

August 2025

Edition 2 | Volume 2



ASIA PACIFIC
ORTHOPAEDIC
ASSOCIATION
(APOA)

connection

E-Newsletter

NEW THOUGHTS
NEW STRENGTHS
NEW POSSIBILITIES

Inside this Edition:

- *Welcome from
our President*
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Cairns - In
Pictures*
- *My Ikigai - by
Prof. David Choon*
- *JOS Journal
- an Update*
- *Welcome to
APOA Jaipur 2026 !*

www.apoaonline.com

Meet the Editorial Team.



Asep Santoso



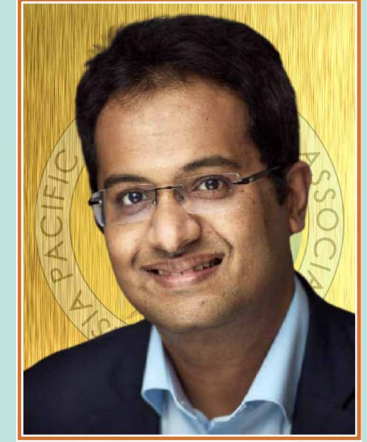
Bedri K



Jonas Fernandez



Mervin Cheung



Raja Bhaskar



Ruba Jamal



Sana Shaikh



Sanjana Nandakumar



Tien Ching Lee

Respected Members of the APOA Family

Greetings from the Editorial Team. Hope all is well on your side !

We connect with you after a brief pause, during which time, we have had a memorable Congress at Cairns in April 2025, hosted with pomp and show, studded with academic excellence by Prof Marinis and his team involving Scientific Secretary, Dr Arvind Puri. The Congress - attended by more than 650 delegates - was an enormous success - thanks to the support of the entire APOA community.

As we look forward, we aim to take forward the legacy of our association led by dynamic past presidents. And now, with Prof Nicolaas at the helm, we are sure this year will be a grand success for our association on the academic front and also on strengthening our bonds through camaraderie among the APOA family.

We extend our sincere thanks to Prof Jamal Ashraf, our immediate past president, who, apart from his exemplary service to building our Association, has been at the forefront in promoting young surgeons.

In this issue of CONNECTION, we also have contributions from Prof David Choon on 'Discovering his Ikigai', highlighting his passion for training young surgeons. Prof Frankie Leung has shared details regarding the progress of our Journal, JOS, and we urge every member to submit their work to JOS.

We will bring out the next Issue of CONNECTION by the end of September 2025, and we urge every one to share their thoughts to connectionapoanewsletter@gmail.com

Wishing you all the best in all your endeavors ! Long live the APOA Spirit !

Raja Bhaskara Rajasekaran on behalf of the CONNECTION Editorial Team



APOA - Leadership & Governance

2025 -2026 Executive Committee



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President
Indonesia



Onder Aydingoz
1st Vice President
Turkey



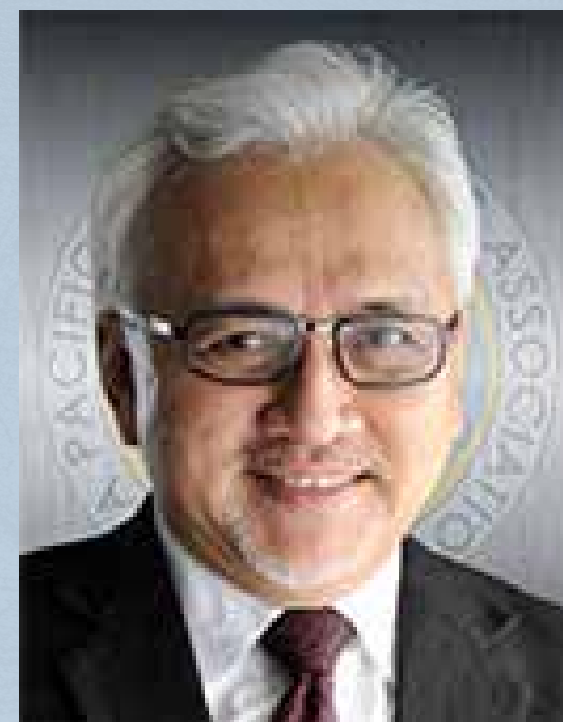
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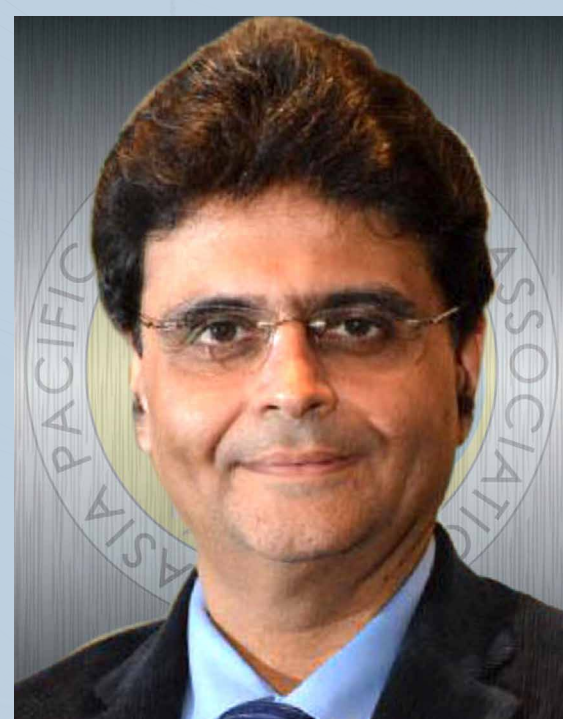
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Congress President 2026
India

