



ORTHO BALITA

Official Newsletter of the Philippine Orthopaedic Association, Inc.

VOLUME II ISSUE NUMBER 46

QUEZON CITY

NOVEMBER 2025

Time Well Served: A Longer Than Expected Presidency

I. Service

"Service to others is the rent you pay for your room here on earth."

-Muhammad Ali

There is no other logical reason to aim for the POA presidency except to serve. The term of office usually starts at induction during the annual convention in November; however, my "practice" as president started much earlier in February 2024 when our beloved colleague and President, Melito Ramos, suddenly fell ill. Mel united the POA and made all of us in the Board work earnestly for what is best for the POA. We could not complain because our leader, frail as he was, still reserved his energy for the POA; and we were all witnesses to his dedication during last year's convention. The vision of him going up the stage with his rollator, struggling to stand and deliver a heart-felt speech will be indelible in my mind. Rest in peace, Mel, and walk effortlessly with the angels in heaven.

My duty as President would have been daunting without the help of our hardworking Board of Trustees. Dr. Marcelino Cadag, our Vice-President, ever cheerful and helpful, is the over-all chairman of this year's convention, working tirelessly for a successful annual convention while leading the very profitable POGI Golf tournament. Dr. Peter Quiaoit, a silent worker and very reliable Secretary, headed the pivotal property acquisition committee with our Treasurer, Dr. Mikey Bengzon and past POA presidents, Drs. Edward Wang, Peter Bernardo, and Edwin Jerd Siatan. Dr. Bengzon has been very strict in accounting for every peso. Dr. Pebbles Ganai-Antonio is the perennial co-chair of the scientific committee with Dr. Bengzon; and manages the committee with such expertise that discussions on this are minimal in meetings, as everyone trusts that Pebbles is on top of it. Dr. Alvin Amador heads various committees; the most taxing being his engagement with the Philippine College of Surgeons (PCS) and PhilHealth. Dr. Michael Muñoz heads the most successful advocacy of the POA -- the Joint Replacement Awareness campaign. Dr. Ricky Pecson is responsible for brokering our birthday benefits with Hi-Precision; and also engages the HMOs and the PCS. Dr. Jeanne Bertol is responsible for publications and the social events at

the annual convention ensuring an enjoyable congress for all. Dr. Maxie Escano is tackling the hard issues that face us as orthopaedic surgeons.

Dr. Romina Mendoza-Torres is involved in geriatric orthopaedics and making sure that the entire country will have a Fracture Liaison Service soon. I have not mentioned everything that each BOT member

has contributed because the pages of Orthobalita would not be enough, but I can say that I am grateful for their commitment to the POA and that I am the luckiest president having served with these indefatigable professionals!



II. Vision, Strategic Planning

We started the year with strategic planning where we reviewed our mission and vision and reflected on the future of POA in the next 5 years. The group was composed of past presidents, the present Board of Trustees, the PBO Chairman, and the secretariat. We came up with 24 key initiatives to start in 2025 and hopefully accomplish by 2030. We set up our Viber chat group to make fellows aware of the current activities of the POA.

One of the initiatives we are proud of is the Joint Replacement Awareness advocacy which we are doing with the Philippine Hip and Knee Society (PHKS). We aim to increase awareness of the Filipino people on the ability of the POA, particularly the hip and knee surgeons, to perform joint replacements. We also aim to promote the Z-package benefits together with PhilHealth, as we are very fortunate to have our very own Dr. Edwin Mercado as its CEO and President. It is our hope that more hospitals be contracted, and orthopaedic surgeons be better informed about the Z-package as we review the problems and concerns that doctors and hospitals encounter in the implementation of the program. The POA with the Philippine Spine Society (PSS) will also push for a Z-package on spine implants for spine trauma.

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Time Well Served...

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III. Achievements

"Every accomplishment starts with a decision to try." - John F Kennedy

Good News! The POA has bought a property in Oxford Street Cubao, Quezon City with a land area of 475 square meters and very accessibly located. The plan is to build a new structure that can be used as the permanent offices of the POA and the PBO. We plan to "future proof" this property so that our leaders will have the flexibility as to where they want to lead us. Owning a property is definitely an asset that will benefit us and future generations of POA fellows.

Another tangible benefit that the POA fellows have started to enjoy this year is the Hi-Precision laboratory package during our birthday month; in line with our intention of promoting good health for all our fellows. All fellows in good standing should receive an email authorizing them to choose a package of lab exams at any Hi-Precision branch. We also encourage our fellows to be more active by holding the POGI golf tournament in September and the First Dr. Camilo Te Memorial Fun Bowling tournament in November. The fellows also continue to be covered with a life insurance benefit from AIA insurance corporation.

The POA has also initiated a dialogue with the 2 biggest health insurance associations, AMHOPI and PAHMOC, with our friends from the Philippine Academy of Ophthalmology and the Philippine Society of Otolaryngology Head and Neck Surgery so that our interests will be heard. We have also been engaging with our friends from the PCS and they have, in fact, accepted our proposal to become a federation member; however, this will take time as PCS will have to make amendments to their constitution and By-laws.

We continue to monitor the Philippine Medical Act that is still pending in Congress. The POA has a clear position, and we hope to be heard by legislators once they resume committee hearings. Although with the current turmoil they are in, we feel that this bill will be in the back burner.

The POA has three new advocacies for this year aside from the existing advocacies like



Road Safety. The first, and very successful project, is the Joint Replacement Awareness which we promote together with the PHKS headed by their President, Dr. Herminio Valenzuela. We have been to Luzon (La Union), Visayas (Iloilo), and Mindanao (Cagayan de Oro); and we plan to continue for the next 2 years until the Z-Package benefits are delivered smoothly throughout the country. We also have our Geriatric Advocacy in coordination with Dr. Irewin Tabu with the aim of doing early surgeries for the elderly. The third is Disaster Preparedness in coordination with Dr. Gregorio Marcelo Azores. The recent devastating earthquakes in Cebu (Visayas), Baguio (Luzon), and Davao (Mindanao) have reminded us that natural disasters are part of our lives in this country, so it is imperative that we are well-informed and fully prepared.

We continue to represent the Philippines and promote the POA in the international front. An exciting development is that Société Internationale de Charge Orthopédique et de Traumatologie (SICOT) will accept us as a federation member after we talked and wrote to the leadership on behalf of the POA. Once finalized, fellows will enjoy the benefits of a SICOT member and have access to their educational materials. Fellows are currently federation members of Asia Pacific Orthopaedic Association (APOA). We are active members of the ASEAN Orthopaedic Association (AOA); and, as the AOA President for 2025, brought a team to Cambodia for a highly successful outreach last August. Drs. JP Leung, Danny Dungca, and myself delivered lectures

to Cambodians which I believe were appreciated by our counterparts. Moving forward, the POA intends to acknowledge all our international speakers to encourage fellows and develop more speakers representing the POA bringing honor and respect to the Philippines.

IV. Annual Convention Innovations

The 76th POA Annual convention is going to be different in many ways. This is the first time we have invited a guest nation -- our neighbor, Malaysia -- who has graciously returned the favor by inviting us as their guest to the MOA Convention 2026. Our convention will be 3 days instead of the usual 4 -- shorter in days but promises to be fully packed and still with the fun and excitement that comes with our conventions. We also aim to be "greener" with less paper and more recycling. We hope that this will be sustained in future conventions as we aim to reduce our carbon footprint.

V. Future

The future looks bright for the POA. In 2025, we will breach the 1,000-member milestone as we move toward our 100th year anniversary. Time truly flies especially when you are having fun. My time on the POA Board has been really fruitful and enjoyable; and, after almost 2 years leading this organization, I am confident that the POA will grow in number and become more influential and relevant as we move forward towards being a century old.

Justinian Aquilino IV Cyril LI. Pimentel, MD, FPOA
POA President

Preparations for the 76th POA Annual Convention

As the Overall Chairman of the Organizing Committee, it is my distinct honor to share with you the journey in preparing for our 76th Annual Convention. This year's gathering is not only a celebration of nearly a century of excellence in Orthopaedics but also a forward-looking platform that aligns our profession with the evolving needs of an aging Filipino population.

Vision and Theme

Our Theme: Onwards to 100 Years Old: Aging and Orthopaedics distinctively delivers the core message that as life expectancy rises, we must advance our knowledge, skills, and compassion to preserve mobility, independence, and quality of life for older adults.

The objectives of the convention remain steadfast, that is to provide a comprehensive platform for knowledge exchange among local and international delegates, showcase innovations in implants, techniques, and technology relevant to aging populations, and to strengthen the POA's role in public health advocacy for aging and mobility.

Guest Nation - Malaysia

For the first time in the history of POA, we will be having a guest nation for our Annual Convention. Officers and members of the Malaysian Orthopaedic Association (MOA) will honor us with their presence as Keynote Speaker, Faculty and research presenters. We are hopeful that having a guest nation will promote professional exchange and collaboration between POA and MOA, enhance the sharing of knowledge and best practices in Orthopaedics, and foster camaraderie and networking opportunities among orthopaedic professionals from both countries.

Program and Scientific Content

This year, we are very fortunate to have three orthopaedic luminaries from Egypt, Malaysia and the Philippines as our Keynote Speakers. The scientific committee has intensively collaborated with the subspecialty societies to come up with a scientific program that is equally exciting as it is insightful.

Local and international speakers who are national leaders and renowned international experts in geriatrics and Orthopaedics, will make up this year's faculty. They are carefully selected and invited by each subspecialty society to ensure maximum learning experience for the delegates. Majority of our foreign faculty comes from our guest nation.

Social Programs: Extending Impact Beyond the Scientific Sessions

The Socials committee tirelessly prepared the non-scientific part of the convention. A bohemian-themed fellowship night promises to deliver another thrilling experience for the delegates. An eventful City Tour was also prepared for the accompanying persons of the international dignitaries. The congress banquet and closing ceremonies will cap the annual convention with the turn-over of the POA's leadership to the new President as well as swearing-in of the new members of the Board of Trustees of the POA.

Program Highlights to Expect

A ceremonial launch that honors the POA's storied history while looking ahead to its centennial journey.

High-impact plenaries on aging demographics, functional outcomes, and value-based care.



A robust poster and oral presentation track addressing innovative solutions for various orthopaedic problems.

A dedicated pavilion for medical devices, implants, assistive devices, and rehabilitation technologies and pharmacological products

Awards recognizing exemplary contributions to Orthopaedics, patient advocacy, and medical education.

Closing Thoughts

As we stand Onwards to 100 Years Old, we honor our past while fiercely committing to the health and mobility of today's and tomorrow's elders. I am deeply grateful for the dedication, leadership, and teamwork of the Organizing Committee, speakers, industry partners, and volunteers who are turning this annual convention into a transformative event.

Marcelino T. Cadag, MD, FPOA

76th Annual Convention Organizing Committee Overall Chairman
POA Vice-President



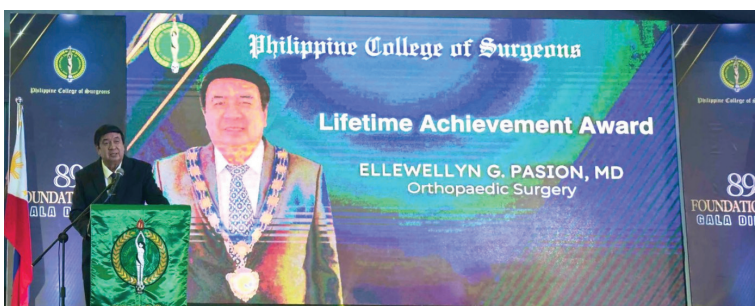
Lifetime Achievement Award

The Philippine Orthopaedic Association proudly congratulates its very own, Dr. Ellewellyn G. Pasion, one of the esteemed recipients of the Lifetime Achievement Award conferred by the Philippine College of Surgeons.

The prestigious award was presented during the PCS 89th Foundation Day held on Sept. 12, 2025, at the EDSA Shangri-La Hotel, Mandaluyong City.

This distinguished recognition honors surgeons whose enduring dedication, leadership, and contributions have profoundly shaped the landscape of surgery in the Philippines.

Peter S. Quiaoit, MD, FPOA
POA Secretary



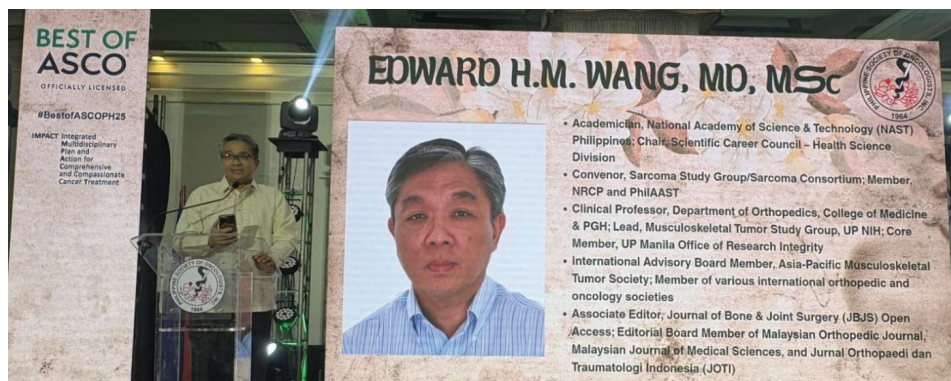
Most Outstanding Oncologist Award

Dr. Edward H. M. Wang was conferred the Most Outstanding Oncologist Award 2025 by the Philippine Society of Oncologist, Inc. on September 19, 2025 during the 41st PSO Annual Convention held at the Rizal Park Hotel, Manila.

This distinguished recognition is awarded to individuals who have demonstrated exceptional dedication, innovation and achievement in advancing the field of oncology.

The Philippine Orthopaedic Association proudly congratulates Dr. Wang, one of its esteemed Fellows and a past President, for this remarkable accomplishment.

Peter S. Quiaoit, MD, FPOA
POA Secretary



A Home for the POA: A Long-Awaited Dream Realized



Survey results presented by Procurement Committee to POA President Dr. Jac Pimentel and VP Dr. Mar Cadag.

After decades of “boarding” and ongoing discussions, the Philippine Orthopaedic Association (POA) is proud to share a major milestone: the journey toward securing a permanent home for our association is well underway.

Through the combined efforts of the 2025 Board of Trustees and the Procurement Committee, the vision of a POA headquarters is finally taking shape. What once was a hope is now becoming a concrete reality.

Timeline of Events

2024

- May – The Procurement Committee is formed, composed of Dr. Edward Wang, Dr. Peter Bernardo, and Dr. Jerd Siatan, with BOT members Dr. Peter Quiaoit and Dr. Mikey Bengzon.
 - To capture the needs and preferences of our members, a survey is initiated among chapter and subspecialty heads, led by Dr. Quiaoit.
- August 9 – The finalized survey is approved and disseminated by the POA Secretariat.
- October 24 – Survey results are presented in a meeting attended by POA President - Dr. Jac Pimentel, Vice President - Dr. Mar Cadag, POA Legal Adviser - Atty. Rodmel Bautista, and the Procurement Committee.
- November – During the POA Business Meeting, the general membership formally approves



POA Board discussions with Down Payment 5M brokers.

the plan to acquire property for the association.

