

Travel journal AGA and SFO Knee Fellowship 12.01. – 16.01.2026

by Kimberley Wyss

Thanks to the financial and organizational support of the AGA and Swiss Female Orthopaedics, I had the opportunity to participate in a five-day travel fellowship that proved to be an enriching experience, both professionally and personally. It enabled me to gain insight into two highly specialized orthopaedic centers in the DACH region and to learn from experienced female orthopaedic surgeons. Designed to deepen my understanding of complex knee surgery, the fellowship took place at two locations and fostered a professional network among female orthopaedic surgeons.

Station 1: Technical University of Munich (TUM)

The first part of my fellowship took place in Munich, where I spent two and a half days with Professor Andrea Achtnich at the Technical University of Munich (TUM). I was warmly welcomed into a highly specialized academic environment with a strong focus on complex knee pathology.

On my first day, I observed advanced corrective knee procedures, including a tibial tuberosity medialisation osteotomy with deepening of the trochlea, as well as a distal lateral femoral closing wedge osteotomy. These cases provided valuable insight into precise preoperative planning, biomechanical considerations, and detail-oriented surgical execution in complex patellofemoral and axis-correcting surgery.

The second day was dedicated to the outpatient clinic. I gained a peek into their impressive clinic's streamlined structure, which allows for a high patient volume while maintaining excellent quality of care. Observing how organisational efficiency can directly improve patient flow and accessibility was highly educational.

During the evening exchange at dinner, I had the opportunity to meet two female residents from Professor Achtnich's department. The open exchange about career paths, challenges in surgical training, and personal experiences in orthopaedics emphasised the importance of mentorship, networking, and female role models in our field.

On my final day in Munich, I visited Arthrex, where I had the opportunity to practise various arthroscopic techniques on cadaver specimens. This hands-on experience complemented my clinical observations, providing focused technical training in a safe learning environment. Later that afternoon, I travelled onwards to Hamburg.

Station 2: BG Klinik Hamburg

The second part of my fellowship took place in Hamburg, where I spent two days with PD Dr. Lena Eggeling at the BG Klinik Hamburg. On the first day, I accompanied her in the outpatient surgery unit. I was impressed by the efficiency of the ambulatory surgical setting, characterized by rapid turnover times, clearly structured workflows, and excellent team coordination. This experience demonstrated how high-quality orthopaedic care can be delivered effectively in an outpatient context.

On the second day, PD Dr. Eggeling introduced me to the entire department, where I had the pleasure of meeting Professor Frosch and PD Dr. Akoto. I was then introduced to her outpatient clinics, with a special focus on her work with patients suffering from chronic neuropathic knee pain. Her holistic and patient-centred treatment approach illustrated the importance of interdisciplinary thinking and long-term therapeutic strategies in managing complex conditions.

A further highlight was a guided tour of the rehabilitation centre integrated within the BG Klinik, led by Dr. Ruben Anemüller. The comprehensive rehabilitation concept, tailored individually to each patient and extended to professional athletes, was remarkable. The close

collaboration between surgeons, rehabilitation specialists, and therapists demonstrated how optimal outcomes are achieved through a truly interdisciplinary approach.

Personal Conclusion

This travel fellowship was a great experience for my professional development. I gained not only new surgical insights, but also a broader perspective on different clinical concepts, treatment pathways, and healthcare structures. The exposure to diverse approaches significantly expanded my professional "toolbox" and sharpened my clinical decision-making.