Message from President



Dear Colleagues and Friends,

It is with deep gratitude and a profound sense of responsibility that I step into the role of President of the Asia Pacific Orthopaedic Association (APOA). I am honored to lead this remarkable community of orthopaedic professionals, whose dedication and excellence continue to inspire progress across our vast region.

First and foremost, I would like to express my heartfelt thanks to Dr. Jamal Ashraf for his visionary leadership and tireless commitment to APOA. His steady guidance has positioned us on firm footing, and I am grateful to follow in his footsteps as we enter this next chapter.

As part of the presidential line, I have had the privilege of engaging in discussions with many of our APOA committee members, section heads, and national presidents, as well as dedicated vice presidents, Prof. Onder Aydingoz and Prof. Kenneth Cheung. These conversations have given me a deeper understanding of the heart of our association—its people—and a clearer view of the opportunities ahead.

Our association has grown through strong relationships, but we must also recognize that APOA cannot rely solely on personal friendships for its long-term sustainability. The federation model, while foundational to our structure, is beginning to show areas that would benefit from reflection and renewal. We must respond to this with clarity and action.

I am confident that APOA offers meaningful and tangible value to its members, though we must continue working to articulate and strengthen that value. From fellowships—short-term, long-term, and virtual—to opportunities for presenting scientific work, participating in educational initiatives, and gaining international exposure, the benefits are substantial. Our regional and global networks are a unique asset, and by communicating these offerings more clearly and expanding access to them, we can ensure that every member feels the impact and relevance of being part of APOA.

To build on this foundation, we have an opportunity to further enrich our educational offerings through initiatives such as socializing and promoting the existing structured curricula for Asia Pacific, blended learning, expanded fellowship programs, and cross-disciplinary engagement. Notably, the development of the APOA Orthopaedics and Traumatology curriculum in 2024 is a step toward greater equality and equity in education and training across our diverse region.

Education continues to be a shared priority—and one of APOA's most powerful tools for uniting and uplifting our community. That includes ensuring our members are not left behind in the rapidly advancing world of technology. The future of orthopaedics will be increasingly defined by AI, robotics, and digital innovation, and we must strike a balance between embracing these technologies and ensuring their responsible and ethical implementation.

One of the most important aspects of our future lies in engaging and empowering the next generation of surgeons. Their energy, ideas, and fresh perspectives are essential to the continued growth of our association. I believe we must actively create space for young surgeons within APOA—not only to learn but to lead. By involving them in committees, offering mentorship, and recognizing their contributions, we can nurture their development and ensure a vibrant, sustainable future for our organization. We've already seen the positive impact of their involvement through initiatives like the Newsletter and the Young Surgeon Forum, led with enthusiasm and innovation.

To further empower our members, I recently established a Scientific Committee, which has been approved by the Council. This committee will work in synergy with the Education and Program Committees to create a unified "Think Tank"—a collaborative hub that welcomes broader participation and elevates APOA's educational and scientific contributions.

While our region consistently handles an exceptionally high volume of cases—including some of the most complex in the world—our presence in global research literature remains disproportionately limited. This imbalance must be addressed.