2025

- February – A PHP 65 million budget is approved for the property acquisition. The search officially begins, with several suggestions coming from fellows.
- April – Two potential properties in Cubao are shortlisted. Consideration of properties were based on cost, location and accessibility. Furthermore, due diligence was exercised like review of titles, site visits, financial review and consult for lawful processes.
- May – A promising site on Oxford Street, Cubao, is identified. The BOT meets with the owner via Zoom. A PHP 200,000 reservation fee is paid.
- June – A PHP 5 million down payment is made to move the acquisition forward.
- August – The property turnover takes place at PNB Makati. Documentary stamp tax and related fees are settled.
- September 16 – Transfer tax and deed registration are completed. A structural assessment of the building is also carried out.

What's Next?

Three (3) construction firms have expressed interest and are currently preparing their bids for the renovation and fit-out of the property. The BOT



Property turnover at PNB



Oxford property inspected Dr Jac Pimentel

will review these bids in the next two meetings and will present the selected firm for approval at the Annual Business Meeting.

A Shared Milestone

This project is not just about acquiring a building — it represents a unifying step forward for the entire POA community. The dream of a dedicated home is now becoming tangible, thanks to the shared vision, trust, and support of our fellows and members.

We look forward to welcoming you soon to our very own POA home — a space built not just with concrete, but with decades of dedication, service, and commitment to Philippine Orthopaedics.

John Andrew Michael A. Bengzon, MD, FPOA
POA Treasurer



Dr. Miles Dela Rosa: A Life Inspired, A Legacy of Inspiration

I have heard this story several times. When Miles was a first-year medical student, he fell victim to a holdup and stabbing. With a chest wound and gasping for breath, he was rushed to the then National Orthopaedic Hospital (NOH), where he had emergency operation and was saved from a life-threatening ordeal. Little did he know that this experience would inspire his life's calling. He would always recall with awe how a team of orthopaedic surgeons — assembled by no less than his uncle, Dr. Benjamin V. Tamesis, then Director of NOH — handled his case with astute judgment, precise timing, and skill. At such a formative age, Miles, a doctor-to-be, was inspired by those who saved him, and he dreamed of one day becoming part of such a team. After passing the medical boards, he returned to NOH, pursuing the dream born from that defining moment.

I have known Miles for over four decades since 1985, beginning with his residency in orthopaedics. Our paths remained intertwined when he became a consultant, and later, when he was assigned to the same service I had served for more than thirty years.

At the Philippine Orthopaedic Center (POC), doctors are organized into groups traditionally called "services." For 27 years, Miles and I worked side by side in one service. Those years brought countless opportunities to share not only our professional visions and challenges, but also personal stories — family matters, hospital affairs, even politics and humor in orthopaedics. From his early years as a consultant, Miles stood out for his curiosity and drive. He eagerly embraced opportunities for self-improvement, attending scientific meetings both local and international. His passion for orthopaedic education was evident, particularly with AO, whose systematic methods of teaching — anchored on psychology and behavior — deeply resonated with him. At the very first AO Basic Course held at POC in 1993, having finished his basic



1st AO Course

and advanced AO courses, Miles was a faculty member. That step began his lifelong journey with AO. Only a year later he joined a major event of AO East Asia (AOEA) by being a representative of the Philippines during its inaugural meeting in Hong Kong in 1994. Doc Miles became a dedicated AO faculty — locally, regionally, and internationally — with numerous teaching stints even in Davos, Switzerland, the seat of AO.

Later in 2007, AOEa evolved to be named AO Trauma Asia Pacific (AO TAP); and in the same year, Doc Miles was elected as Editor-in-Chief of its newsletter. In 2008, he held the position of Editor-in-Chief of the Journal of the ASEAN Orthopaedic Association. Doc Miles was a Board Member of AO TAP representing the Philippines from 2009-2011; during which time he was chosen to serve as Chairman of Community Development for the Asia Pacific Region of AO Trauma International.

In the Philippine orthopaedic community, Miles became part of the POA Board of Trustees in 1997 and rose to become the 56th President of the POA in 2005. Soon after, he was elected President of the ASEAN orthopaedic Association. Inspired by the example of his uncle, Dr. Benjamin V. Tamesis, his cousin Dr. Teresita Altre, and his many friends in the POA, Miles embraced the challenges of leadership with fervor and dedication.

His service extended far beyond the POA and AO. At different times, he was President of the Osteoporosis Society of the Philippines Foundation, Inc.; Chairman and Faculty of the Department of Surgery of FEU-NRMF, where he held the rank of Associate Professor; Chairman of Community Development for AO Trauma International in the Asia Pacific; and Medical Director of UDMC from 2019 until his passing.

But among all his roles, education was his greatest passion. Speak to him about it, and he would immediately stop whatever he was doing to engage in a thoughtful exchange. Teaching was not just his responsibility — it was his joy. His gift lay in transforming ordinary moments into meaningful lessons.

Residents remember him for the challenging situations he would create — asking grilling questions, pressing them to think critically. Though sometimes uncomfortable, these moments always ended in deeper understanding. He had a way of sparking curiosity, encouraging learners to seek answers themselves. This method, which he perfected, reshaped the perspectives of countless trainees.

Those who passed under his mentorship know how profoundly he touched their lives. He inspired them to become better versions of themselves. Truly, each of us carries within us a little of Miles dela Rosa.

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A Tribute to a Friend, Colleague, and Past POA President

Dr. Melito Antonio Ramos or Mel, as we all fondly knew him, is a great loss to the Philippine Orthopaedic Association. He led us through our Diamond Anniversary Celebration in 2024 despite facing challenging health issues. Even in the midst of physical exhaustion, he worked tirelessly to ensure that all programs set by the POA would be completed before the start of the Annual Convention. That was the kind of man he was - an Action Man against all odds.

I have known Mel since our residency days, from the very first to the very last. I still remember how our trainers and mentors in Trauma Service, Hand Service, Child and Adult Orthopaedics, and Spine Surgery trusted us with even the most difficult cases all on our own, as long as we could clearly present our operative plans beforehand. That trust boosted our confidence so much that barely a month after graduation, we were already performing Scoliosis surgeries and Total Knee Replacements as consultants.

Although our careers took separate paths, we stayed in constant communication. Later, I invited him to be part of a training institution, knowing

he would lend his talents and help make the program stronger. He went on to take on greater responsibilities, eventually stepping into leadership roles. I entrusted him with these positions, fully confident in his integrity and dedication. This is also why he was often appointed to the most demanding posts - particularly in a 450-bed tertiary government medical center. In each role, he worked tirelessly and meticulously, never stopping until the job was done. His work ethic and commitment were unparalleled, making him the kind of person everyone wanted on their team or better yet, leading it.

As a trainer, Mel was tireless in teaching residents and assisting them in surgeries, sharing both the pearls and pitfalls of techniques to ensure better outcomes. He was a father, brother, friend, colleague, and mentor which is why he was so loved and respected by those who trained under him. He became an inspiration to his daughter Angela, who chose to follow his path in Orthopaedics. His medical condition never stopped him from proudly assisting her in her first surgery as a resident. Everyone who witnessed that moment could see his joy and pride.

Mel was also the kind of person you would think of first when reliability

and conscientiousness were required. That is why, when we were asked in the Board to nominate a Trustee for the POA, I did not hesitate to put his name forward. I knew he would steer the Association with integrity, uphold its highest standards, and embody its core values.

To his family, in their words, he was a caring Father, a Loving Husband, a dependable Brother, a trustworthy Colleague, a supportive Mentor and a Friend anyone can turn to. He has stood strong, always supporting those around him, poured his heart into creating a comfortable home for his family and became a steady foundation in his workplace and they are deeply grateful for everything he has done.

No words can ever truly fill the void he left behind, but we hold on to the hope that the outpouring of love and respect shown in the days before he was laid to rest has comforted his family with the knowledge that he brought more good, more hope, and more love than most could ever give in a lifetime.

Farewell to you kumpadre! Until we meet again.

Edwin Jerd T. Siatan, MD, FPOA, MHA
POA President 2019

Dr. Miles Dela Rosa...

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His legacy lives in the way we think, the way we prepare — always with a plan A, B, or even C, as he taught — the way we act, and the way we anticipate outcomes. These lessons, both professional and personal, will remain with us.

It is said that the greatest legacy of a mentor is the inspiration he leaves behind. Doc Miles inspired us in countless ways, and we will cherish these memories always. Though he has gone ahead, he remains with us — in our hearts, in our practice, in our lives. Doc Miles is survived by his caring and supportive wife, Lorna Combalicer-



April 7, 2007, Hong Kong. AO-Asia Pacific Inauguration Meeting.

Dela Rosa, who remained Doc Miles' greatest inspiration, his two sons, Mikee who is reviewing for the medical boards and Raffy who is taking law; and, his adorable granddaughter, Nygella.

Farewell colleague, mentor to many, and friend to all. On behalf of everyone

whose life you touched, our deepest sympathies to your family. And from all of us who carry a part of you within—farewell, Miles, until we meet again.

Noel B. Carilo, MD, FPOA, FPCS
POA President, 1999



AOA Senior Travelling Fellowship: Never Too Late to Learn

The ASEAN Orthopaedic Association Senior Travelling Fellowship (AOA-STF) is an annual program that began in 1987. Senior orthopaedic surgeons from ASEAN member countries travel together over a two-week period presenting lectures and research papers in their fields of expertise.

May 13-15, 2025 | Bangkok, Thailand. The 2025 AOA-STF met at the Grande Centre Point for a welcome dinner hosted by Prof. Keerati Chareancholvanich, president of the Royal College of Orthopaedic Surgeons of Thailand (RCOST).

We visited Siriraj Hospital, the oldest and largest public hospital in Bangkok and the primary teaching facility of Mahidol University's Faculty of Medicine; where we observed a robotic-assisted TKR, noted for its precise technique and adherence to standard operative timing. At the spinal rehab unit, Dr. Cholvach Chavasiri showcased the My World Simulation Room – equipped with an aquarium, fiber optic lights, and wall-climbing areas for sensory and physical rehabilitation. We also visited the Siriraj Bimuksthan Museum, followed by a traditional Thai massage and a dinner hosted at the Chocolate Factory, Prannok, where we met Dr. Saranatra Waikakul, past president of RCOST.

Next day was a tour of Thammasat University Hospital's advanced orthopaedic services – robotic bilateral TKR, 3D-printed prostheses, and the anti-gravity treadmill for physiotherapy; the fellows presented during their weekly conference; a visit to Chao Sam Phraya National Museum in Ayutthaya; and, dinner at Wat Chaiwatthanaram's Kru Juk Restaurant.

May 16-18, 2025 | Kuala Lumpur, Malaysia. The Malaysian Orthopaedic Association (MOA) President Datuk Prof. Dr. Sabarul Afian Mokhtar hosted a welcome dinner joined by ASEAN orthopaedic presidents, past leaders, and invited guests. We then attended



the MOA Annual Convention, themed "MOA in Motion: Journey Towards Orthopaedic Excellence." The event had a grand opening ceremony featuring a creative robot mascot symbolizing innovation and resilience. A traditional dinner at Pelita Nasi Kandar, followed by a short tour of Kuala Lumpur and Chinatown Market was a fitting end to our day. The final evening featured the President's Dinner, filled with fellowship, festivities, and cultural performances. Guests donned traditional attire, and a surprise performance featured the wife of the Indonesian Orthopaedic Association president dancing and singing the Poco-Poco.

May 19-21 | Bandar Seri Begawan, Brunei. Arriving in Brunei, I was amused to see a Jollibee at the Brunei airport. We visited two hospitals: Jerudong

Park Medical Centre (JPMC) – a private hospital specializing in oncology, palliative care, and neurosciences, with advanced rehab facilities like underwater treadmills, hydrotherapy, and robotic therapy (Armeo Power); and Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital – a government hospital where we presented to the orthopaedic staff. Dr. Muhd Hiza Wardy and Acting Head of Orthopaedics Department at RIPAS Hospital Ms. Dyg Hjh Liza binti Haji Ishak hosted our visit.

May 21-24 | Manila, Philippines. We visited Makati Medical Center, hosted by Dr. Angel Gozum, presented our research, exchanged insights, and did a tour of the hospital, including the preserved consulting room of Dr. Ramon Gustilo, a tribute to his

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AOA Senior...

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legacy. We toured Fort Santiago, learning about Dr. Jose Rizal and his life; introduced the fellows to local delicacies like balut—though none dared try it—and “dirty” ice cream, which sparked curious questions; and, capped the day with dinner at Azela by Balay Dako.

Our last hospital visit was at AFP V. Luna Medical Center, where we were welcomed by Col. Nathaniel Mendez, and the fellows delivered their final presentations, marking the academic close of the fellowship. AOA's Emeritus Secretary General, Dr. Ellewellyn G. Pasion hosted a

celebratory lunch at Edsa Shangri-La where completion certificates were awarded to each fellow. This was followed by shopping in Ortigas; and, befittingly capped by dinner at Abe Restaurant—“where good friends dine.”

The AOA Senior Travelling Fellowship was a truly memorable and enriching experience. It offered a valuable opportunity to learn new orthopaedic techniques and approaches from our ASEAN neighbors. More than just academic growth, the fellowship fostered strong bonds of friendship, shared ideas, and lasting memories among the participants — proof that it's never too late to learn.

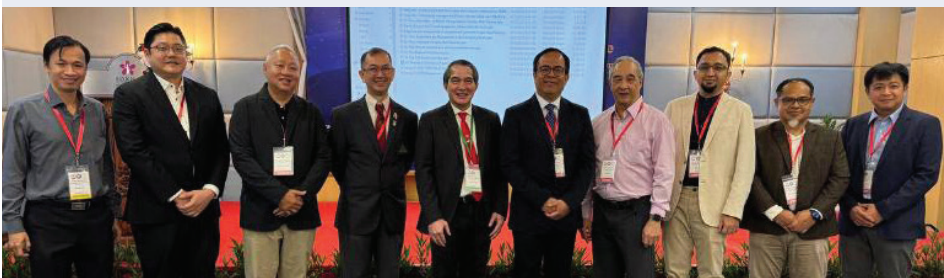
The Senior ASEAN Orthopaedic Association Travelling Fellows for 2025:

- IOA- Dr Muhammad Andry Usman/ Dr Muhammad Sakti
- MOA - Dato' Dr Vijaya Kumar L. Suppan
- POA - Dr. Alvin A. Amador
- SOA - Dr. Puah Ken Lee/ Dr. Muhammad Farhan Bin Mohd Fadil
- RCOST - Dr. Wiboon Wanitcharoenporn

Alvin A. Amador, MD, FPOA

POA Trustee & AOA Senior Travelling Fellow 2025

AOA Outreach Program 2025 in pictures Cambodian Society of Orthopaedic and Traumatology



AOA Faculty and CSOT Officers and Organizers at the Open Fracture Seminar, Cambodian Society of Orthopaedic and Traumatology (CSOT) with AOA and POA President, Dr. JAC Pimentel



Drs. Daniel Dungca, JAC Pimentel and Jean Pierre Leung at the CSOT Conference



CSOT Past President Dr. Sin Tourphot with AOA and POA President Dr JAC Pimentel handing over tokens to the members of faculty



AOA Forges Stronger Future with New Leadership and Enhanced Regional Programs



AOA Council and country representatives with the AOA Junior travelling Fellows 2025

The ASEAN Orthopaedic Association (AOA) celebrated a year of growth and strategic development at its Annual Council Meeting on November 13, 2025, in Jakarta, Indonesia. This pivotal gathering brought together council members and observers from across the region to formalize a transition in leadership and outline ambitious plans for collaboration, education, and outreach in the coming years.