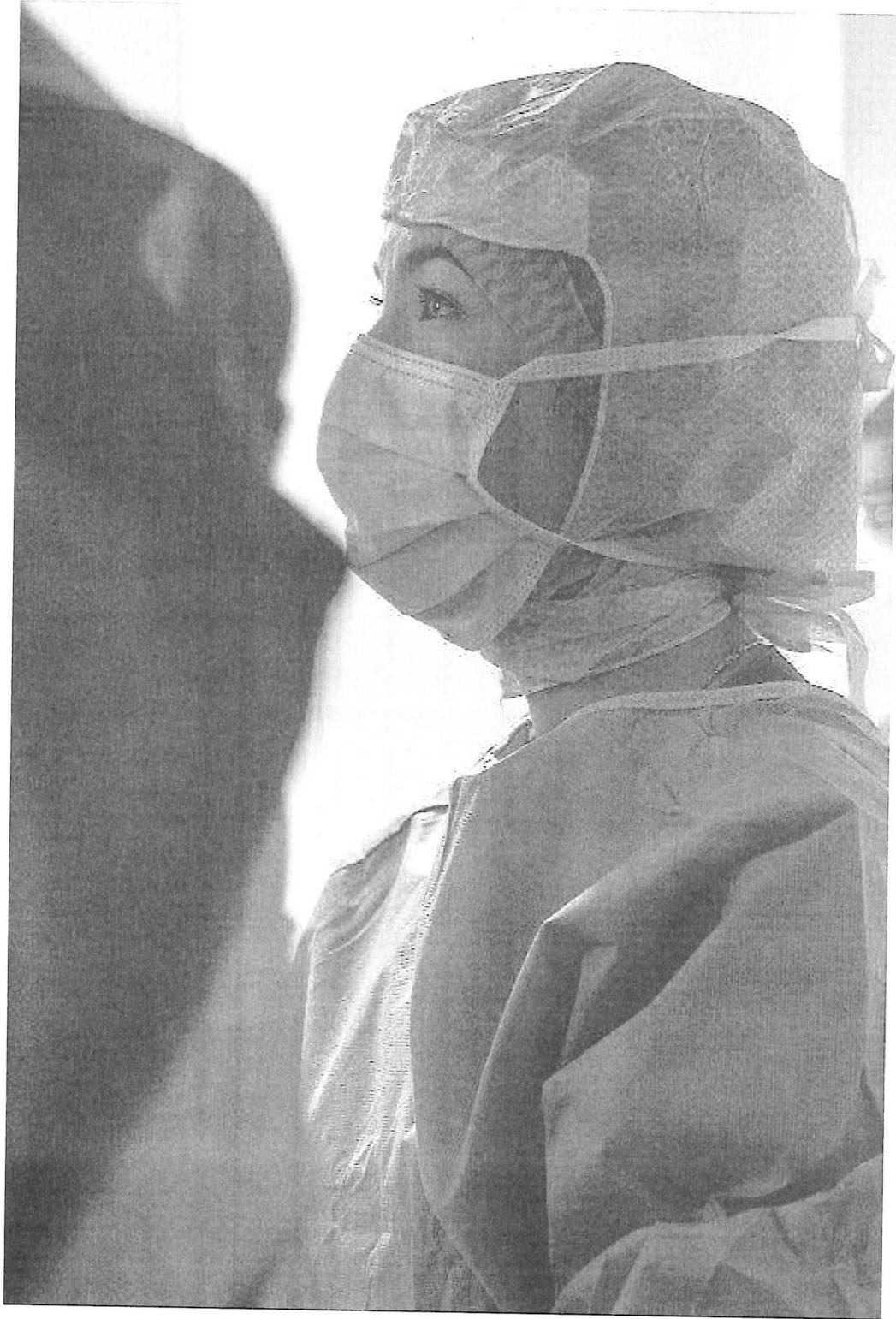
What impressed me most was the openness, generosity, and enthusiasm of the female orthopaedic surgeons who hosted me. Experiencing strong female leadership in orthopaedic surgery, combined with genuine mentorship and encouragement, was deeply empowering. The fellowship clearly demonstrated how important visibility, exchange, and support are in promoting women in orthopaedics.

I returned home with new ideas, new professional connections, and lasting networks. This experience has elevated my motivation to actively contribute to the advancement of female orthopaedic surgeons and to pass on this spirit of support to future generations.