The Asia Pacific region has much to offer the global orthopaedic community, and it is time our contributions reflect the depth of our clinical experience and expertise. We must actively promote, support, and scaffold the involvement of our members in research and academic publication. We must not only encourage writing and publishing among our members, but also provide mentorship, platforms, and support for them to do so. By doing this, we can elevate the region to the forefront of orthopaedic innovation, ensuring that Asia Pacific is not only recognized for its surgical capacity, but also for its intellectual and scientific leadership. The presence of top editors from high-impact orthopaedic journals in our events reflects our ambition to bridge this gap and give APOA surgeons the global stage they deserve.

Another area that presents significant opportunity is the continued development of our subspecialty sections. These sections vary in their stage of growth and engagement. Some have matured with a high degree of independence, others are steadily progressing and would benefit from additional APOA support, and emerging groups are still in the early stages and may require a more tailored approach to thrive. We recognize that some sections are still exploring how best to align with APOA's broader framework, and we are committed to working collaboratively to support their growth, strengthen their visibility, and ensure they feel fully integrated into the APOA family.

Additionally, it is becoming apparent that not all activities under the APOA umbrella currently reflect the full breadth and diversity of the Asia Pacific region, and that participation can vary between countries. Moving forward, we aim to foster greater inclusivity and ensure broader regional representation in our initiatives. By encouraging more active engagement from all member societies, we can enhance collaboration, share expertise more effectively, and build a stronger, more unified APOA.

We must not forget the immense potential of interdisciplinary collaboration and multicenter studies, which can enhance our knowledge and skills, elevate our academic influence, and broaden our clinical impact. Partnerships between orthopaedic societies, such as the AO Foundation and APOA, are instrumental in enabling shared research, fostering joint programs, and developing standardized protocols that benefit the region as a whole. We are proud to have entered an MoU with AO, with a shared commitment to support research and professional development across the Asia Pacific region.

As part of this broader vision, we will also work to improve communication platforms, including a more engaging and useful APOA website, an enhanced Newsletter, and more active use of social media channels. These platforms will not only share updates but serve as educational tools and community hubs, helping members stay informed, connected, and involved.

The strength of APOA lies in its people—in you, our members—who dedicate their lives to improving orthopaedic care. Together, we will shape the future of orthopaedics in the Asia-Pacific region and beyond.

I look forward to working alongside each of you to make this vision a reality.

THE EXCELLENCE WE ASPIRE TO TODAY WILL DEFINE THE APOA OF TOMORROW.

Prof. **Nicolaas C. Budhiparama**, MD, PhD (LUMC,NL), PhD (UGM, ID)

President of APOA



*Prof Nico (as he is fondly known!) at the signing of the
MOU with AO Trauma at Cairns (left),
and as Invited Guest at the Malaysian Orthopaedic Association Meeting (right).*

Discovering your Ikigai !

Prof David Choon is a retired Professor of Orthopaedic Surgery at University of Malaya.

Prof Choon, apart from his surgical expertise, has a lifetime passion in training Orthopaedic surgeons, and guiding them.



Ikigai is a fascinating Japanese philosophy, a view of life that emphasizes finding joy and purpose. While my own cultural background differs, I've found its principles profoundly helpful in cultivating balance. Given that most readers likely share a non-Japanese perspective, let's explore this concept together.

Here's how I understand it.

Humanity's remarkable success on this planet stems largely from our capacity for large-scale collaboration. Individually, facing the raw power of nature and its predators, our survival would be precarious. However, in groups, the challenges become less daunting; in thriving communities, we flourish.

The bedrock of successful civilizations lies in peaceful coexistence and mutual respect. Communities are intricate tapestries woven from the contributions of each individual. Every role, no matter how seemingly small, is vital and must interlock with the efforts of others. Patience, understanding, and mutual appreciation are essential threads for seamless integration.

As orthopaedic surgeons, we rightly take pride in the often transformative results of our surgery. We celebrate our successes and mentor those who follow. Yet, our achievements are inextricably linked to the dedicated surgical teams, the compassionate ward staff, the meticulous individuals who built and administer our hospitals, and even the unseen workers who manage essential services like waste disposal, preventing the spread of infection. Our work would be profoundly hampered without a safe and supportive environment.