A Year of Milestones and New Beginnings

As the Outgoing AOA President, I reflected on my successful term, highlighting initiatives that have strengthened regional ties and elevated orthopaedic standards. Key achievements under my leadership included a successful outreach program in Cambodia with participation from several member nations, the continued publication of the AOA Journal in collaboration with the Malaysia Orthopedic Association, and robust support for the various AOA Travelling Fellowships (Junior, Senior, and Australia-New Zealand). I also emphasized the expansion of the Residents Review Course, committing to the participation of five residents from each country—a crucial investment aimed at developing future AOA leaders and potentially paving the way for a diploma course and an official ASEAN fellowship program. The association's increasing international

presence at major conventions was also noted, alongside the warm welcome extended to Timor Leste into the AOA community. The formal transfer of leadership from myself to the incoming President, Prof. Ismail Hadiesobroto, the immediate past president of the Indonesian Orthopaedic Association (IOA), took place during a gala dinner at the Raffles Jakarta on November 13, 2025.

Elevating Education and Global Exchange

Secretary General Dr. Peter Lee, who also served as the lead for the Cambodia Outreach Program in Phnom Penh, reported on the extensive humanitarian efforts, which featured a large team of participants from Indonesia, Malaysia, the Philippines, Singapore, and Thailand. He also provided details on the Residents' Review Course, a brainchild of Dr. Denny Lie. The course is noted for its evolution into a dynamic, case-based discussion model led by ASEAN faculty, designed to deliver key learning points and foster unity among residents. The comprehensive curriculum covers a wide range of orthopaedic topics from 2023 to 2025, including MSK Tumours, Spine, Trauma, Sports, Arthroplasty, Paediatric Orthopaedics, Infections, and Hand & Microsurgery. To ensure its sustained impact, the Council approved the course's continuation beyond 2026, focusing on "levelling up" through supplementary mid-year webinars, evaluation forms for

residents, and innovative formats such as an Olympiad-style session.

Future Outlook: Fellowships, Congresses, and Expansion

The association reviewed the successful 2025 Travelling Fellowships and confirmed the extensive itinerary for the 2026 programs, continuing the vital tradition of regional and international professional exchange. The confirmed dates and hosts for the 2026 Fellowships are:

- AOA Senior Travelling Fellowship: May 8–17 (Hosts: VOA, SOA, and IOA)
- AOA Junior Travelling Fellowship: October 11–25 (Hosts: IOA, VOA, SOA, concluding at RCOST)
- AOA-Aus/NZOA Travelling Fellowship: October 15–25 (Hosts: POA, MOA, and RCOST)

Looking ahead, the AOA solidified the hosts for its future Annual Congresses through 2030, demonstrating long-term stability and commitment: Thailand (2026), Malaysia (2027), Singapore (2028), Vietnam (2029), and the Philippines (2030). The Council also announced a planned Outreach Program in Phnom Penh for 2026 and strongly encouraged all national associations with existing outreach initiatives to welcome participation from other ASEAN volunteers. The reports from the Education/Research

AOA Forges...

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AOA Residents' Review Course participants and faculty

and Journal committees confirmed that all initiatives were progressing as planned.

New Leadership Confirmed

The election of officers for the 2025-2026 term solidified the association's leadership structure: Prof. Ismail Hadiesobroto (President), Prof. Bancha Chernchujit (Senior Vice President), Dr. Peter Lee (Secretary General), and Dr. Saw Aik (Assistant Secretary General). The Council also formally addressed the continued expansion of the AOA's influence, notably granting Observer Status to Timor Leste and Laos, ensuring that the association's collaborative spirit continues to spread throughout the region.

Justinian Aquilino IV Cyril LI. Pimentel, MD, FPOA

AOA President & POA President



AOA Junior Travelling Fellows receiving their certificates handed over by outgoing AOA President Dr. JAC Pimentel and incoming AOA President Dr. Ismail HD



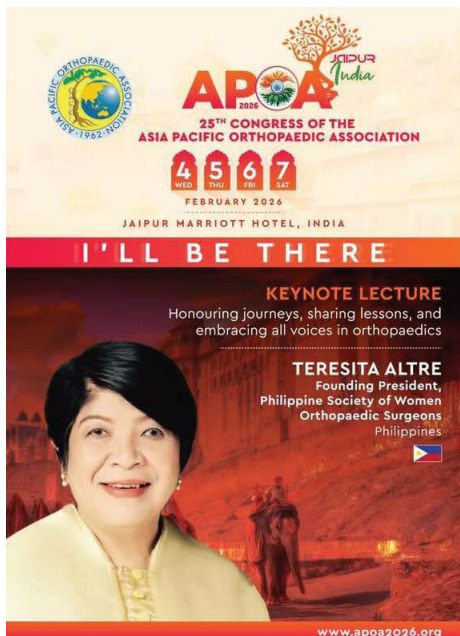
Philippine delegation to the IOA Annual Congress



AOA Outgoing President Dr. JAC Pimentel with the Junior Travelling Fellows 2025



Asia Pacific Orthopaedic Association: Shaping the Future



The Asia Pacific Orthopaedic Association (APOA) continues to enjoy its more than 65,000-strong orthopaedic surgeon membership spread across 40 countries in the region. As an active chapter in the APOA, the Philippines enjoys recognition for the

Philippine Orthopaedic Association as Federation Member, allowing all POA Fellows in good standing access to APOA activities. Our POA Fellows remain very active in the 13 subspecialty societies of the APOA, in various leadership positions and as valuable resource speakers, along with providing a significant platform to showcase research work. The many activities of each subspecialty society throughout 2025 are made complete with the participation of our Fellows. The 24th Congress of the APOA was successfully held last April 9 to 12, 2025 in the vibrant city of Cairns in Queensland, Australia. Our country was well represented in attendance, with POA Fellows showcasing their expertise and research works during the sessions.

For 2026, the 25th Congress of the APOA will be hosted by the city of Jaipur, the capital of the Rajasthan state in Northwest India. The Congress will be held from February 4-7, 2026 with the theme "Honouring the Past, Treasuring the Present, Shaping the Future". Jaipur is a recognized UNESCO World Heritage Site with beautiful architecture, landscapes and sights just waiting for us to visit and experience. Our very own Professor Teresita Altre has been invited to be one of the distinguished keynote speakers; and, this alone is already reason enough to travel and show support for the Philippines. The Philippine Orthopaedic Association is warmly invited to be an integral part of the coming 25th Congress of the APOA. We look forward to a strong contingent in Jaipur.

Frederic Joseph F. Diyco, MD, FPOA
APOA Chief National Delegate



North Luzon POA Holds Inaugural Research Bootcamp for Orthopaedic Residents

April 4–5, 2025 | Baguio General Hospital and Medical Center. In a landmark effort to strengthen research capacity among orthopaedic trainees, the North Luzon Chapter of the Philippine Orthopaedic Association (POA-NL) successfully held its first-ever Research Bootcamp at the Wellness Center of the Baguio General Hospital and Medical Center (BGHMC).

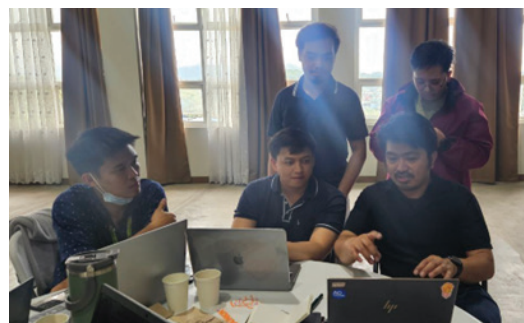
The two-day intensive workshop with the theme “Getting Acquainted with the Foundations of Research” gathered over 20 orthopaedic residents from six major training institutions across North and Central Luzon, including Cagayan Valley Medical Center, Mariano Marcos Memorial Hospital and Medical Center, Ilocos Training and Regional Medical Center, Region 1 Medical Center, Jose B. Lingad Memorial General Hospital, and BGHMC.

The bootcamp featured a comprehensive program of lectures and hands-on sessions covering:

- Research question formulation
- Effective literature search and citation tools
- Study design selection and statistical planning
- Ethical principles and IRB submission
- Data collection, variable measurement, and protocol writing
- Research integrity and authorship—including the role of AI like ChatGPT

Esteemed speakers from the University of the Philippines Manila and UP-Philippine General Hospital led the sessions, included Dr. Nathaniel S. Orillaza, Dr. Emmanuel P. Estrella, Dr. Ian Theodore G. Cabaluna, Dr. Kim L. Cochon, Dr. Jacinto Blas V. Mantaring III, and Dr. Olivia T. Sison.

The success of the bootcamp was made possible through the leadership of Dr. Ruel A. dela Cruz, President of the NL-POA, whose vision and support were instrumental in bringing the event to life. The initiative also benefitted from the



academic partnership of the Philippine Orthopaedic Research Society and the Department of Clinical Epidemiology of UP Manila, with the generosity and logistical support of Baguio General Hospital and Medical Center.

The event concluded with the awarding of certificates and a renewed energy for pursuing research among participants. One key message echoed throughout the event:

“This bootcamp is an investment in the next generation of orthopaedic clinician-researchers—meant to spark a culture of inquiry, collaboration, and integrity across our training institutions.”

Patricio III E. Dumlaio, MD, FPOA
POA NL Secretary





Empowering Women Through Health: Successful Menopause Summit Held in Carmona

October 18, 2025 | Carmona, Cavite. In commemoration of World Menopause Day and World Osteoporosis Day, a highly impactful Menopause Summit was held at XPO Carmona. The event was a joint project of the POA - South Luzon Chapter, the Philippine Obstetrical and Gynecological Society (POGS) - South Luzon Chapter, and the PCS - Southern Tagalog Chapter, in close coordination with the City Health Office of Carmona.

This rare collaboration among three subspecialty societies exemplified the importance of a multidisciplinary approach to community health. By combining the expertise of orthopedists, obstetrician-gynecologists, and surgeons, the summit provided a holistic platform to address key health concerns affecting women—particularly menopause, breast cancer, and osteoporosis.

The event featured a lay forum and lectures led by specialists who provided practical, science-based information to help women navigate the physical and emotional changes associated with midlife and aging. Participants were empowered with knowledge on disease prevention, early detection, and lifestyle changes to promote healthy aging.

Capping the summit were free health screenings, including Visual Inspection with Acetic Acid for cervical cancer, clinical breast examinations, and bone density screening for osteoporosis. These services were performed by

volunteer doctors and benefited a total of 115 pre-screened patients.

The event was graced by Carmona City Mayor Dra. Dahlia Loyola, whose presence underscored the local government's strong commitment to women's health. The summit served as a model for community-based, collaborative healthcare initiatives that aim to uplift and empower Filipino women.

Lendell John Z. Gatchalian, MD, FPOA
POA-SL President





Healing Amid Tremors: Orthopaedic Surgeons Rise to the Challenge After Cebu Quake



September 30, 2025 | A magnitude-6.9 earthquake struck off the coast of Cebu province, near Bogu City late in the evening. The quake was shallow and violently felt across northern Cebu, causing widespread structural damage — collapsed homes, churches, walls — ushering in one of the country's deadliest seismic events in recent memory. By early reports, 75 lives were lost and hundreds injured.

Hospitals and medical facilities in the quake zone were quickly overwhelmed, with surging numbers of trauma patients requiring urgent care. In the face of this crisis, the orthopaedic community in Central Visayas mobilized swiftly and decisively.

A Surge of Orthopaedic Response

The POA – Central Eastern Visayas Chapter, under the leadership of Drs. Alexander Ho Jr. And Precious Grace Handog, President and Vice President, respectively; with the support of Dr. Edwin Mercado, President and CEO of PhilHealth; POA President, Dr. Justinian Pimentel IV; and, Pam Baricuatro, Governor of Cebu Province, mobilized a dedicated team of orthopaedic surgeons, residents, and fellows to the affected areas to treat severe musculoskeletal injuries, restore function, and give hope to patients whose lives had been violently disrupted.

The team successfully performed 10 orthopaedic surgeries, spanning from fracture fixation to reconstructive procedures in one operation cycle.

Orthopaedic residents and fellows played a crucial support role — assisting in preoperative planning, intraoperative tasks, postoperative care, and rehabilitation. Their involvement multiplied the team's capacity and embodied the spirit of medical solidarity during disaster.

From Wards to Home: Patients Discharged, Lives to Rebuild

Thanks to coordinated efforts, the surgical patients have now been discharged and have begun the journey of recovery and rebuilding. They return not only with healed bones and repaired tissue but with renewed resolve. The orthopaedic team continues to monitor their follow-ups and support rehabilitation in coordination with local health services.

Many of these patients lost homes, livelihoods, or community anchors. But in their restored mobility lies the possibility of regaining independence and returning to daily life.

Lessons and Reflections

The quake underscored both vulnerability and resilience. The Philippines sits squarely on the Pacific



"Ring of Fire," and seismic risks are ever-present.

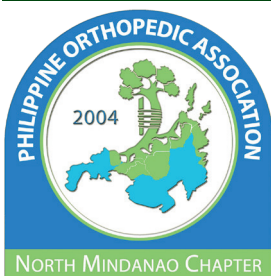
In the aftermath, the orthopaedic response in Central Visayas showcased the value of readiness, teamwork, and rapid deployment.

A Call to Rebuild, Together

As the rubble is cleared and reconstruction begins, Cebu's communities are looking ahead with hope. The orthopaedic team's work, though technical and surgical, carries a larger symbolic weight: a promise that in the darkest moments, healing hands, solidarity, and resolve endure.

To the patients now returning home: your resilience inspires. May your healed limbs carry you forward toward renewed purpose, connection, and the rebuilding of what was lost.

Alexander S. Ho, MD, FPOA
POA-CEVC President



Advancing Bone Health and Community Engagement in North Mindanao



Tree planting team on a hill above the river

The POA North Mindanao (POA-NM) actively took part in the scientific and athletic activities at the 33rd Midyear Convention successfully hosted by the POA South Mindanao, clinching the 3x3 basketball championship title and finishing as 2nd runner up in the bowling team event — a testament to teamwork and the spirit of sportsmanship. As a fellow Mindanaoan chapter, POA NM was provided a table in the exhibit area to reconnect with members and distribute new chapter pins, symbolizing unity and a sense of belonging among members. This simple yet meaningful gesture also reinforced the commitment of the chapter to its initiatives for the rest of the year, namely the “Save the River” and “Bone Health” projects.

The 2nd chapter quarterly meeting was held on April 30, 2025, at Garden Bay in Lanang, Davao city where the calendar of activities and projects was detailed by the president, Dr. Geneva S. Khu, FPOA. The members also gathered for an invaluable evening of relaxation and fellowship at Wine World, with a curated charcuterie selection.

In Cagayan de Oro City, the chapter advanced its corporate social



Multi-sectoral team for river conservation project at Libona, Bukidnon Municipal Hall

responsibility by organizing a tree-planting activity in Libona, Bukidnon on July 19, 2025. The event, coordinated with local government agencies (DENR-X, Department of Agriculture, and LGUs) and the River Basin Management Council, aimed to prevent river soil erosion, support indigenous livelihoods, and address past flooding issues. POA-NM also provided financial assistance to ensure the sustainability of the river basin project, recognizing Cagayan de Oro's vulnerability as a catch-basin for upstream runoff and the need for ongoing reforestation and land management efforts.

