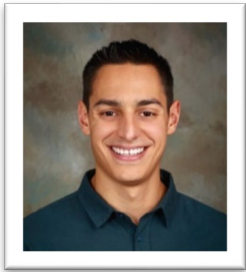


# Current Resident (R5s) Testimonials

**2022-2023: Brent Benavides, MD** (University of Alberta)

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



*"Having amazing co-residents to go through training with. They are there with you to celebrate the victories and help when you're down. The resident camaraderie at the University of Calgary Orthopaedic program truly feels like a family, and I look forward to being friends and colleagues with my co-residents throughout life!"*

**2022-2023: Jayd Lukenchuk, MD** (University of Saskatchewan)

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



*"The transition from medical school to residency can be a significant progression in responsibility. During this period, confidence in yourself and in the decisions you make are of utmost importance. The mentorship I received at the University of Calgary Orthopaedic program provided me the appropriate autonomy and independence which I found to be crucial in building my confidence as a surgical resident. As I continued through residency, this approach to learning carried on into the operating room and helped me to feel self-assured in my surgical management and technical skills."*

**2022-2023: Murray Wong, MD** (Western University)

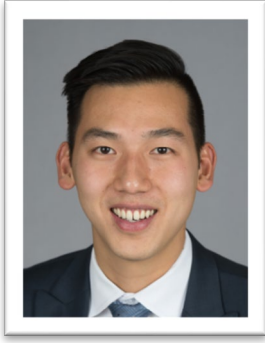
What aspects of hip and knee arthroplasty attracted you towards that specialty and career path?



*"I'm thankful to a number of mentors in Calgary who opened my eyes to the world of arthroplasty. I was able to see the dramatic and instant difference you can make to a patient by restoring mobility and alleviating suffering. The gratification that comes from giving back someone's quality of life, along with my love of biomechanics and technology made arthroplasty a great fit. It's such an exciting field with ever changing technology, robotics, and other advances that I look forward to seeing evolve during my training and career."*

**2022-2023: Daniel You, MD** (Queen's University)

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

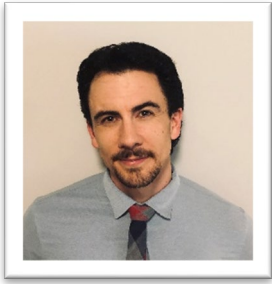


*“We are really fortunate in Canada to have exceptional residency programs across the country capable of training outstanding orthopaedic surgeons. For me, Calgary was the perfect residency program due to: 1) the broad clinical exposure and program size; 2) dedicated educators and; 3) social supports and quality of life. Firstly, we work at five hospitals within the city including the largest children’s hospital in the prairie provinces and a busy Level I trauma centre with unique exposure to trauma from the inner city, highways, mountains, and farming communities. Because of this, we are able to cover every subspecialty of orthopaedics within the city working closely with multiple preceptors on each rotation who are passionate about their area of expertise. I believe that this direct exposure is instrumental in better understanding musculoskeletal pathology and early career planning during residency. Our program size of 25 residents allows us to truly become a family. We support each other both at work and make sure to have a lot of fun outside of work. Secondly, the staff we work with in Calgary are incredible. I was fortunate to do an elective in Calgary at FMC and was very impressed by the number of staff who showed up to fracture rounds each morning to teach residents during handover. Throughout residency, I have been fortunate to work alongside clinical and research preceptors who inspire me and have helped me achieve my goals. Finally, orthopaedic surgery residency can be a busy and challenging time. After completing undergraduate studies and medical school away, I am very lucky to be back home with the support of my family and living next to the Rocky Mountains again! ”*

# Former Resident (R5s) Testimonials

**2021-2022: Michael James, MD** (Medical School: Washington University)

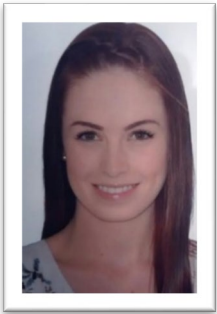
What aspects of Sport Medicine attracted you towards that fellowship and career path?



*“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!”*

**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)

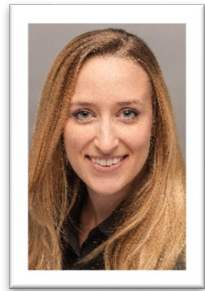
What has contributed most to your professional and personal development while training at the University of Calgary?



*“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 in 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.”*