Since my retirement from University Malaya, I've had the privilege of orienting first-year medical students to our profession during their initial eight weeks. Rather than focusing on basic sciences or specific medical disciplines, I delve into the often-overlooked history of medicine and certain guiding philosophies. I also aim to illuminate the dangers of overconfidence and self-importance.

One book I wholeheartedly recommend to them is David Werner's 'Where There Is No Doctor,' a community health guide co-authored with Carol Thuman and Jane Maxwell. This invaluable manual, first published in 1977, was created for community leaders in remote or underserved areas with limited access to medical professionals and has gained widespread recognition, particularly in rural and low-resource settings.

David himself is not a doctor, yet his work profoundly augments our own. Told he wouldn't live past twenty, I met him in his late fifties during a World Health Organisation tour of India in the mid-90s – vibrant and deeply engaged. His remarkable self-help project in Ajoya, Mexico, earned him the distinction of becoming a WHO consultant. PROJIMO, his pioneering foray into community medicine, defied immense odds to establish a caring community run by and for individuals with disabilities. He shared with me the heartbreaking reality that some of the children he cared for had been paralyzed by police violence simply for being vagrant. Astonishingly, he not only healed their wounds but empowered them to heal each other. Even more remarkably, some policemen, themselves disabled by violence and ostracized, found refuge and care within this community. PROJIMO has since grown immeasurably through aid, volunteers, and sheer goodwill. David, without a doubt, discovered his Ikigai.

Meanwhile, my eager medical students often yearn for instruction on diagnosis and prescription. In response, I introduce them to resources like the NNT (number needed to treat) website, revealing that drugs are not always the panaceas we imagine. I share the poignant story of Dr. Ignaz Semmelweis, tragically confined to an asylum by his peers for advocating handwashing. To offer a contrasting perspective, I recount the groundbreaking work of Dr. Barry Marshall, who demonstrated that antibiotics, not surgery, were the key to treating gastric ulcers. While I was a general surgery trainee in Sheffield, echoing the surgical dogma of my professors, Barry, then a medicine registrar in Perth, famously ingested *Helicobacter pylori* to prove his point in a remarkable self-experiment. Barry's Nobel Prize stands as a testament to his insight, while I recognize that much of what I memorized for my FRCS exams proved less relevant than this fundamental shift in understanding. Fortunately, my general surgery rotation was just one facet of my orthopaedic training!

Our inherent human hubris, amplified by the confirmation bias that can arise from the rigorous selection and training for medical school, makes us particularly vulnerable to widespread errors in our thinking. We must cultivate a broader perspective, appreciating the intricate workings of the world around us and the elegance of human collaboration.

Ultimately, life remains a mystery until we each discover our Ikigai. We are all born with unique talents and temperaments. When we align our individual capabilities with the needs of others, we forge resilient teams capable of extraordinary achievements. Ikigai blossoms when we identify our unique contribution and use it for the benefit of our community, ensuring our role is valued.

To illustrate this, consider this analogy: if you find genuine joy in sweeping the drains in your neighborhood, you excel at it, and your neighbors deeply appreciate your efforts, then that, in its essence, is your Ikigai. It doesn't necessarily need to align with the lofty ideals or societal pressures we often internalize. This is the underlying secret to the long and happy lives observed in places like Okinawa – our interconnectedness and genuine care for one another.

I extend my best wishes to you all in your own journey of discovering your Ikigai and recognizing the inherent value in the Ikigai of those around you.

Prof David Choon, Malaysia

Past President, Asia Pacific Orthopaedic Association (APOA)