On August 2, the chapter hosted a seminar on the multidisciplinary management of musculoskeletal tumors in cooperation with the Northern

Mindanao Medical Center (NMMC) and the Philippine Musculoskeletal Tumor Society (PMTS). The program featured a live sarcoma surgery with Dr. Czar Louie Gaston as guest surgeon and a hands-on workshop on musculoskeletal tumor biopsy techniques, providing participants with vital practical experience. The distinguished faculty included members of the PMTS – experts from Manila, Cebu, NMMC, and Davao. Participants in the biopsy workshop included POA North Mindanao members and residents from both NMMC and the Southern Philippines Medical Center (SPMC), fostering a collaborative learning environment among peers and future specialists. The evening started with the

POA North Mindanao...

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3rd Quarterly meeting of POA NM at Fat Chef Restaurant in Cagayan de Oro city to discuss final plans for the fun run and the Bone Health pre-race activities; and concluded with a dinner symposium featuring guest lecturer Dr. Judith Akol who delivered an insightful presentation on Romosozumab use.

On August 29, POA-NM teamed up with NMMC to host a case discussion on severe kyphosis secondary to Pott's disease at Oakroom, CDO with Dr. Larry Acuna of The Medical City. This was followed the following day with a live surgery of deformity correction of the case at the NMMC Operating Theater. The day concluded with a symposium

on Navigation for Spine Surgery held at Circa restaurant, featuring an elegant dinner complemented by a selection of fine whiskeys and drinks.

POA NM marked World Osteoporosis Day on October 20 and hosted Bone Rush: The North Mindanao Run on October 26, featuring 3, 6, and 10-mile distances to help raise funds for the care of indigent patients at the NMMC's orthopaedic ward.

Prior to the run, a free and public pre-race event was scheduled for October 24 at the Centrio Activity Center in Cagayan de Oro which offered DXA osteoporosis screening using peripheral DXA

machines, Hemocue blood tests, clubfoot awareness campaigns, and a blood donation drive. The pre-race event was open to everyone and featured lectures on osteoporosis and osteoarthritis, fitness for seniors, sports conditioning, and running. Fitness activities included Tai Chi, Yoga, and Zumba. These activities underscore POA NM's commitment to bone health, fitness, and involvement. Join us in championing wellness and extending our impact beyond the clinic to the broader community.

Ma. Geneva S. Khu, MD, FPOA
POA-NM President



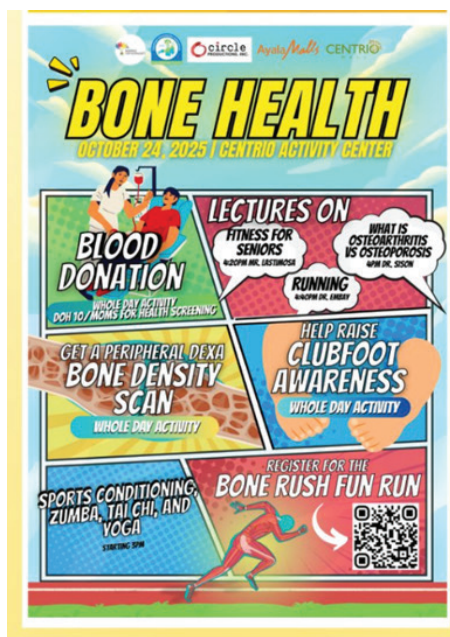
Drs. Geneva and Leonard Khu with the Bowling Team, 2nd runner-up at the Davao Midyear 2025

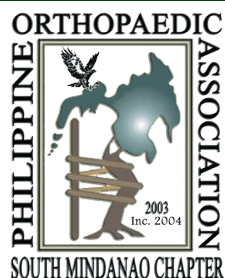


Residents from SPMC during the biopsy workshop with PMTS president Dr. Charles Villamin



Promotional posters for the Bone Rush: The North Mindanao Run and the Bone Health pre-race event





POA Successfully Concludes 33rd Midyear Convention



April 30-May 3, 2025 | Dusit Thani Grand Ballroom, Davao City. The POA successfully held its 33rd Midyear Convention in Davao City. With the theme "HOTSPOT: Honing Our Technique in Solving Orthopaedic Trauma," the convention focused on improving trauma care through updated surgical techniques and shared learning.

Hosted by the POA Southern Mindanao Chapter (POA- SM), the event brought together 666 orthopaedic professionals — including consultants, fellows, residents, and allied health workers — from all over the country. The four-day program featured expert-led lectures, case discussions, and panel sessions that tackled topics such as complex

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POA Successfully Concludes...

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fractures, spinal trauma, acetabular injuries, and surgical timing.

Highlights

- **Opening Ceremonies** – A grand start to the convention, with POA President Dr. Justinian Aquilino IV Cyril L. Pimentel, POA-SMC President Dr. Remo-Tito A. Aguilar, PMA Vice President Dr. Luz Acosta-Barrientos, and keynote speaker Dr. Espiridion R. Reyes gracing the stage.
- **Scientific Lectures** – Delivered by distinguished speakers who shared timely insights and the latest developments in orthopaedic trauma care.
- **Free Paper Presentations** – Provided a platform for young orthopaedic trainees to showcase their original research and clinical studies, fostering academic growth and professional confidence.
- **Exhibits** – Industry partners displayed cutting-edge orthopaedic tools, products, and innovations throughout the event.
- **Fellowship Night** – A lively Top Gun-themed evening filled with laughter, bonding, and celebration among colleagues.
- **Sports Activities** – Friendly competitions gave delegates a chance to unwind and promote camaraderie through wellness and teamwork.
- **Exhibits** – Industry partners displayed cutting-edge orthopaedic tools, products, and innovations throughout the event.
- **Certificates** – to all participants, speakers, presenters, and sponsors as a lasting token of appreciation and recognition. Outstanding research presentations were awarded and lucky raffle winners given prizes grateful provided by our generous sponsors.

and the generosity of our industry partners. Most of all, it was the energy, enthusiasm, and full participation of our delegates that truly brought the event to life.

From the insightful academic sessions to the fun-filled socials, the 33rd Midyear Convention brought us together—not just as colleagues, but as one orthopaedic family—united in our shared commitment to

learning, collaboration, and advancing orthopaedic care in the Philippines.

Remo-Tito Aguilar, MD, FPOA
POA-SMC President



The success of this year's convention would not have been possible without the dedication of the Organizing Committee and the entire SM-POA Chapter, the unwavering support of the POA and PBO Board of Trustees;



POA-PHKS Collaboration: Joint Replacement Road Show and PhilHealth Ortho Z-Package Awareness Caravan

One of the most expensive procedures in orthopaedics is joint replacement, particularly the implant devices. Fortunately, PhilHealth's Ortho Z-package benefits program covers cost of both hospitalization and joint implant devices.

As Trustee-in-Charge of the POA's Joint Replacement Awareness advocacy and Vice-President of PHKS, Dr. Michael Muñoz, spearheaded the POA-PHKS collaboration to continue the traditional PHKS joint-replacement-roadshow and extend its reach to various government hospitals in Luzon, Visayas and Mindanao that have contracted the Ortho Z-package. We met with new PhilHealth acting President and CEO, Dr. Edwin Mercado, an orthopaedic surgeon who knows the orthopaedic concerns related to Filipino needs by heart and he showed his ardent desire to be engaged with the project. He encouraged the team to optimize the use of the Ortho Z-package provided by PhilHealth and proposed promoting the Ortho Z- package through media coverage in press conferences.

We started the POA-PHKS roadshow caravan last March 9, 2025 in North Mindanao Medical Center (NMMC), Cagayan de Oro. We were honored with warm accommodations by Dr. Jose Chan - outgoing Medical Center Chief (MCC), Dr. Peter Quiaoit - incoming NMMC MCC, Dr. Justinian Aquilino IV Cyril JAC Pimentel - Orthopaedic Chairman, and the NMMC orthopaedic staff. Drs. Herminio Valenzuela and Andrew Gabriel Tabberrah, PHKS President and Secretary, performed the knee and hip joint replacement surgeries, respectively. After the successful surgeries, a press conference followed in Limketkai Luxe Hotel hosted by the PHIC. A number of media personalities covered this momentous event. The media coverage included: a live press



conference, an FB live, local radio and newspaper, online news and various social media platforms.

The 2nd POA-PHKS joint replacement roadshow was held last June 27-28, 2025 in the Ilocos Training and Regional Medical Center (ITRMC) in La Union, Region I; and, were honored by the great hospitality of Dr. Eduardo Badua - ITRMC MCC, Dr. Eric Piscawen - Chairman of Orthopaedic Department, and Dr. Maximiano Escano - POA Trustee and ITRMC orthopaedic staff.

We were able to perform 3 joint replacement surgeries: a TKA for severe OA, a THA for AVN and a complicated revision case of a neglected failed fixation of a pertrochanteric hip fracture. PHKS fellows who performed the procedures were: Drs. Valenzuela, Muñoz, William Chuasuan Jr. and Marcelino Cadag. A press conference on Joint Replacement Awareness and the PhilHealth's Ortho Z Package Benefits program followed and was attended by the staff of PhilHealth Region I and by 13 local media representatives from



La Union and Pangasinan. Various media representatives from Manila Times, Philippine Daily Inquirer, Bombo Radyo, Love Radio, Radyo Pilipinas, Pangasinan Today online and Aksyon Radyo La Union covered the said conference.

A third successful joint replacement roadshow was held in Western Visayas Medical Center (WVMC) in Mandurriao, Iloilo last August 29-30, 2025. The POA-PHKS Team was composed of Drs. JAC Pimentel, Cadag, Valenzuela, Muñoz and Dr. Nilo Paner, PHKS Ex-Officio. They were warmly welcomed by Dr. Raoul Cañonero, Orthopaedic Chairman and the WVMC staff; and, paid a courtesy call to the Chief Training Officer, Dr. Guadalupe Matejka. Both expressed their gratitude for the team visit and to be chosen to be part of the POA-PHKS program. As part of the awareness program, a press conference was held with the PhilHealth Iloilo staff led by Mr. Larry Tabsing, Regional Vice-President. The conference was attended by the hospital staff, orthopaedic colleagues and local media.

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POA-PHKS...

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Two joint replacement surgeries were performed, one TKA and one THA. A case of debilitating knee OA was discussed with the residents together with ortho staff from WVMC and other ortho fellows from neighboring hospitals. A live broadcast TKA surgery was performed "tourniquet less" by Dr. Paner. The next day, a case of severe hip OA was discussed and a live broadcast surgery was performed by Dr. Valenzuela using the "mini posterior" approach. Both joint replacement surgeries were performed under the Ortho Z-Package Program Benefits; this includes patients' hospitalization, doctors' professional fees, joint implant cost and physical rehabilitation.

If the government has 4Ps program (Pangtawid Pamilyang Pilipino Program), we at the POA also have 4Ps in our advocacy in promoting joint replacement awareness particularly for

our less fortunate countrymen. Our **4Ps** means "ang **POA, PHKS**, at **PhilHealth** para sa **Pilipino**". When contracted with Ortho Z-package benefits, an institution can provide surgeries for joint replacement and trauma patients with provision of implants. Hence, this collaborative effort promotes awareness, and, more significantly, it advocates good health by saving lives and limbs.

This is one of our answers to our nation's call.

We encourage you our dear colleagues to be part of this endeavor and help us spread the good news to our people specially the indigent and underserved.

Michael DR Muñoz, MD, FPOA
POA Trustee &
PHKS Vice-President



International Consensus Meeting 2025

May 8-10 | Istanbul, Turkiye. Almost 900 participants from over 50 countries attended the 3rd meeting of the International Consensus Meeting (ICM) for Periprosthetic Joint Infections (PJI) at Lutfi Kırdar International Congress and Exhibition Center to update the recommendations based on current evidence for management of PJIs.

Experts in the field of Hip and Knee Arthroplasty and Orthopaedic Infections from all over the world were involved -- Orthopaedic Surgeons, Infectious Disease Specialists, and Clinical Microbiologists. Each participant invited personally by Dr Javad Parvizi, the head of ICM. Thus, it was such an honor to be invited to participate and represent the Philippines in this big meeting.

The work for ICM 2025 started in 2023. We were first asked to submit questions related to PJIs. Each question was then assigned to groups, headed by a



With Dr Javad Parvizi



From L-R: Nilo Paner, Rami Sorial, Rajeev Sharma, Mohit Bhandari

liaison; then each group proceeded to collect and screen current literature for reference, to come up with an answer to their assigned question. Several months of email exchanges and discussions culminated in ICM 2025 Istanbul, where each liaison presented their group's findings and answers. After each presentation came a chance for discussions with the whole group and voting for consensus agreement (or disagreement). Some topics were controversial and had scarce literature for reference; hence, consensus

recommendations were made. It was a grueling three full days, but the meeting was a big success!

ICM 2025 was a wonderful experience. It was a chance to reconnect with old colleagues and friends and make new ones. The results of ICM 2025 will be published as a supplement in the Journal of Arthroplasty in July 2025.

Nilo T. Paner, MD, FPOA
PHKS Ex-Officio



The Philippine Shoulder Society — Sustaining Relevance and Enhancing Its Foothold

The Philippine Shoulder Society (PShS) continues to cement its footprint in the Asia Pacific region through active involvement in regional and international activities. Over the past year, our members have contributed to scientific meetings, educational initiatives, and collaborative projects aimed at advancing professional development and expanding knowledge in shoulder surgery.

Starting the year strong, Dr. Kristine Italia played a key role as a member of the scientific committee for the Rome Revision Shoulder Arthroplasty Congress held in Italy on January 17-18 2025; where she delivered three lectures on Implant Sizing for the Asian Shoulder, a systematic review on Allograft Prosthetic Composite (APC) use, and Australian Registry results on the causes of Revision Total Shoulder Arthroplasty.

PShS President Dr. Jonathan Ronquillo spearheaded the scientific program for the Combined Asia Pacific Orthopaedic Association - Hand and Upper Limb Society (APOA-HULS) 2nd Meeting and the 37th Hong Kong Society for Surgery of the Hand (HKSSH) Annual Congress held in Hong Kong on February 28-March 1, 2025 marking his first major project as the new Chairperson of the APOA-HULS Scientific Committee. He delivered two lectures on the Conservative Management of Proximal Humerus Fractures and Treatment Options for Massive Rotator Cuff Tears and was senior co-author of a free paper presented by De La Salle University Medical Center (DLSUMC) resident, Dr. Kerwin Dela Cruz.

Former PShS President Dr. Alberto Molano raised our flag as invited faculty during the 32nd Annual International Congress of the Korean Shoulder and Elbow Society (KSES) held in Seoul, South Korea on March 28-29, 2025. He shared his expertise on Shoulder Instability along with other international



Filipino delegates at the APOA-HULS Congress in Hong Kong



Dr. Ronquillo and Dr. Italia (leftmost) with other speakers and panelists for the Shoulder session of the Hand and Upper Limb Symposium at the APOA Congress in Cairns, Australia



Dr. Molano at the KSES Congress in Seoul, South Korea



PShS Quarterly Meeting



APOA Hand and Upper Limb Society Executive Committee at the APOA Congress in Cairns



Dr. Ronquillo (center) with other speakers for the Rotator Cuff session at the APOA-HULS Congress in Hong Kong



Dr. Ronquillo (2nd from left) with DLSUMC residents Dr. Ramos, Dr. Dela Cruz, and Dr. Nicolas, who presented papers at ASSA-IOSSMA, Bali, Indonesia

speakers. As a stalwart of multinational collaboration to advance shoulder surgery in the region, Drs. Molano and Ronquillo, continue to represent the Philippines on the executive board of the Asian Shoulder and Elbow Association. We closed the first

quarter with a society meeting and the induction of our newest fellow, Dr. Christian Julius Mendoza, who reflected on his fellowship experience and shared new techniques he learned during his training with Prof. Banacha Chernchujit at Thammasat University in Thailand.

