



Name	Nirmal Patil
Nationality/Country of Residence	India
Place of work	Chetana Hospital, Chinchwad Pune, India
Specialisation	Orthopaedic Surgeon
Member of EUROSPINE since	2019
Observership	London Bridge Hospital, 27 Tooley Street, London

## Introduction

First of all, I would like to thank EUROSPINE for selecting me for fellowship under Mr Khai Lam at the London bridge hospital. EUROSPINE has always supported young surgeons who wish to expand their knowledge and learn new techniques.

I was pleased to get an invite letter from Mr Khai Lam, Consultant spine surgeon at the London bridge hospital, London. This centre marks one of the leading hospitals providing highly specialized care in the private healthcare sector in London.

On my arrival Mr Lam introduced me to his team and explained me the rationale of his operative plan for the patients posted for surgery that day.



I observed Mr Lam perform ALIF and XLIF surgeries with robot assisted percutaneous screw placement. Mr Lam was very swift in his surgeries and explained his operative steps and showed me the anatomy at critical steps during the surgery. It was quite interesting to observe and get to know the patient selection criteria and the thought process of planning the surgery from Mr Lam. Having experience with other robotic and navigation systems earlier, I could easily relate to the new system and its obvious advantages. In my subsequent days I observed many ALIF's, OLIF's and XLIF's surgeries. I was pleased to assist Mr Lam in 2 AIS cases as well at the Portland Hospital for children.

I also attended the outpatient clinics on alternate days under Mr Lam. It was insightful to see how expert surgeons are also good communicators and clinicians. For every patient Mr Lam and I would have a discussion about the clinical presentation and the differential diagnosis.

Mr Lam explained me his very interesting take on the sagittal balance of spine and its relation to SI joint dysfunction and back pain. I was fortunate to start my work on a research paper under his guidance based on this concept. Using these concepts, me and Mr Lam designed a free to use app

that would allow a surgeon to get the normative derived and age adjusted measurements for the sagittal parameters of the spine, the segmental location of pathology in the lumbar spine and the amount of correction required.

My stay in London was great. It is a colourful and vibrant place. I had time to visit the various sights in the city and go around other landmarks on the weekend.



To conclude, my fellowship was fruitful, and I thank Mr Lam and the EUROSPINE for giving me this opportunity.