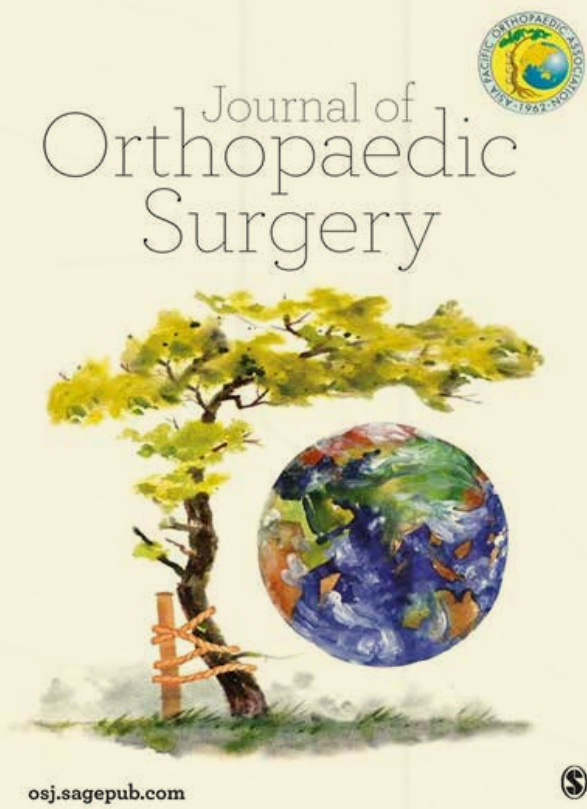


***Prof Choon over the Years !
Committed to teaching the next generation,
exemplary service, and forging friendships !***

The Official Journal of APOA

JOS (Journal of Orthopaedic Surgery)

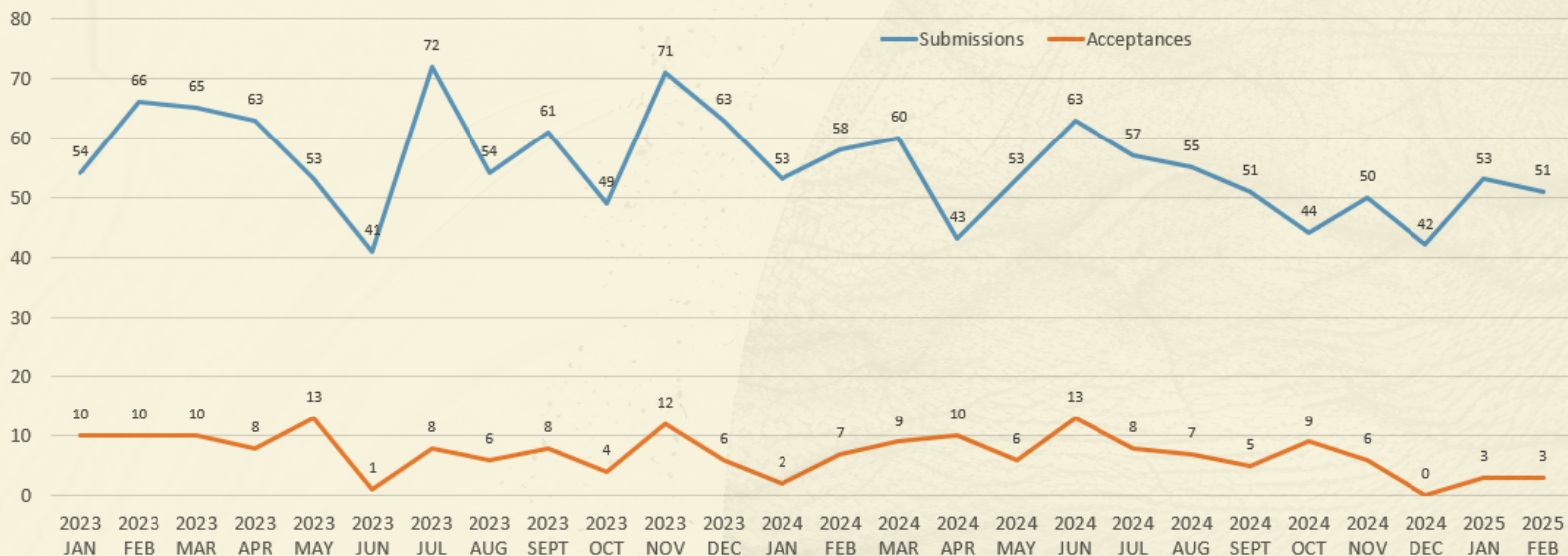
We are delighted to share the latest updates of the Journal of Orthopaedic Surgery (JOS), the official journal of the Asia Pacific Orthopaedic Association (APOA). As an open access peer-reviewed journal, JOS continues to advance orthopaedic knowledge and foster global collaboration