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The Philippine Shoulder Society...

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We finalized plans for our subspecialty symposia, including a joint session with the Philippine Orthopaedic Society for Sports Medicine (POSSM) for the upcoming 76th POA Annual Congress, with POSSM President Dr. Raphael Jurilla present.

During the 24th Congress of the Asia Pacific Orthopaedic Association (APOA) in Cairns, Australia on 9-12 April 2025, Dr. Ronquillo was co-chair for the Hand and Upper Limb Symposium (HULS) while Dr. Italia gave a lecture on When to Use Reverse Shoulder Arthroplasty for Proximal Arthroplasty for Proximal Humerus Fractures and Doing It Right the First Time; and presented multiple free papers.

Invited by their fellowship mentor, Professor George Murrell, Dr. Ronquillo and Dr. Jana Tumpalan returned to Australia as international faculty for the 30th St. George Shoulder Conference in Sydney on May 29-30, 2025. They were joined by many of Prof. Murrell's former fellows from around the world now all distinguished shoulder specialists in their respective nations. Dr. Tumpalan gave a lecture on the Clinical Diagnosis of Rotator Cuff Tears, and Dr. Ronquillo addressed Treatment Options for Massive Rotator Cuff Tears. They were among the faculty who led workshops on Examination of the Shoulder for physiotherapists and students, as well as RTDs with medical students from the University of New South Wales.

As Scientific Committee chair, Dr. Ronquillo organized the first APOA-HULS Webinar of 2025 on Instability in the Upper Limb. Held on June 21, 2025, the webinar attracted a global audience, featured lectures and expert commentary from Asia-Pacific senior surgeons; and, Dr. Tumpalan was moderator for the shoulder session.

Dr. Ronquillo represented PShS at the 13th ASEAN Society for Sports Medicine and Arthroscopy Combined Meeting with the 5th Congress and the 13th Annual Meeting of Indonesian Orthopaedic Society for Sports Medicine and Arthroscopy (ASSA-IOSSMA) in Bali, Indonesia in August 2025. He delivered 3 lectures on Examination



Dr. Ronquillo and Dr. Tumpalan (front, 2nd and 4th from left) at the St. George Shoulder Conference in Sydney, Australia, together with other international former fellows of Prof. George Murrell (front center)

of the Shoulder, Frozen Shoulder, and two-year outcomes of his technique for Massive Irreparable Rotator Cuff Tears Without Arthritis Using Tensor Fascia Lata as Interpositional Patch Graft. He was also chairman and moderator for the Shoulder Biological Augmentation symposium. Three of his co-authored research papers were accepted and were presented by DLSUMC residents Drs. Kerwin Dela Cruz, Aldwyn Nicolas, and Dexter Ramos.

The society maintains its thrust for continuing education and research. Dr. Italia expands her impressive research portfolio with four new publications in the Journal of Shoulder and Elbow Surgery International for 2025; one as the lead author: "Improving Glenoid Guidewire Placement In Shoulder Arthroplasty: A Comparative Study of Mixed Reality Holographic Overlay Technique With Freehand Technique And Conventional Navigation".

Dr. Ronquillo continues to contribute as peer reviewer for the Journal of Orthopaedic Surgery and Research, BMC Musculoskeletal Disorders, Australia-New Zealand (ANZ) Journal of Surgery, Australasian Journal of Ultrasound Medicine, and our very own Philippine Journal of Orthopaedics. He and Dr. Tumpalan also serve as student research examiners for the University of New South Wales Medicine through the Orthopaedic Research Institute, St. George Hospital, Sydney, Australia.

As the year draws to a close, we set our sights on the 76th POA Annual Congress, where we have prepared a dynamic lineup of symposia exploring the impact of aging on the shoulder. Program highlights include an Instructional Course Lecture on Massive Rotator Cuff Tears, a subspecialty session on Proximal Humerus Fractures and Rotator Cuff Tears, and an exciting

Dr. Italia presenting at the APOA Congress in Cairns, Australia



Dr. Ronquillo and Dr. Tumpalan as part of international faculty for the 30th St. George Shoulder Conference, Sydney, Australia

collaboration with POSSM on Sports-Related Injuries in the Elderly.

Looking further ahead, the PShS remains focused on expanding educational opportunities and strengthening ties with our colleagues locally and internationally. We are proud to continue our regional representation in the APOA, where Dr. Ronquillo is currently hard at work for the upcoming webinar on Upper Extremity Trauma (Shoulder, Elbow and Hand) on November 15, 2025; and, as the Overall Scientific Program Chair for the Hand and Upper Limb Section for the upcoming 25th APOA Congress in Jaipur, India, on February 4-7, 2026.

With these ongoing efforts, the PShS strives not only to sustain its relevance in the region, but to also strengthen its presence on a global stage in line with the POA's mission and vision to advance the art and science of orthopaedics by promoting excellence in research, training, and service to the highest standards.

Jana Francesca T. Tumpalan, MD, FPOA
PShS Member



The Philippine Spine Society: 30 Years of Purpose and Excellence

The Philippine Spine Society (PSS) proudly marked its 30th year of dedication to advancing spine care in the Philippines with a grand celebration on October 24–25, 2025, at the Conrad Manila, Pasay City. The milestone gathering brought together members, fellows, trainees, and partners from across the country to honor three decades of purpose, learning, and excellence in spine surgery.

Since its founding in 1995 by visionary orthopaedic and neurosurgeons, the PSS has remained steadfast in its mission to elevate the standards of spine care through education, research, and collaboration. In the months leading up to the 30th anniversary, the Society held a series of major academic activities reflecting its strong commitment to continuing medical education.

Among these were the PSS–Asia Pacific Spine Society–Davao Doctors Hospital Basic Spine Course on April 4–5, 2025 at Park Inn by Radisson, Davao City, the 4th Malaysian Spine Society–PSS

Webinar on April 22, 2025, and the Cervical Spine Management Webinar jointly hosted with the Indonesian Orthopaedic Spine Surgeon Association on July 26, 2025. The Endoscopic Spine Course held on June 27–28, 2025 at the UP College of Medicine Anatomy Department, and the PSS/VMMC 9th Live Tissue Course on August 5, 2025 at Valdez Hall, Veterans Memorial Medical Center, further enriched the year's scientific program.

A highlight of the celebration was the 2nd Dr. Antonio B. Sison Annual Research Forum, which showcased outstanding Free Papers and Interesting Case presentations from members and trainees nationwide. The forum reaffirmed the Society's enduring commitment to research and innovation—values deeply rooted in the legacy of its founding president, Dr. Antonio B. Sison.

As the PSS celebrated three decades of growth and achievement under the theme "Driven by Purpose, Defined by

Excellence – 30 Years and Beyond," it also looks ahead to hosting the Asia Pacific Spine Society (APSS) 32nd Annual Scientific Meeting, to be held on June 3–6, 2026, at the Shangri-La Mactan Resort & Spa, Cebu City.

Registration and abstract submissions for APSS 2026 are now officially open through the congress website www.apss2026ph.org. The meeting promises to be a landmark event, gathering global leaders in spine surgery to exchange insights and innovations in the field.

With renewed purpose and an unwavering pursuit of excellence, the Philippine Spine Society continues to shape the future of spine care—inspiring the next generation of spine surgeons for the years and decades to come.

Ronald P. Tangente, MD, MBA, FPOA, FPSS
PSS President

A Respected Innovator and Mentor



Many accolades and tributes will be offered in your memory over the coming days to celebrate the many accomplishments and achievements. But I would like to take the time

to thank you for the many lessons I've learned from you and the life-changing opportunities you sent my way. You taught me not through lectures but through the example you set and the life you lived.

You taught me dedication through your work ethic and your pursuit of excellence and innovation. You always

did your best to go for the best results and were never satisfied with the way things were, but always chased after what could be, and that there always seemed to be a better way of doing things. Proof was seen in the abundant number of patents you had to your name.

You taught me kindness and compassion through the way you treated and approached your patients and all those you worked with, without regard for status or rank. They responded to you with complete trust and unwavering loyalty.

You taught me how important it was to never lose your sense of curiosity about the world around you. I believe this is

what helped you live your life with such a sense of wonder and passion for all the world had to offer.

You taught me generosity in the way that you shared all of this with everyone around you, no matter who they were.

But most of all, thank you for taking a chance on me and letting me train there, because the many experiences and relationships that were built were life changing.

We will all miss you terribly Boss Randy.

David T. Endriga, MD, FPOA, FPSS, FPCS
Norton Leatherman Spine Fellow
2014–2016



Another Busy Year for ASAMI Philippines

After being declared the Most Active Society of the Philippine Orthopaedic Association for 2024, ASAMI Philippines (ASAMI Ph) did not rest on its laurels in its mission of further learning and promoting the Methods of Ilizarov and Limb Reconstruction, not only in our country but also internationally.

Continuing Professional Development

The UP-PGH Department of Orthopedics hosted two pivotal hands on educational events further strengthening local expertise in Basic Ilizarov Techniques and Deformity Correction. The 24th Basic Ilizarov Sawbone & Cadaveric Workshop (February 22-23) and the Deformity Correction Workshop (May 9-10) offered surgeons, residents, and allied professionals an immersive learning experience combining theory, simulation, and cadaveric practice.

The 24th Basic Ilizarov Sawbone & Cadaveric Workshop

This two day workshop maintained its reputation as a cornerstone training event for Ilizarov and external fixation methods. Participants rotated through sawbone models and cadaveric specimens, applying circular fixators and performing osteotomies under guided supervision. These simulations allowed for hands on mastery of frame assembly, pin placement, safe zones, and controlled adjustments, bridging theoretical planning with tactile experience.

Deformity Correction Workshop

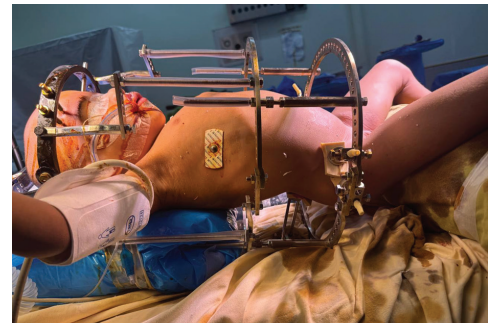
The workshop expanded the scope to a broader spectrum of deformity correction methods beyond classic Ilizarov application. This 2-day workshop was facilitated by Dr. Mangal Parihar from Mumbai, India where attendees had lectures, case discussions, practical planning sessions, and hands on execution of osteotomy techniques



Basic Ilizarov Workshop with the participants



Dr. Mangal Parihar leading the Deformity Workshop



First halo-pelvic distraction case in the Philippines



Talks given at Ilizarov Center in Kurgan and the Eurasian Orthopaedic Forum in Moscow, Russia



and alignment correction strategies. Members of the society learned how to apply and manipulate the hardware and software of the Deftix Haxapod Deformity Correction System. By blending conceptual planning and operative skill, the workshop empowered participants to translate deformity correction principles into clinical decision making.



Newly-elected ASEAN ASAMI President, Dr Daniel Dungca, delivering the keynote address during the ASEAN-ASAMI Congress.



Advancing Multidisciplinary Approach to Musculoskeletal Tumors

The PMTS joined forces with POA-NM and NMMC Department of Orthopaedics to hold a Seminar, Workshop and Live Surgery on Multidisciplinary Strategies in Musculoskeletal Tumor Management in NMMC, Cagayan de Oro City last August 2, 2025.

The event gathered orthopaedic surgeons, radiologists, pathologists, oncologists, and rehabilitation specialists all driven by a shared mission: to strengthen collaboration in the diagnosis and treatment of musculoskeletal tumors.

Dr. Neilson Palabrica, OIC Chairman of NMMC Orthopaedics, welcomed the faculty and participants, setting the tone for a day of learning and teamwork. Experts in orthopaedic oncology delivered insightful lectures: Dr. Judith Akol talked about Multidisciplinary Approach for Musculoskeletal Tumors, Dr. Rommel Galsim - Imaging Strategies for Musculoskeletal Tumors, Dr. Celestine Marie Trinidad - Pathology of Musculoskeletal Tumors, Dr. Mae Concepcion Dolendo - Pediatric Musculoskeletal Tumors, Dr. Abigail Tud - Principles of Orthopaedic Oncology, Dr. Cyril Planilla - Systemic Therapy on Musculoskeletal Tumors, Dr. Kelvin Ken Yu - Advances in Radiotherapy for Musculoskeletal Tumors, Dr. Ma Luisa Palabrica - Rehabilitation and Multidisciplinary Approach on Musculoskeletal Tumors, and Dr. Pamela Lagumbay - Palliative Care for Musculoskeletal Tumors. The discussions on a multidisciplinary case conference was led Dr. Josh Rosales and moderated by Dr. Marie Jeanne Bertol. The morning sessions was summarized and closed by PMTS President, Dr. Charles Villamin.

A Biopsy Workshop was kickstarted in the afternoon by a lecture on Principles



of Biopsy by Dr. Czar Louie Gaston. Individual biopsy stations were set up, where participants honed their core needle biopsy techniques using upo, cucumber and tomato under the guidance of PMTS faculty including Drs Rex Peñaranda and Connie De Vera. The session emphasized that a well-planned and properly executed biopsy remains one of the most critical steps in musculoskeletal tumor management. Concurrently broadcast was a live surgical resection of a thigh liposarcoma by Drs. Gaston and Rosales.

The event marks a milestone: a collaboration between POA-NM, NMMC, and PMTS is the first of its kind -- bringing together a scientific conference, a hands-on biopsy workshop, and live surgery focused on musculoskeletal tumors. All for a worthy goal of building bridges and raising the standards of care for our patients with musculoskeletal tumors.

Charles A. C. Villamin, MD, FPOA
PMTS President





25 Years POSP: Building Foundations, Defining Futures

The Pediatric Orthopaedic Society of the Philippines, founded in 2000, will celebrate its 25th anniversary in 2025. The origins of Pediatric Orthopaedics in the Philippines predate World War II, initially focusing on treating deformities resulting from polio and burns. It evolved into a subspecialty, first established at the National Orthopedic Hospital and the Philippine General Hospital.

Prominent figures who shaped the field include Dr. Teresita Altre, Dr. Antonio M. Montalban, and Dr. Vicente Gomez, the first Filipino member of the Pediatric Orthopaedic Society of North America (POSNA). Dr. Julyn Aguilar is also a key figure known for her international fellowships and advocacy for the Ponseti technique for clubfeet.

The subspecialty is rooted in a deep understanding of anatomy, physiology, growth and development, mechanics, and pathology. Because of this, POSP members are active in teaching, contributing to residency training, the Philippine Board of Orthopaedics, POA-CoRE, and community education. POSP collaborates closely with the PBO to ensure the orthopaedic residency curriculum is comprehensive and up-to-date, preparing residents to become certified orthopaedic surgeons.

As the society grows, fostering strong internal communication is crucial. Quarterly meetings and general assemblies are held to encourage camaraderie and mentorship among pediatric orthopedists. POSP also maintains a group for interested graduates, providing a platform for advice, assistance with fellowship applications, and building a strong legacy for new talents.





