

## Orthopaedic Sports Medicine Traveling Fellowships: A Demographic Comparison

**Introduction:** Orthopaedic sports medicine traveling fellowships provide opportunities to learn from established leaders, promote intellectual exchange and camaraderie, identify future leaders in arthroscopy, and facilitate networking. The American Orthopaedic Society for Sports Medicine (AOSSM), Arthroscopy Association of North America (AANA), and International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) collectively offer five such fellowships. This study evaluated the demographics, leadership, and society involvement of fellows who participated in these traveling fellowships from 2014 to 2025.

**Methods:** All traveling fellows from 2014 to 2025 were identified using publicly available information from the AOSSM, AANA, and ISAKOS websites. Demographic variables, including sex, race, ethnicity, geographic location, and practice type, were collected using institutional webpages, LinkedIn profiles, and personal websites. Institutional leadership positions and involvement within the sponsoring societies were also recorded. H-index was obtained using Scopus, Google Scholar, or ResearchGate. Results were compared across the three societies.

**Results:** A total of 131 surgeons participated in these fellowships from 2014 to 2025. Overall, most fellows were male (115, 87.8%), White (85, 64.9%), and non-Hispanic (119, 90.8%). Most practiced in academic settings (89, 67.9%). The mean H-index was 20.6 (range, 0-68). Fifty-eight fellows (44.3%) held departmental leadership positions, 94 (71.8%) held academic rank positions, and 50 (38.2%) held leadership roles within the organization through which they completed their traveling fellowship.

**Conclusion:** We found that the demographics of participants in orthopaedic sports medicine traveling fellowships reflect those of orthopaedic surgery overall, with most fellows being non-Hispanic White males. Participating fellows tended to hold leadership roles at their institutions and within the organizations through which they completed their fellowships. Traveling fellowships offer orthopaedic sports medicine surgeons an important opportunity for professional development. Increased recruitment and participation of female and underrepresented minorities in sports medicine fellowships remains necessary through educational outreach and society-led recruitment.

**Table 1 Demographic data for AOSSM, AANA, and ISAKOS Traveling Fellows, 2014 – 2025**

Categories	ISAKOS	AOSSM	AANA	Total
<b>Number of Fellows</b>	46	38	47	131
<b>Sex</b>				
Male	35	36	44	115
Female	11	2	3	16
<b>Race</b>				
White	20	28	37	85
Asian	6	7	8	21
Black	7	1	0	8
Other	13	2	2	17
<b>Ethnicity</b>				
Hispanic	10	0	2	12
Non-Hispanic	36	38	45	119
<b>Geographic Location</b>				
Midwest	3	9	9	21
South	0	10	9	19
Northeast	3	7	14	24
West	3	7	11	21
Canada	2	2	2	6
Other International	35	3	2	40
<b>Practice Type</b>				
Academic	28	33	28	89
Private	17	5	12	34
Military	1	0	7	8
<b>H-Index</b>				
Average	13.5	31.0	17.2	20.6
Range	0-68	0-59	0-42	0-68
<b>Leadership</b>				
Departmental Leadership Position	21	20	17	58
Academic Rank Position	26	33	35	94
No Current or Past Leadership Position	17	15	11	43
<b>Involvement with Organization</b>				
Member & Holds Leadership Position	23	8	19	50
Member	21	30	28	79
Non-member	2	0	0	2