Latest Statistics & Impact Factor

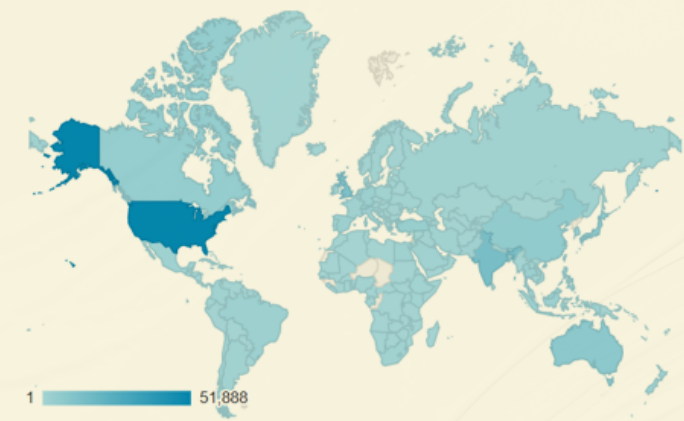
- Latest Impact Factor: 1.3 (Source: Clarivate Journal Citation Reports).
- Submissions: Over 600 manuscripts received annually from 40+ countries.
- Acceptance Rate: ~15%, ensuring high-quality, rigorous publications.
- Open access format, driving high visibility and global exposure.

Submissions & Acceptances 2023-2025



Geographic Location of Visitors – 2024

Please see below for a geographical breakdown of visitors to the site between January 2024 and December 2024.

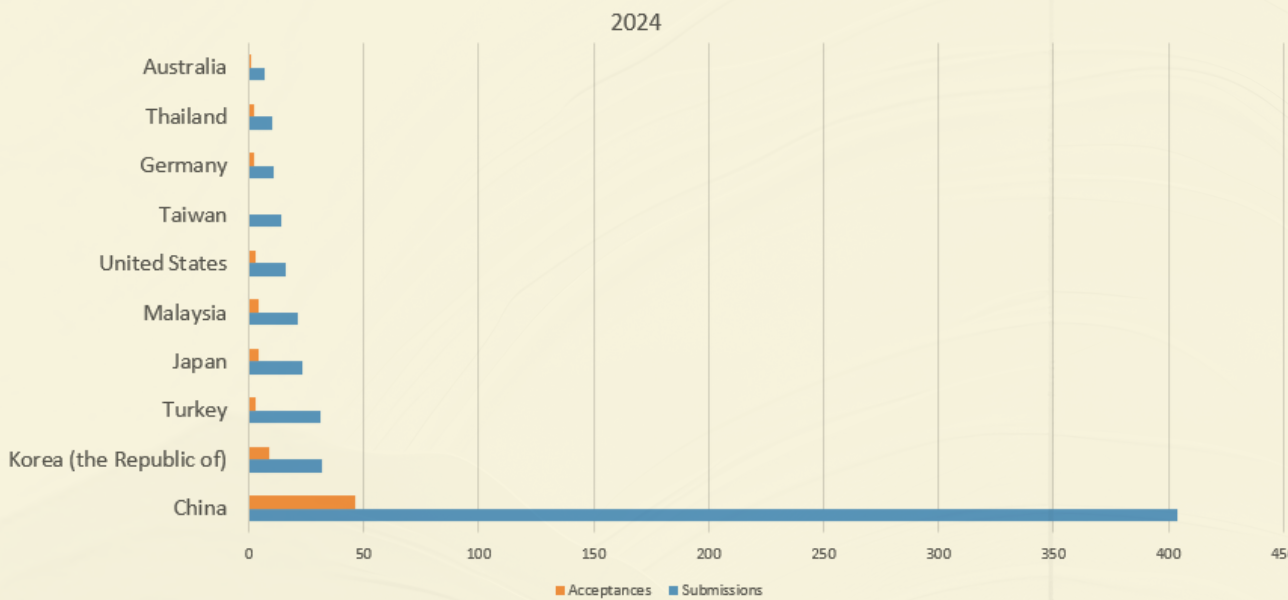


Geographic Location of Visitors: JAN-DEC 2024			
Country/Territory	Visits	Country/Territory	Visits
1 United States	80,418	11 Indonesia	4,536
2 India	27,024	12 Thailand	4,476
3 United Kingdom	16,712	13 Brazil	4,427
4 China	14,907	14 Italy	4,334
5 Japan	11,007	15 Spain	4,310
6 Australia	10,081	16 Taiwan	3,631
7 Canada	7,143	17 Malaysia	3,592
8 Türkiye	6,747	18 Philippines	3,566
9 South Korea	5,736	19 Mexico	3,196
10 Germany	4,595	20 Hong Kong	3,121

Source: Google Analytics

Geographical spread of authors

The graph below shows the Geographical location of articles submitted and published in the *Journal of Orthopaedic Surgery* in 2024:



Why Publish in JOS?