"Skintegrity 360": Elevating Prevention into Practice

The Philippine Orthopedic Wound Care and Diabetic Limb Society (POWC-DLS) proudly held its 6th Annual Convention, titled "Skintegrity 360," on September 12-13, 2025, at Novotel, Cubao, Quezon City. This landmark two-day event brought together a multidisciplinary audience of surgeons, physicians, nurses, and wound care advocates with a shared mission: to advance the practice of wound care and champion prevention as the cornerstone of treatment.

With the theme "Elevating Prevention into Practice," the convention underscored the importance of accessible, practical, and cost-effective strategies to protect skin integrity and prevent wound complications—particularly in vulnerable and underserved populations. The sessions emphasized that modern wound

care should go beyond hospitals and operating rooms, extending its reach into clinics, communities, and barangays, where early intervention can truly save limbs and lives.

Day 1 featured a robust lecture series led by a distinguished lineup of local and international speakers, including experts in vascular, orthopaedic, and plastic surgery, dermatology, rehabilitation medicine, family and community medicine and nursing. These sessions explored the latest advancements in wound care, the science of healing, and multidisciplinary collaboration—all geared toward making advanced wound care the standard of care in every setting.

Day 2 focused on breakout hands-on workshops, where participants practiced real-world applications not just in hospital wards and operating

theatres, but also in outpatient clinics and community-based environments, ensuring relevance at all levels of healthcare.

Now on its 6th year, POWC-DLS's commitment to education, collaboration, and the delivery of compassionate, preventive, and inclusive wound care - one patient, one limb, one life at a time.



For more information and updates, visit the official Skintegrity 360 Facebook page: [<https://www.facebook.com/share/r/17FLVQxinV/>] or scan the QR code.

Lendell John Z. Gatchalian, MD, FPOA
POWC-DLS Vice President





UP-PGH Ortho and AFOTS hold Pelvis and Acetabulum Cadaveric Course

July 12, 2025 | UP-Philippine General Hospital. The UP-PGH Department of Orthopaedics, in collaboration with the Association of Filipino Orthopaedic Trauma Surgeons (AFOTS), successfully conducted the Pelvis and Acetabulum Cadaveric Course at the Dualan Anatomy Laboratory Complex.

The program opened with a focused lecture series on commonly used minimally invasive techniques for pelvis and acetabulum surgery, followed by a hands-on workshop that featured 3D-printed pelvic models developed by the UP Surgical Innovation and Biotechnology Laboratory (UP SIBOL) and Thiel soft-embalmed cadavers provided by the Department of Anatomy, UP College of Medicine.

In addition to the anatomical specimens, the workshop was equipped with three C-arm machines that allowed participants to simulate complex fixation techniques with the same precision and fluoroscopic guidance used in actual surgical procedures.

A total of 38 participants—composed of POA fellows and orthopaedic residents- and fellows-in-training—representing 22 institutions across the Philippines attended the course, highlighting the growing interest in pelvis and acetabulum surgery among trainees nationwide.

The course was led by Dr. Irewin Tabu and Dr. Kiko Cortez, with the dedicated support of the AFOTS faculty: Dr. Joseph Garvy Lai, Dr. Jean Pierre Leung, Dr. Maria Adelwisa Belen, Dr. Benjamin Chua III, Dr. Rodel Banggiacan, Dr. Kristoffer Roland Roa, Dr. Camille Santos, Dr. Federico Aquino III, and Dr. Alvin Hernandez.

With the success of the course, AFOTS



has committed to organizing another cadaveric workshop next year—continuing its mission to advance trauma education, strengthen surgical skills, and improve patient outcomes

in orthopaedic trauma care throughout the Philippines.

Kiko A. Cortez, MD, FPOA
AFOTS Member



Steps to Walk Philippines 2025: A Successful Collaboration for Foot and Ankle Health

The Jose R. Reyes Memorial Medical Center (JRRMMC) Department of Orthopaedics proudly hosted the annual Steps to Walk Philippines event from July 21-24, 2025, at the Bayleaf Hotel in Intramuros and at JRRMMC.

Dr. Emiliano Tablante, Foot and Ankle Consultant at JRRMMC and former Department Chairperson, led this highly anticipated event, bringing together medical professionals and specialists from across the country. The event was organized in partnership with the Philippine Orthopaedic Foot and Ankle Society (POFAS).

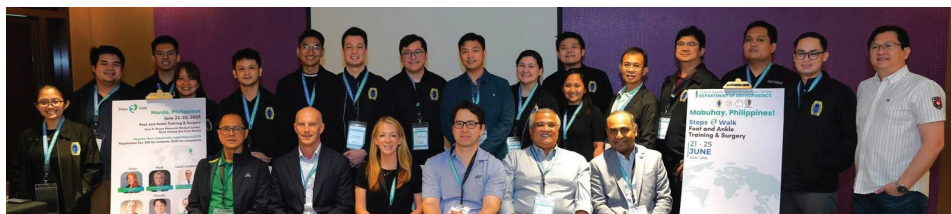
A Four-Day Immersive Learning Experience

The event kicked off with an engaging lecture series held at Bayleaf Hotel, focusing on the latest advancements and techniques in Foot and Ankle Surgery. The sessions featured presentations by distinguished surgeons, including Dr. Ariel Palanca from the USA, Dr. Geoff Tymms from Australia, Dr. Cary Chapman from the USA, and Dr. Rajesh Simon from India. Each surgeon shared their expertise on complex foot and ankle procedures, offering valuable insights into the evolving practices in their respective specialties.

Dr. Jovito Ramil B. Paz, President of the Philippine Foot and Ankle Society (POFAS), was present throughout the event, offering his invaluable support and leadership to ensure the success of the program.

Participants had the opportunity to observe and participate in the comprehensive assessment of patients at JRRMMC's Dermatology Conference. The thorough evaluations, led by the surgical team, emphasized the importance of early detection and individualized care for foot and ankle conditions.

A Record of Transformative Surgeries: 10 Patients Treated with Free Implants



The final two days of the event were dedicated to hands-on surgeries and post-operative care. Under the guidance of Dr. Tablante and the other distinguished surgeons, the surgical team operated on a total of 10 patients with complex foot and ankle deformities. These patients, who had previously struggled with severe mobility issues, were provided with free implants as part of the event's charitable initiative. The use of these free implants was a crucial component ensuring that the surgeries be performed at the highest standard, addressing the specific needs of each patient and offering them the best possible outcomes.

A Meaningful Impact on Patients and Medical Professionals

The Steps to Walk Philippines event was a valuable opportunity for continued

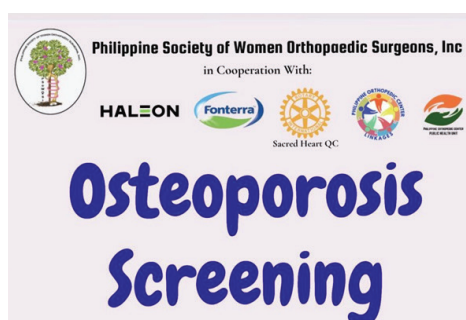
medical education and a powerful demonstration of the collaborative efforts between medical professionals to make a lasting difference in the lives of patients. By addressing complex foot and ankle deformities and providing free implants, the event gave hope to those who would otherwise have limited access to such specialized care. This successful initiative also provided a platform for healthcare professionals to learn from one another, share expertise, and advance foot and ankle surgery in the Philippines. The JRRMMC Orthopaedics Department is proud of the success of this event and looks forward to continuing this important work in the years to come.

Lorenz Rael D. Cruz, MD
Medical Officer III, JRRMMC



Philippine Society of Women Orthopaedic Surgeons, Inc.: A Productive 2025

The Philippine Society of Women Orthopaedic Surgeons, Inc. (PSOWOSI) marked an active and impactful year in 2025, championing initiatives focused on orthopaedic health and professional development within the field.



Annual Osteoporosis Screening

A key highlight of PSOWOSI's activities in 2025 was the Annual Osteoporosis Screening, which took place on August 16, 2025 at the lobby of the Apex Building in the Philippine Orthopedic Center. The primary objective of this event was to promote early detection and prevention of osteoporosis, a critical concern in orthopaedic health. By selecting a central and easily accessible location, the society was able to encourage community participation and foster greater public awareness about osteoporosis.

This screening event specifically targeted the community of Baranggay Lourdes in Quezon City. Approximately 70 participants attended, reflecting the society's strong commitment to community health outreach and proactive health management. The successful execution of the event was made possible with the support of Fonterra and Haleon. Coordination efforts involved the POC Linkages Committee and the Public Health Unit, who worked closely with local barangays and the Rotary International.

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Philippine Society of Women...

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District 3780 Quezon City Philippines, represented by Ms. Clareyenne T. Malanyon. Through such partnerships, PSOWOSI reinforced its dedication to improving public health and wellness in the community.

Operating Room Personnel Training

On November 8, 2025, PSoWOSI, in collaboration with AOTrauma and the Metro Antipolo Hospital and Medical Center headed by Dra. Joyce Francesca C. Miranda facilitated a specialized training session for operating room personnel. This initiative catered to nurses from eight hospitals in the province of Rizal, with a total of 29 nurses participating in the training.

The training aimed to enhance the knowledge, skills, and preparedness of

operating room staff, thereby supporting their professional growth and ensuring high standards of competency in orthopaedic care. This activity reflected PSoWOSI's ongoing commitment to empowering healthcare workers and

advancing the standards of orthopaedic practice through continuous education and professional development.

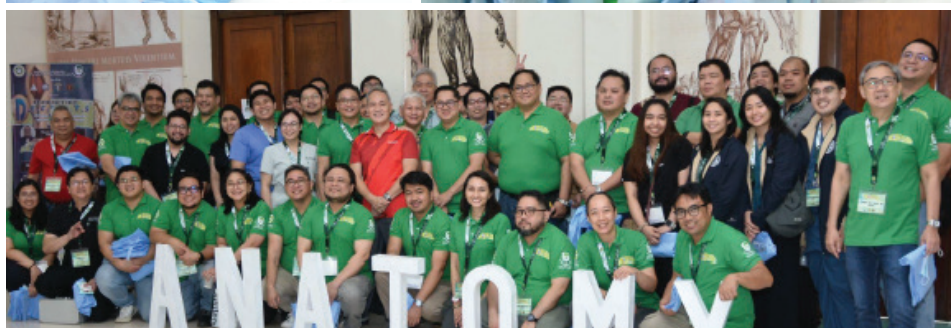
Ameena Tara X. Santos, MD, FPOA
PSOWOSI President



DLSUMC Ortho Department Spearheads Cadaveric Workshop on Soft Tissue Reconstruction

On August 24, 2025, the DLSUMC Department of Orthopaedic in collaboration with the Association of Hand Surgeons of the Philippines (AHSP) and UP-PGH Department of Orthopaedics - Section of Hand Surgery conducted a cadaveric workshop entitled "Conquering D.E.F.E.C.T.S - Developing Effective Flap Elevation in Cadaveric Training and Simulation." The activity was attended by 24 consultants, fellows, residents and allied health professionals, reflecting the department's commitment to advancing academic excellence and clinical practice.

The course was directed by Dr. Raymar Sibonga. Dr. Joaquin Pandanan gave the opening remarks. Dr. Rafael Bundoc of the Anatomy Department of the UP-PGH College of Medicine reminded us on the proper conduct of this activity. Dr. Rey-an Niño Garcia supervised the registration, Dr. Jonathan Ronquillo handled sponsorships, Dr. Jose Antonio Umali organized the attire of participants, Dr. Jose Mari Gerald Arpilleda arranged logistics, Dr. Adrian Alaras managed the program evaluation, Dr. Ken Aeson Barsales facilitated awards and certificates with Dr. Jose Ramon Pascual III and Dr. Michael Marfori handing the certificates of appreciation to the speakers and table instructors. The lecture series was delivered by distinguished AHSP representatives: Dr. Emmanuel Estrella covered the reverse sural artery flap, Dr. Tammy Dela Rosa presented on the gastrocnemius flap, Dr. Nathaniel Orillaza Jr. lectured on the soleus flap, and Dr. Tristram Montales discussed the medial plantar artery flap. Cadaveric dissection using soft-embalmed cadavers guided by various reputable ASHP members as table instructors - Dr. Justiniano Bai, Dr. Eugenio Brito, Dr. Eduard Frank De Los Reyes, Dr. Giselle Marie Noelle Gabriel, Dr. Jessica Anne Gandionco, Dr. Precious Grace Handog, Dr. Gaston Juan Rocas, and Dr. Ervan Thierry Tan. Dr. Michael Muñoz gave the closing remarks.



The workshop focused on the critical role of soft tissue coverage in the management of musculoskeletal injuries, particularly for open fractures, chronic infections, and soft tissue defects associated with trauma. Lectures emphasized the types of flap commonly utilized for soft tissue reconstruction of the lower extremity. The cadaveric dissection portion focused on the proper templating and design, superficial and deep dissection, pedicle identification, flap rotation and inset of each type of flap with their advantages and disadvantages based on the area and extent of the soft tissue defect.

The activity was a valuable platform for sharing expertise, reviewing current standards of care, and exploring recent advances in soft tissue reconstruction. Through this event, the department reaffirmed its dedication to the continuous professional development of its members and its mission to provide the highest standard of orthopaedic and reconstructive care.

Chenalee G. Delos Reyes, MD
Orthopaedics Resident I, DLSUMC

The First Orthopaedic and Rehabilitation Medicine Summit



The first-ever orthopaedic and Rehabilitation Medicine Summit was held on July 4 to 5, 2025 at the Unilab Bayanihan Center, Mandaluyong City. This milestone gathering brought together Medical Center Chiefs, Chiefs of Medical Professional Staff, Department Heads of Orthopaedics and Rehabilitation Medicine from DOH-designated specialty hospitals, as well as leaders in musculoskeletal care, nursing, education, and health policy.

With the theme "Strengthening the Referral System and Developing Regional Orthopaedic and Rehabilitation Medicine Specialty Centers in the Country," the summit was convened in line with two landmark legislations: the Universal Health Care Law (RA 11223), which ensures equitable access to specialized services nationwide, and the Regional Specialty Centers Act (RA 11959), which identified the different regional specialty centers and designated the Philippine Orthopaedic Center (POC) as the national apex hospital for orthopaedics and rehabilitation medicine.

The objectives of the summit were:

1. Align training, research, and service delivery with the UHC framework to guarantee accessible, affordable, and quality musculoskeletal and disability care.
2. Discuss strategies for developing and operationalizing regional specialty centers.
3. Highlight innovations, best practices, and policy directions that strengthen orthopaedic and rehabilitation services nationwide.
4. Strengthen the referral system among regional specialty centers

Over two days, participants engaged in plenary lectures, policy dialogues, and breakout sessions that tackled clinical advances, multidisciplinary models of care, workforce development, and health systems integration. A strong focus was placed on capacity-building and training the next generation of specialists. There were about 200 participants from 48 institutions including all the 25 designated regional specialty centers, 9 LGU hospitals, 4 teaching institutions, 5 non-government organizations, and 5 national government agencies.

The summit concluded with a shared commitment to sustain the momentum of the UHC Law and the Regional Specialty Centers Act by strengthening partnerships, improving referral pathways, and ensuring equitable access to world-class orthopaedic and rehabilitation care for every Filipino. Importantly, it also set the direction

for succeeding summits, which aim to broaden stakeholder participation, address emerging challenges, and support regional specialty centers in realizing their full potential.

