape every now and then and having people in your life outside of medicine to ground you are a good way to keep things in perspective. Having the Rocky Mountains in your back yard doesn't hurt either!"

2020-2021: Joseph Kendal, MD, MSc (Medical School: University of Calgary)

What has contributed most to your professional and personal development while training at the University of Calgary?

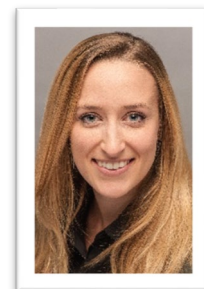


"My personal and professional development has been guided by exceptional mentorship and an abundance of educational opportunities provided by the University of Calgary. We have exceptionally strong mentorship within our cohesive resident group and also amongst our dedicated preceptors that has helped guide my development as an individual, and professionally in career planning. These interactions helped guide my decision to pursue further research training at the McCaig Institute for Bone and Joint Health, which is an integral component of our strong research program. I'm also grateful for the opportunity to utilize the Advanced Technical Skills Simulation Laboratory throughout residency for research, education and surgical simulation purposes. Lastly, I truly appreciate the degree of support and guidance I received while pursuing fellowship training."

2020-2021: Madison Litowski, MD (Medical School: University of Calgary)

What have you enjoyed most about your orthopaedic surgery residency training in Calgary?

"It's hard to choose exactly one thing that has been my favourite part of residency in Calgary. With respect to the training program itself, the early hands on experience provided by our staff has been exceptional. The staff are supportive and enjoy educating residents. Some of my favourite memories in the past five years have been while spending time with my fellow residents. We are a close group who support each other both at work and at home. I've formed some really great friendships with the other residents over the years."



2020-2021: Sarup Sridharan, MD (Medical School: University of Alberta)

What aspects of paediatric orthopaedic surgery attracted you towards that fellowship and career path?

"There were many factors that led to me paediatric orthopedics. There is a wide scope of practice with many technical skills and unique and challenging clinical presentations that vary from babies to teenagers. The biggest influence though was the easy access to popsicles at any time of day."