Global Reach: Indexed in PubMed/Medline, Scopus, ProQuest, and SCIE.

Rigorous peer review of your research.

Rapid Publication: Review speeds - Time to First decision: 54 days; Time to Accept: 139 days.

APOA Endorsement: Benefit from the credibility of APOA's global network.

Diverse Content: Covers traumatology, spine surgery, sports and arthroscopic surgery, joint replacement surgeries, paediatric orthopaedics, basic science and translational research, rehabilitation, musculoskeletal oncology and more.

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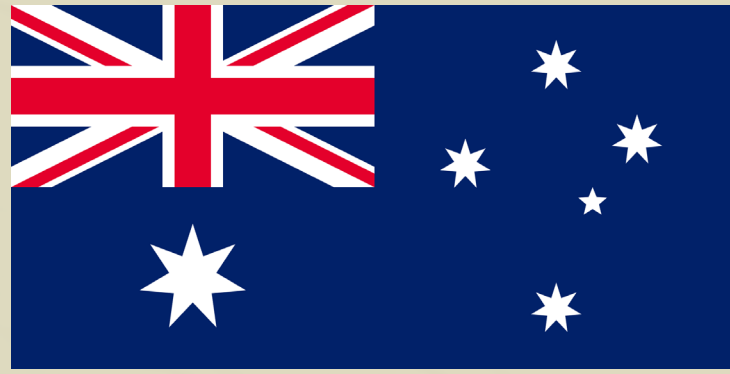
Thank you for your continued support in making JOS a cornerstone of orthopaedic scholarship!

Best regards,

LEUNG, Ka-Li Frankie

Editor-in-Chief, Journal of Orthopaedic Surgery (JOS)





APOA Congress Cairns, Australia

*The APOA Congress concluded recently, with great pomp and show at Cairns, Australia, between 9th and 12th April, 2025. Great Efforts by Congress President **Dr Marinis Pirpiris** and Scientific Secretary **Dr Arvind Puri** resulted in a spectacular meeting, studied with great academic content and memorable social events. The Congress Dinner witnessed the handover of the Presidency from **Prof. Jamal Ashraf** to **Prof. Nicolaas Budhiparama**. More than 650 Orthopaedic surgeons participated in the Congress and shared knowledge on a wide range of orthopaedic issues, mainly focusing on artificial intelligence and augmented reality.*