PARTICIPANTS.

Regional Specialty Centers

- Philippine Orthopaedic Center, East Avenue Medical Center, Jose R. Reyes Memorial Medical Center, Las Pinas General Hospital and Satellite Trauma Center, Baguio General Hospital and Medical Center, Mariano Marcos Memorial Hospital and Medical Center, Ilocos Training Regional and Medical Center, Cagayan Valley Medical Center, Region II Trauma and Medical Center, Dr. Paulino J. Garcia Memorial Research and Medical Center, Jose B. Lingad Memorial General Hospital, Batangas Medical Center, Bicol Medical Center, Corazon Locsin Montelibano Memorial Regional Hospital, Western Visayas Medical Center, Vicente Sotto Memorial Medical Center, Governor Celestino Gallares Memorial Medical Center, Eastern Visayas Regional Medical Center, Zamboanga Medical Center, Northern Mindanao Medical Center, Southern Philippines Medical Center, Davao Regional Medical Center, Cotabato Regional Medical Center,

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The First Orthopaedic and Rehab...

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Adela Serra Ty Memorial Medical Center, Amai Pakpak Medical Center, LGU Hospitals - Quezon City Health Department, Marikina City Health Department, Rosario Macalang Bautista General Hospital, Valenzuela General Medical Center, Philippine General Hospital, Quezon City General Hospital, Novaliches District Hospital, PNP General Hospital, Municipality of the Province of Quezon

Teaching Institutions - University of the East Ramon Magsaysay Memorial Medical Center, UP Manila, Dela Salle University, University of Sto. Tomas

NGO - Philippine Orthopaedic Association, Philippine Academy of Rehabilitation Medicine, Philippine Society of Public Health Physicians, Philippine College of Hospital Administrators Inc, Pharmaceutical and Healthcare Association of the Philippines

GOCC - PhilHealth

Government Agencies - Department of Health, Department of Economic



Planning and Development, PCHRD-DOST-Philippine Council for Health Research and Development, Department of Science and Technology Regional Research Consortium -

Metro Manila Health Research and Development Consortium (MMHRDC)

David L. Alagar, MD, FPOA
POA President, 2023

IWAS PUTOL: Tamang Hakbang sa Pag-aalaga ng Diabetic Foot

August 29, 2025 | In a collaborative effort with the Province of Pampanga, the Jose R. Reyes Memorial Medical Center Department of Orthopaedics recently hosted the "IWAS PUTOL: Tamang Hakbang sa Pag-aalaga ng Diabetic Foot" educational caravan. This initiative aimed to empower barangay health workers with the knowledge and practical skills needed to prevent and manage diabetic foot complications, a growing concern for public health. The caravan focused on key aspects of foot assessment, wound care, and prevention strategies, addressing the essential need for proper diabetic foot management at the grassroots level. The event was made even more impactful with the presence of the Honorable Governor Lilia "Nanay" Pineda, whose support underscores the Province of Pampanga's commitment to improving healthcare across communities.

The training provided participants, including municipal and city health officers, wound care nurses, barangay health workers, and allied health staff, with comprehensive knowledge on diabetic foot pathology and prevention. Attendees were taught how to perform proper foot assessments, a critical skill for early detection of complications. The caravan also offered hands-on training on performing safe wound care techniques, including debridement, callous removal, and dressing changes, while emphasizing the importance of infection control and patient safety protocols during all procedures. By the end of the session, participants were equipped with the necessary skills to improve patient care, reduce the risks of infections, and ensure more effective wound healing.

Governor Lilia "Nanay" Pineda's presence at the event highlighted the province's strong dedication

to supporting healthcare workers and ensuring that essential medical knowledge reaches local communities. Her leadership and commitment to healthcare advancements in Pampanga helped reinforce the importance of education and training for health professionals on the front lines of diabetic foot care. This collaboration between the Jose R. Reyes Memorial Medical Center and the Province of Pampanga marks a significant step forward in empowering barangay health workers to manage and prevent diabetic foot complications, ultimately enhancing the health and well-being of the local population. Through continued education and support, the program hopes to see a reduction in the incidence of diabetic foot problems, fostering healthier communities across the province.

Lorenz Rael D. Cruz MD
Medical Officer III, JRRMMC

Revolutionizing Orthopaedic Surgery: 3D Printing Takes Center Stage at JRRMMC's Postgraduate Event



August 16, 2025 | JRRMMC Department of Orthopaedics recently hosted a groundbreaking postgraduate event titled "From Scan to Solution: Practical 3D Printing for Orthopaedic Surgeons." The event successfully introduced orthopaedic surgeons and residents to the transformative power of 3D printing in orthopaedic surgery, providing hands-on training and expert-led discussions on how to integrate this cutting-edge technology into clinical practice.

Bridging Technology with Medicine

The course focused on teaching participants how to convert CT scans into 3D-printable files, a key skill in modern orthopaedic procedures. Surgeons were trained to create accurate anatomical models, improving preoperative planning and enhancing surgical precision. In addition, attendees were given a practical introduction to operating 3D printers, building confidence in incorporating this technology into their daily workflows.

Expert Speakers Share Key Insights

Esteemed experts from various orthopaedic subspecialties contributed to the success of the event.

Dr. Rafael C. Bundoc kicked things off with a session on "Introduction to 3D Printing in orthopaedic Anatomy and Templating," explaining how 3D printing can be used for anatomical models that assist in preoperative planning.



Dr. Samuel A. Grozman then explored the application of 3D printing in spine surgery, emphasizing its role in creating customized surgical guides and implants to improve accuracy and patient outcomes.

Dr. Michael Gonzales followed with a talk on "3D Printing in Foot and Ankle Surgery," highlighting the use of personalized models to navigate complex foot and ankle procedures.

Finally, Engr. Ulysses Ante from DOST's Advanced Manufacturing Center discussed the "Role of DOST in Supporting 3D Printing for Healthcare," showcasing government initiatives to foster the widespread adoption of 3D printing technology in the medical field. Finally, Engr. Ulysses Ante from DOST's Advanced Manufacturing Center discussed the "Role of DOST in Supporting 3D Printing for Healthcare," showcasing government initiatives to foster the widespread adoption of 3D printing technology in the medical field.



Transforming Orthopaedic Practice

The event underscored the immense potential of 3D printing in orthopaedics, from creating custom implants to improving surgical planning. With 3D models tailored to individual patients, surgeons can achieve greater accuracy, reduce risks, and enhance recovery times.

The success of the event highlights the importance of continuous innovation in medicine, as technology like 3D printing reshapes how surgeries are performed. The Department of Orthopaedics is committed to providing further educational opportunities to help medical professionals stay ahead of these technological advances.

This postgraduate course equipped participants with new skills and solidified Jose R. Reyes Memorial Medical Center's role as a leader in advancing medical education and fostering the integration of cutting-edge technology in healthcare.

Lorenz Rael D. Cruz, MD
Medical Officer III, JRRMMC

Chong Hua Hospital Holds Unilateral Biportal Endoscopy (UBE) Workshop



The Spine Section of the Department of Orthopaedics of Chong Hua Hospital successfully conducted its 10th Postgraduate Spine Course on UBE Essentials: Building your Endoscopic Spine Surgery Foundation last October 4, 2025 at the 12th Floor Auditorium of Chong Hua Mandaue. The local faculty was composed of Dr. Agustin Miguel Morales, Dr. Eric Belarmino, Dr. Jeff Arbatin and Dr. Oliver Ong who presented lectures on surgical indications, operating room setup, surgical workflow and case presentations on how to adapt and utilize spinal endoscopy in minimally invasive spine surgery. Dr. Wu Pang Hu, the Chief of Minimally Invasive Spine Surgery Division of Achieve Spine and Orthopaedic Centre in Singapore, gave talks focusing on complication management and how to overcome the learning curve in biportal spine endoscopy. His extensive experience and technical insights provided participants with invaluable guidance in mastering the transition from conventional to endoscopic spinal procedures.

The highlight of the event was the hands-on endoscopy workshop utilizing Realist lumbar spine models where participants demonstrated their skills in portal placement, triangulation, and the use of high-speed burrs in performing laminotomy, ligamentum flavum resection, and discectomy. The second part of the workshop utilized swine specimens so that participants can practice soft tissue dissection, bony resection, and instrument familiarization. These hands-on



components allowed participants to correlate theoretical knowledge with operative technique, thereby reinforcing safe and effective surgical practice. The program fostered active engagement and knowledge exchange among faculty and attendees, reflecting a shared commitment to advancing minimally invasive spine surgery in the region.

The Department of Orthopaedics reaffirmed its dedication to academic

excellence, surgical innovation, and professional development. The success of this workshop marks a significant milestone in strengthening local expertise in endoscopic spine surgery and underscores Chong Hua Hospital's role as a leader in orthopedic education and clinical excellence.

Jose Joefrey F. Arbatin, Jr., MD, FPOA
Chairman, Department of Orthopaedics
Chong Hua Mandaue

Stormy Golf Tournament

Coming from last year's Diamond Cup tournament, this year's golf event was filled with excitement and anticipation. The Philippine Orthopaedic Golfers Inc. (P.O.G.I.), a group of orthopaedic surgeons with a penchant for golf, held its first tournament on December 6, 2000. This year marks its 25th year of existence, thus, the POA in cooperation with P.O.G.I. held the Silver Cup Golf Tournament last September 26, 2025 at the acclaimed Mt. Malarayat Golf & Country Club.

Despite the disruption and challenges posed by the ongoing typhoon, the event pressed on with safety, sportsmanship, and community spirit at the fore. Players, organizers, sponsors, and volunteers demonstrated resilience and dedication, delivering a memorable golf experience for all participants.

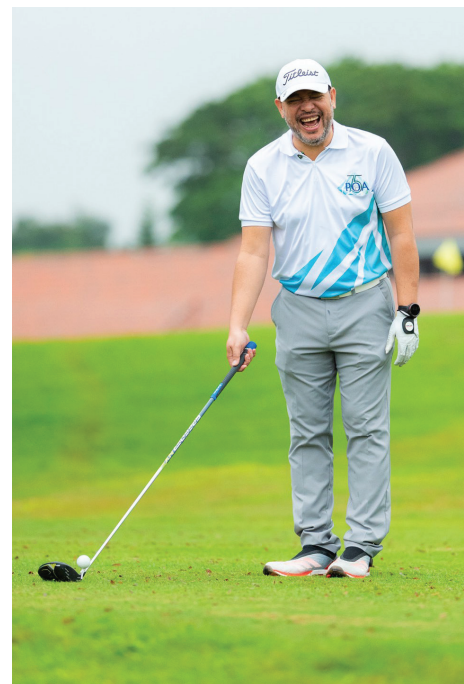
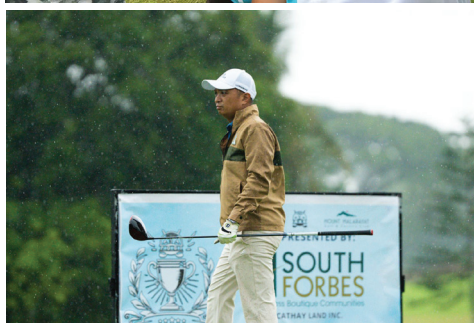
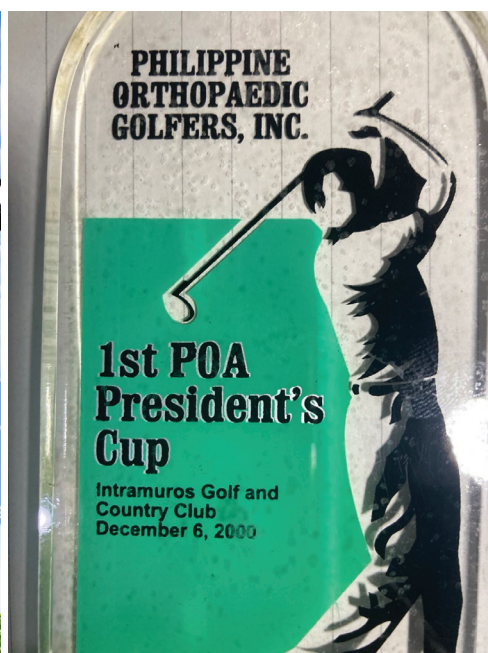
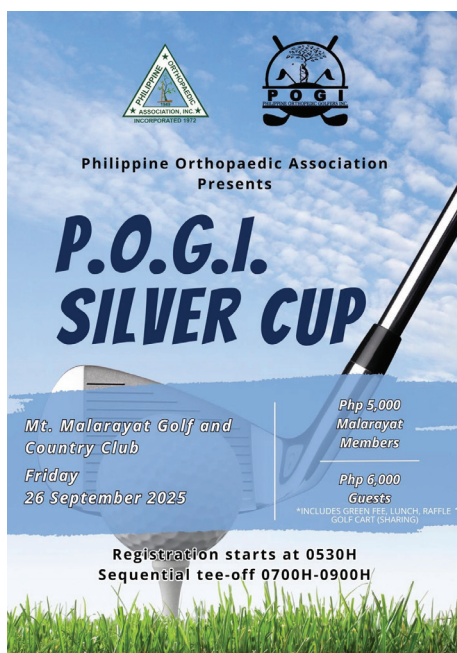
Resilience in the Eye of a Typhoon

The organizing committee implemented robust weather monitoring and contingency plans to ensure player safety without compromising the quality of the competition. Weather-related pauses and course condition management were conducted with meticulous care, maintaining fair play while prioritizing participant well-being and turning potential disruption into an opportunity to showcase teamwork and camaraderie.

Despite the relentless howling of the winds and incessant outpour of rain, the players stayed on until the awarding ceremonies. After the sumptuous lunch, minor raffle prizes were already given away, but nothing prepared the players for the multitude of major prizes that were raffled off.

In the end, the POA/P.O.G.I. Silver Cup once again demonstrated the power of golf to unite medical professionals, officials, and enthusiasts under trying circumstances. Sponsors and industry partners reinforced their commitment to the POA through this worthwhile sports event. Until the next POA golf tournament!

Marcelino T. Cadag, MD, FPOA
Tournament Director &
POA Vice-President





METASTATIC SPINAL TUMORS EVALUATION & DECISION MAKING

ADVANCED SKILLS WORKSHOP ON
TOTAL EN BLOC SPONDYLECTOMY



The East Avenue Medical Center Department Orthopaedics recently held another milestone in continuing medical education with its highly successful Postgraduate Course on Spinal Metastatic Disease, followed by an Advanced Live Tissue Workshop on Total En Bloc Spondylectomy.

The multi-day event, held last August 23–24, 2025, brought together both local and international experts, featuring lectures, case discussions, and live demonstrations on the management of spinal metastatic tumors.

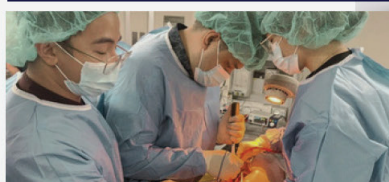
The course was spearheaded by the EAMC Department Orthopaedics Spine Service, with the guidance of the our esteemed consultants Dr. Romel Estillore and Dr. Mamer Rosario.



A special highlight of the program was the participation of Dr. Katsuro Tomita, founder of the Tomita Scoring System and pioneer of Total En Bloc Spondylectomy, who traveled from Japan to share his expertise on this complex surgical technique.