Acknowledgements

I would like to express my sincere gratitude to the AGA and Swiss Female Orthopaedics, especially Dr. Natalie Mengis, for making this fellowship possible. Special thanks go to Professor Andrea Achtnich and PD Dr. Lena Eggeling for their hospitality, guidance, and willingness to share their expertise. This fellowship represents a meaningful opportunity for professional growth.

A handwritten signature in black ink, appearing to read 'N. Mengis', is located at the bottom left of the page.



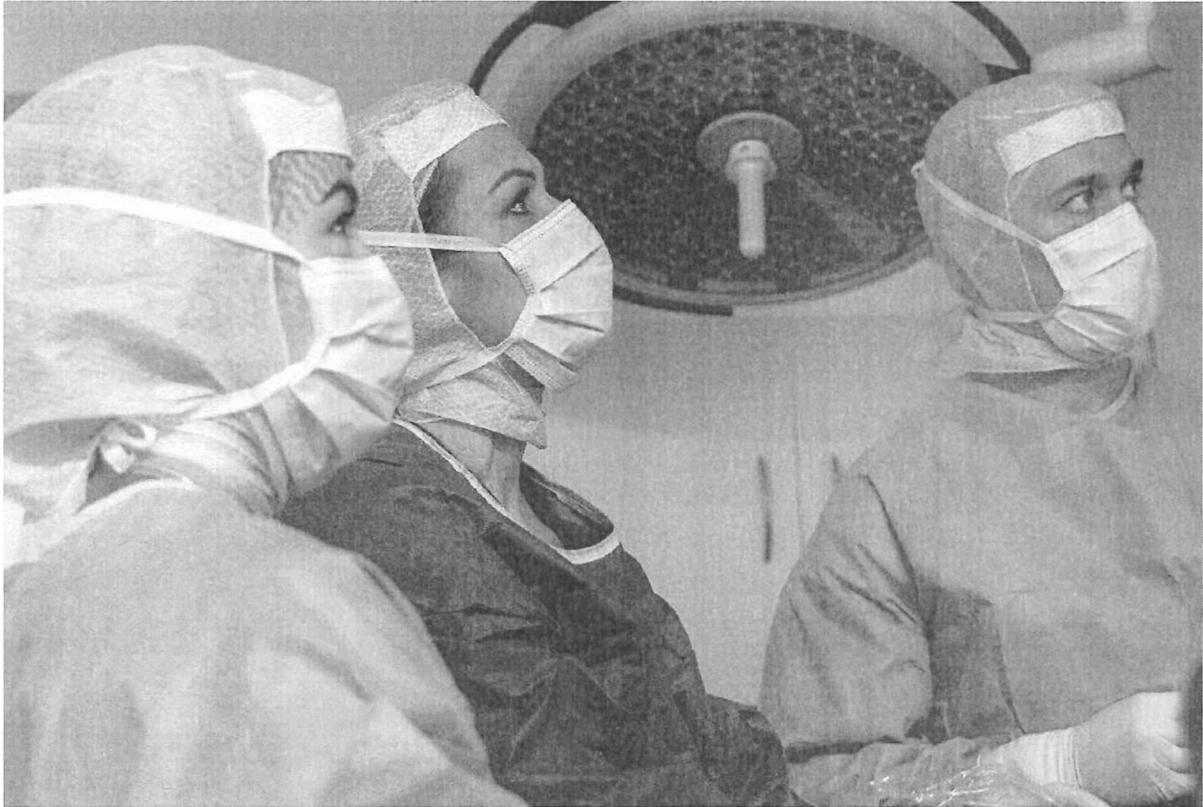


Figure 4: Arthroscopic procedures at the outclinics department of the BG Klinikum Hamburg

Zentralambulanz

Anmeldung:

- » Unfallchirurgie und Orthopädie
- » Septische Unfallchirurgie und Orthopädie
- » Hand- und Plastische Chirurgie

Online-Terminservice:



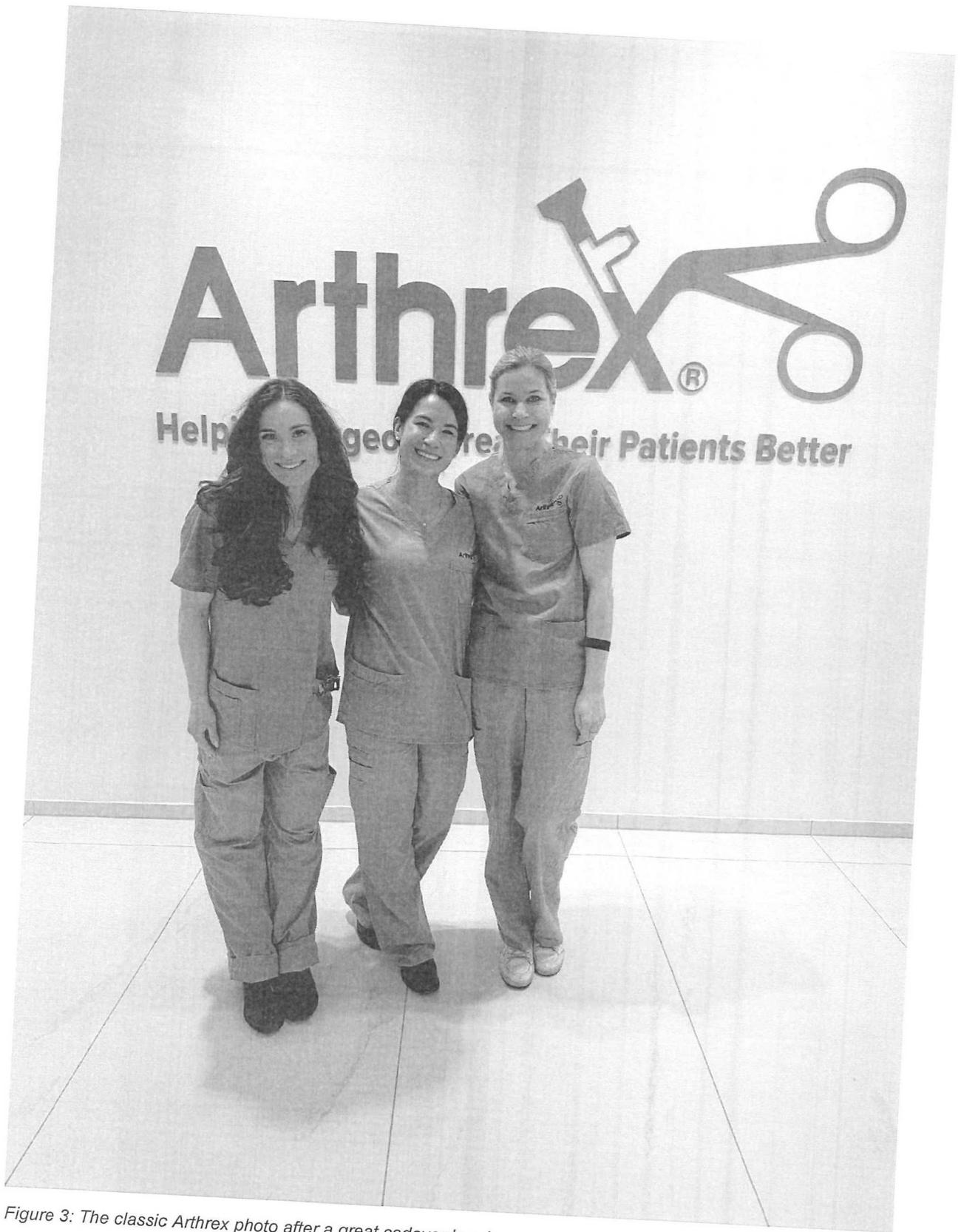


Figure 3: The classic Arthrex photo after a great cadaver hands-on experience



Figure 2: Dinner Prof Andrea Achtnich with and two female residents in Munich



Figure 1: Department of knee and sports orthopaedics at the Technical University of Munich