Event Highlights

06

Plenary Lectures

12

Keynote Lectures

253

Oral Presentations

25

Case Presentations

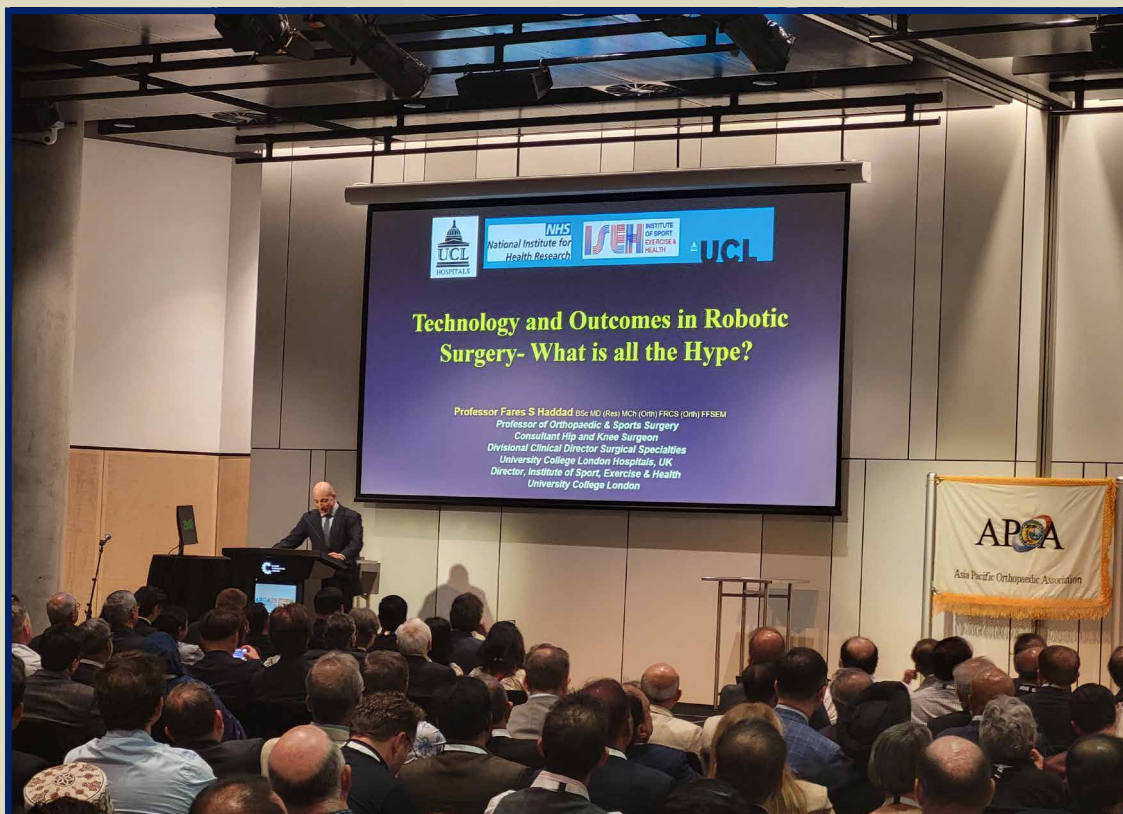
21

Video & Surgical
Techniques

03

Workshops

APOA Congress - Cairns, Australia



Pictures from the Scientific Sessions of the Congress at Cairns



Cairns Convention Center



with Bree James, Assistant Minister for Tourism, Early Learning, Creative Industries and Far North Queensland at the Inauguration of the Congress



Cairns Convention Center



Young Ambassadors during their Hospital Visits and at the Banquet at Cairns



Past, Present, and Future Presidents of the APOA during the Presidential Dinner



Prof Vikas Khanduja, UK delivering the Plenary Oration



25TH CONGRESS OF THE ASIA PACIFIC ORTHOPAEDIC ASSOCIATION

THEME: HONOURING THE PAST, TREASURING THE PRESENT, SHAPING THE FUTURE



FEBRUARY 2026

JAIPUR MARRIOTT HOTEL, INDIA

IMPORTANT DATES

WEDNESDAY, FEBRUARY 4, 2026

- PRE-CONFERENCE WORKSHOPS
- OPENING CEREMONY
- WELCOME DINNER

THURSDAY, FEBRUARY 5, 2026

- CONFERENCE

FRIDAY, FEBRUARY 6, 2026

- CONFERENCE
- GALA DINNER

SATURDAY, FEBRUARY 7, 2026

- CONFERENCE
- VALEDICTORY FUNCTION



**ONLINE
REGISTRATION
HAS STARTED**



**ABSTRACT
SUBMISSION
IS OPEN**





25TH CONGRESS OF THE
ASIA PACIFIC ORTHOPAEDIC ASSOCIATION



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BUDHIPARAMA**
APOA President



**DR. RAM
CHADDHA**
Congress President



**DR. RAJESH
GANDHI**
Organising Chairman



**DR. HARPAL
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Scientific Secretary



FEBRUARY 2026
JAIPUR MARRIOTT HOTEL, INDIA

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World-Class Orthopaedic Research
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ARI-APOA/APORS RESEARCH FELLOWSHIP 2026

1 – 12 JUNE 2026

AO Research Institute Davos (ARI), Switzerland

Fellowship Objective

Strengthening scientific exchange and collaboration between AO Foundation (AO), AO Research Institute Davos (ARI), APOA & APORS.

Designed for early-career surgeons & clinician-scientists, the program offers direct exposure to cutting-edge preclinical musculoskeletal research.

Fellowship Experience

- Refine and enhance your research proposals
- Receive expert mentorship & feedback
- Learn advanced research methodologies
- Prepare for future grant applications
- Build global networks with AO & APOA peers

Eligibility

- Qualified surgeons / trainees (under 45 years)
- Specializing in trauma, orthopaedics, or spine
- Members of APOA (APORS) & AO (any division)
- Proficient in English

Support Provided

- **ARI / AO:** Housing in Davos
- **APOA:** International travel, visa costs & daily living expenses (~CHF 1,500 for 2 weeks)

Required Documents

- Curriculum Vitae (CV)
- Medical School Diploma
- Recommendation Letter (Head of Department)
- Personal Motivation Letter

For more information and application inquiries, reach us at admin@apoaonline.com

**Submit Your
Application
Here**



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