Throughout the lectures and workshop, participants were immersed in crucial topics including: Evaluation and decision-making in metastatic spinal tumors, The role of minimally invasive surgery (MIS) in spinal metastasis,

POSTGRADUATE COURSE & WORKSHOP SPINAL METASTATIC DISEASE AND TOTAL EN BLOC SPONDYLECTOMY



Advanced surgical strategies for spinal oncology cases, and Step-by-step guidance on performing Total En Bloc Spondylectomy, reinforced through hands-on live tissue dissections and live demonstrations.

Local and international faculty enriched the program with real-world, case experiences, and technical pearls, providing invaluable learning for residents, fellows, and practicing spine surgeons alike.

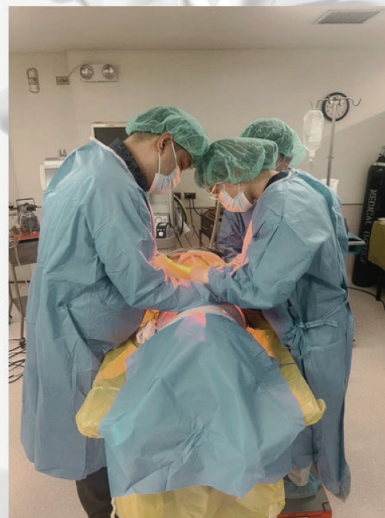
The sessions emphasized not only surgical skill, but also a holistic approach to patient care, focusing on oncologic principles, biomechanics, and long-term quality of life outcomes for patients with spinal metastasis.



This landmark event showcased the department's dedication to pushing the frontiers of orthopaedic knowledge and surgical excellence. It underscored the role of the Department of Orthopaedics' as a leader in advancing spine oncology education in the Philippines.

Congratulations to the organizers, faculty, and participants for making this postgraduate course and workshop a resounding success!

We look forward to welcoming everyone again at next year's Postgraduate Course for another opportunity to learn, collaborate, and elevate orthopaedic care



Another Busy Year for ASAMI...

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ASAMI Philippines REPRESENT!

In a giant milestone for the society, ASAMI Philippines proudly took part in the 14th Annual ASAMI International Session held in what is considered the Mecca of The Methods of Ilizarov, Kurgan, Russia; held yearly in observance of the birth anniversary of Gavriil Ilizarov every 15th of June. ASAMI Ph President Dr. Daniel Dungca joined esteemed colleagues from across the globe, delivering a talk on the development of ASAMI Philippines, sharing local experiences and highlighting the country's growing contributions to the field. It was a full-circle moment to bring ASAMI Ph home to the Ilizarov Centre.

Talks with the administration of the Ilizarov Center were held to explore collaborative opportunities for further training of Dr. Paolo Ramirez from JRRMMC and Dr. Angelica Real from Baguio General Hospital and Medical center will undergo fellowship training at the Ilizarov Center in October and November respectively.

Dr. Dungca was also invited to deliver a talk at the ASAMI Russia Session of the Eurasian Orthopaedic Forum in Moscow, Russia on June 19, 2025. Practitioners from Russia were very interested and impressed by how the Ilizarov Method was being applied in our country. ASAMI Ph is looking forward to further collaborations with the Ilizarov Center and ASAMI Russia.

At the ASEAN ASAMI Congress held in September 2024 at Universiti Malaya, Kuala Lumpur, Malaysia, Dr. Dungca was elected President of the ASEAN ASAMI and delivered the keynote address on the growth and development of the practice of Ilizarov in the region. Fellows-in-Training from the Jose B Lingad Memorial General Hospital presented their papers on Neglected Elbow Dislocations and Ilizarov Hip Reconstruction. Dr. Rae Joseph Mangalino won second best paper at the Datu Thirumal Paper Presentation Contest. By presenting local experiences and engaging in discussions with ASEAN counterparts,

ASAMI Philippines showcased its commitment to advancing orthopaedic care in the country while fostering stronger regional ties.

Philippines' First!

In a landmark event for Philippine orthopaedics, the first-ever halo-pelvic distraction case was successfully performed in the country at the Philippine General Hospital, marking a breakthrough in the management of severe spinal deformities. ASAMI Ph Vice-President Dr. Cielo Balce led the surgical team composed of Spine and Ilizarov Surgeons. The pioneering case highlights the growing expertise of Filipino orthopaedic surgeons in advanced limb and spine reconstruction techniques and underscores ASAMI Philippines' mission to introduce innovative, life-changing procedures that improve patient outcomes and expand the frontiers of orthopaedic care in the nation.

Chastity Amor V. Rejuso-Morales MD, FPOA
ASAMI Secretary

25 years of POSP

From Page 27

POSP has played a leading role in raising awareness and promoting the proper management of clubfoot in the Philippines. About ten years ago, the Philippine National Clubfoot Program was launched in partnership with Miracle Feet and the Philippine NGO Council for Population, Health and Welfare, Inc. This initiative established clinics across the country in various settings—government and private hospitals, clinics, and ambulatory surgery centers—providing free casting materials and braces. A dedicated training team, predominantly composed of POSP members, works to equip more healthcare providers with the necessary treatment skills.

In alignment with global goals, the Philippines has a Memorandum of

Understanding with the Global Clubfoot Initiative to support its RunFree 2030 vision.

In 2024, the inclusion of clubfoot in a national birth defect registry, spearheaded by Dr. Carmencita Padilla, was a significant step. Dr. Juanito Javier led the formation of the Philippine National Clubfoot Council for this effort, resulting in clubfoot being added to the expanded newborn screening form. The council's long-term goal is to achieve a self-sustaining Clubfoot Program through adequate funding from Philhealth and support from the Department of Health. Furthermore, the Clinical Practice Guidelines for the Treatment of Clubfoot are expected to be finalized in 2025, which will formalize management recommendations

and guide the implementation of the Clubfoot Referral Pathway.

To celebrate its 25th year, POSP will hold the annual Interesting Case Contest in honor of Dr. Vicente Gomez. The society has also prepared collaborative sessions with other societies and a dedicated Cerebral Palsy Summit to discuss topics relevant into adulthood. The celebration will culminate in a special thanksgiving event to honor the founders and mentors and commemorate the society's achievements over the past quarter-century.

Candice Elaine C. Lim, MD, FPOA
POSP Secretary



Ang Paglalakbay ng PUSO - Philippine Ultrasound Society in Orthopedics



Musculoskeletal Ultrasonology (MSKUS) is fast becoming a beneficial armament in the expeditious point-of-care diagnostic and therapeutic management of a good percentage of musculoskeletal pathologies. From the first published article on the "Measurement of Articular Cartilage by ultrasound" by Dr. Karl Theodore Dussic in 1958 to the first clinically relevant paper in 1972 by Drs. Daniel McDonald and George Leopold on the diagnostic use of ultrasound to differentiate Baker's cyst from thrombophlebitis; the use of ultrasound in all orthopaedic subspecialties has enabled it to be a convenient musculoskeletal "stethoscope" of the future.

Our journey started when a rheumatologist, Dr Millicent Ong, attended a Musculoskeletal Ultrasound Society (MUSOC) meeting in 2005 and met Dr. Antonio Bouffard, a Musculoskeletal Radiologist specializing in MSKUS. What followed was a round table discussion in December 2005 and the establishment of the first known Musculoskeletal Ultrasound workshop in 2007 at the University of Santo Tomas Faculty of Medicine and

Surgery Continuing Medical Education Hall. The Philippine Society of Clinical Musculoskeletal Ultrasonology Inc. (PSCMU), comprised of orthopaedic surgeons, rheumatologists and Rehabilitation Medicine specialists, was founded in 2010 with Dr Bee Giok Tan- Sales as the first President. A series of workshops followed and the society has been giving annual Basic and Interventional workshops for the advancement of the art of MSKUS. These were attended by orthopaedic surgeons who professed their desire to enhance their skills in diagnostic and interventional ultrasonology.

Globally, MSKUS was gaining traction in the realm of orthopaedics. The Japan Society of Orthopedic Ultrasonics (JASOU) was established in 1988, and in a 2021 study published in BMC Musculoskeletal Disorders, 46.5% of Japanese orthopaedic surgeons are using ultrasonography in their clinics for musculoskeletal disorders for Point-of-Care Ultrasound (POCUS).

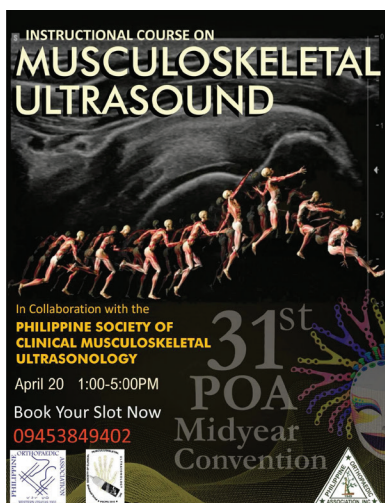
In the joint convention of the POA and Asia Pacific Orthopaedic Association (APOA) in November 24, 2022, Dr. Hiroshi

Minagawa, JASOU founding president, and his fellow members shared new minimally invasive orthopaedic procedures with ultrasonic guidance. Topics included " Pathophysiology of Musculoskeletal Disorders interpreted by Peripheral Nerves: the Role of Ultrasound guided Hydrorelease" by Dr Hiroshi Minagawa; "Ultrasound guided removing of foreign bodies" by Dr Kazuma Miyatake; "Ultrasound guided scraping and reconstruction of Achilles tendon" by Dr Jun Sasahara; "Ultrasound guided tenotomy by using "TENEX" by Dr Toru Omodani; "Pre- and post-operative pain management using ultrasound images" by Dr Hiroshi Minagawa; "Ultrasound guided cervical nerve block" by Dr Hiroshi Iwasaki; "Ultrasound guided hand surgery" by Dr Yasuaki Nakanishi; and, "Ultrasound guided Orthopaedic office procedures". At the 31st Midyear convention in Bacolod in 2023, a well attended hands on workshop session with the PSCMU was held for all residents and fellows. In 2024, an ICL on "Hand it to the Usual Suspects: Pathologies and treatment options" was presented with collaboration with AHSP.

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Ang Paglalakbay ng PUSO

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In the 2025 MSK Ultrasound Asian Meeting in Kyoto, Japan, POA Fellow Dr. Janos F. Vizcayno Jr. was invited to lecture on Physical Examination for Shoulder Pain, Basics of Ultrasound Imaging and US-Guided Interventions. The meeting was attended by POA fellows from Luzon, Visayas and Mindanao.

October 2025 saw 2 courses by PSCMU with the Philippine Rheumatologic Association (PRA): an interventional cadaver course at the UP College of Medicine Department of Anatomy and a Basic MSKUS course at the Seda Hotel Manila Bay with Dr Ingrid Moller-Parerra, one of the luminaries of EULAR,

attended by orthopaedic surgeons, rehab med and rheumatologists.

These activities empowered a group of 79 POA fellows to form the Philippine Ultrasound Society in Orthopedics (PUSO) this 2025 with the vision of advancement of the practice of Musculoskeletal Ultrasonology in the orthopaedic community.

Their first official activity will be an Instructional Course Lecture during the Annual Congress on Nov 20, 2025 with the theme of "Basic MSK Ultrasound: Essentials for General Orthopaedic Surgeons".

"No Radiation, Just Revelation: Pediatric MSK Ultrasound" - Dr Michael Shaun Ritualo

"Sonographic images and intervention for shoulder pain" - Dr. Janos F. Vizcayno Jr.

"MSK Findings in Foot and Ankle Pain" - Dr. Juan Agustin Coruña IV

"Ultrasound guided intervention for common Knee pathologies" - Dr. Marc Anthony Castro

Thus, PUSO aims to be recognized as an affiliate society of the Philippine Orthopaedic Association.

Robert Y. Chan, M.D., FPOA
PUSO President



Brains, Rains, and Traffic Lanes: PBO Pulls Off 2025 In-Training Exams at UST Amid Chaos

October 19, 2025 | Manila. The Philippine Board of Orthopaedics pulled off a remarkable feat by successfully conducting its annual In-Training Examinations (ITEs) at the University of Santo Tomas (UST). The ITEs, an essential academic milestone for orthopaedic residents nationwide, faced unexpected challenges this year when they coincided with UST's Entrance Test Day (USTET). The overlap brought thousands of applicants and their families flooding the campus, resulting in overwhelming foot traffic, congested gates, and gridlocked roads surrounding the university.

Despite these obstacles, the PBO, under the leadership of Dr. Justiniano Bai, Head of the Examination Committee, ensured that the examinations proceeded smoothly and on schedule. A total of 367 examinees participated, including 113 first-year residents, 88 second-year residents, 65 third-year resident, and 72 graduating fourth-year residents completing the Qualifying Examination. Additionally, 29 examinees classified as PBO Level 0 were also accommodated in the testing process.

The Board had meticulously prepared four different sets of examinations, each designed specifically for the corresponding training level. These were carefully crafted based on the official Test Blueprint which was discussed and agreed upon during the annual PBO-Training Officers (PBO-TO) meeting held on January 25, 2025. The blueprint guided the content, scope, and difficulty of the exams to ensure that the knowledge and skills evaluated aligned with the competencies expected of residents at each stage. To maintain high academic standards, the Board also conducted a minimum passing level (MPL) - setting session on September 27, 2025, which formally established the cutoff scores for each examination set.

Faced with the anticipated logistical challenges caused by the concurrent

USTET, the Board took proactive measures to assist examinees. A detailed walk-through video was created, demonstrating the route from the designated entrance at the Lacson Avenue gate to the examination venue inside the campus. This video was disseminated through the official Viber thread used by the examinees, enabling them to navigate the crowded campus efficiently. Furthermore, the Board reminded all examinees through their respective training officers to arrive early, emphasizing the importance of allowing extra time to avoid any delays due to the heavy crowds and traffic.

On top of these challenges, the threat of Typhoon Ramil loomed over Luzon that weekend. Fortunately, although intermittent rain fell throughout the

day, the flood-prone UST campus was spared from any serious flooding, allowing all examinees to safely reach the testing site.

In the end, despite the compounded pressures of heavy traffic, overlapping events, and unpredictable weather, the 2025 PBO In-Training Examinations were conducted successfully and without incident. The Board extends its deepest appreciation to all examinees, training officers, and institutional partners whose professionalism, cooperation, and resilience ensured the smooth execution of this important event in orthopaedic education.

Lendell John Z. Gatchalian, MD, FPOA
PBO Trustee



Obituaries



Miles Francis T. Dela Rosa,
MD, FPOA
10 Oct 1955 - 17 March 2025



Reynaldo F. Cariaga,
MD, FPOA
15 May 1951 - 10 Apr 2025



Mario L. Chan,
MD, FPOA
19 May 1959 - 29 Apr 2025



Rolex C. Gonzales,
MD, FPOA
25 Jan 1966 - 22 May 2025



Rolando Gerardo F. Dela Cruz,
MD, FPOA
21 Jun 1959 - 19 Jun 2025



Geronimo B. Sales, Jr.,
MD, FPOA
23 Sep 1954 - 27 Jun 2025



Luis Q. Santos,
MD, FPOA
31 Oct 1935 - 25 Jul 2025



Melito Antonio P. Ramos,
MD, FPOA
21 May 1965 - 5 Sep 2025



Nixon J. Cabucana,
MD, FPOA
10 Jan 1977 - 15 Sep 2025



Rolando M. Puno, MD
22 Nov 1953 - 10 Oct 2025

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