

FELLOWSHIP REPORT

In November 2019, Dr Karoly Schandl (Saint George University Teaching Hospital of Fejér County, Hungary) and Dr Marko Nabergoj (Valdoltra Orthopaedic Hospital, Slovenia) performed the Eastern European SECEC Travelling Fellowship. This programme is offered to promising young surgeons with specific interest in shoulder and elbow surgery. It was a great honour for us to be selected.

This Travelling Fellowship main administrative support was Mrs Sylvie Noel with the main coordinators being Prof Istvan Szabo and Dr Evgeniy Goncharov. It consisted of a two-week program including four European centres of excellence in shoulder and elbow surgery which we choose out of 26 available host centers.

We would like to thank the ExCom of the European Society for Surgery of the shoulder and the elbow (SECEC) and its president Prof. Mehmet Demirhan for the support of this project and the Eastern Europe Support Committee for their selection. Finally, a really special thanks to Mrs Sylvie Noel, for her precious help and care before, during and after the fellowship.

The first part of our trip was spent in **Geneva**, the most populous city of the French-speaking part of Switzerland and the worldwide centre for diplomacy. In this beautiful city, located in the west, surrounded by the French border, we had the opportunity to visit **Dr Alexander Laedermann in Hospital de La Tour**.

After our arrival late afternoon in Geneva on 13th November we met with Dr Laedermann in Hospital de La Tour. We met his intern Dr Adrien and his fellow Dr Mohamed from Egypt and afterwards joined a Beemed meeting. Beemed is a new innovative Dr Laedermann's project. He explained to us its main agenda and possible future impact. We also had the possibility to make a guided tour in the hospital that is equipped with top innovations in rehabilitation field, such as antigravity treadmill, a climbing wall designed for rehabilitation and hyperbaric chamber with treadmills and stationary bicycles. In the evening we had a delicious dinner at Dr Laedermann's home and had a nice discussion with Clinique La Tour's director regarding the Swiss health system and their future goals.

On the second day [14th November] we joined Dr Laedermann in his outpatient clinic in Hospital de La Tour. Next to his outpatient room was a hi-tech room with six capture motion cameras intended for dynamic investigation of the shoulder joint for specific studies. One of the most interesting cases we have seen during the day was a 15-year old sportsman with a stiff elbow due to a large osteochondritis dissecans lesion in his lateral humeral condyle and ensuing elbow arthrosis and an elderly lady with a Milwaukee shoulder. He also often uses ultrasound during his outpatient clinic, where all the ultrasonographic images are transmitted automatically to his database on computer. During the afternoon of this intensive second day, we had a discussion regarding the management of the most intriguing cases we have seen that day. He presented to us a few of his currently running research projects which added up to twenty at that moment. He emphasized the importance of research and his intentions to include every patient he treats into a research study. After this meeting, we had a fabulous dinner in a two stars Michelin restaurant at Domaine de Chateavieux.

On Friday [15th November] we had the privilege of joining him in the operating theatre during 6 operations. The ones that stand out the most in my memory were the implantation of the reverse shoulder prosthesis where he used a minimally invasive deltopectoral approach while

leaving the subscapularis muscle intact. This subscapularis sparing procedure is technically very challenging and has some limitation regarding of the indication. This patient was a perfect candidate with her rotator arthropathy and mild osteoarthritis. We could see the patient a few hours later passively moving her arm. We also saw the Dynamic anterior stabilisation (DAS), although at this time performed with an open approach due to the complexity of the case. Dr Laedermann presented DAS to us and compare it with the standard Bankart repair, described its indications and advantages and results. We also learned about his postoperative slingless mobilization in patients with small or medium supraspinatus tear and its advantages compared to a sling use. In the evening we tried a tasty local Swiss fondue.

With Dr Alexander Laedermann at Hospital de La Tour.



The next day [16th November] early morning we burned our previously gained calories during an ascent to a nearby French mountain La Corraterie (1278m). In the afternoon we implanted a total elbow prosthesis in an elderly trauma patient with a comminuted distal humerus

fracture. Dr Laedermann gave us his tips and tricks of the procedure. In the evening we visited a fine Japanese restaurant.

With Dr Alexander Laedermann in front of Rolex headquarters.



On Sunday [17th November] we met Dr Laedermann's parents and flew to our next stop in France.

The second part of our fellowship was based in Toulouse, the center of the European aerospace industry. On Monday morning [18th November] we visited **Dr Jean Kany** in **Clinique de l'Union**. Dr Kany is one of the most experienced shoulder surgeons worldwide especially regarding the arthroscopic Latarjet and arthroscopic Latissimus dorsi transfer. The

special surgery of the day was arthroscopic Latarjet, which he performs around 80 cases per year. Dr Kany shared his knowledge and experience regarding that procedure and gave us his helpful advice during the operation. After noon we moved to his house and had a typical French lunch and afterwards continued with the surgical schedule in **Clinique La Croix du Sud**.

On the next day [19th November] we joined Dr Kany in his outpatient clinic in Clinique de l'Union where another fellow Vladislavs Gordins from Sweden joined us. We discussed the concept of internal impingement in overhead athletes and pseudoparalytic shoulder and he described to us his surgical management of anterior shoulder instability. Dr. Kany also told us about Toulouse Arthroscopic Shoulder Congress that he organizes and shared with us its new future format.

The seventh day [20th November] was very special. We were located in Clinique La Croix du Sud. This day was especially dedicated to the arthroscopic latissimus dorsi transfer. Dr Kany performed the procedure and shared his rich know-how. He presented to us many surgical tips and tricks during the operation. We had a very inspiring and educational discussion on the philosophy behind the procedure and its indications. In the late afternoon we took a flight to Poland.

With Dr Jean Kany and Dr Vladislavs Gordins at Clinique de l'Union.



Third stop of our fellowship was in a rapidly developing Poznan, a birthplace of the Polish nation, located in the west-central part of Poland. On Thursday [21th November] we visited **Prof Przemyslaw Lubiowski** and got to know his team in **Rehasport Clinic**. Dr Marek Stawniak gave us a complete tour of Rehasport Clinic and spoke about it in detail. We also had some time to spend with a physiotherapist to see firsthand what kind of work they do and what kind of equipment they use. We spend a valuable hour with a radiologist Dr Marcin Dzianach who specializes in musculoskeletal radiology. We discussed with him the importance of ultrasound-guided glenohumeral joint injection and we could observe a magnetic resonance imaging contrast fluid injected into the joint and he shared tips and tricks about the procedure. He also performed a dynamic ultrasound examination of the elbow to assess the integrity of the ligaments, stability of the ulnar nerve and the presence of joint effusion. Afterwards we joined Prof Lubiowski in his outpatient clinic and in the late afternoon we had a research meeting where we met with his whole research team. The focal debate during the meeting was the surgical management of a stiff elbow. Dr Nabergoj also had the opportunity to give a talk to the team about our clinical and research experience which followed with an inspiring discussion about the usefulness and advantages of arthroscopic elbow release compared to an open approach.

During our second day [22th November] in Poznan we have assisted at two arthroscopic Latarjet procedures using the Pascal Boileau's technique. Prof Lubiowski shared his knowledge and experience, and we had a discussion of which Latarjet could be better, the arthroscopic or the open one. He also performed a sternoclavicular joint stabilization with a figure-of-eight reconstruction with graft (palmaris longus tendon) and artificial tape. We learned about his treatment algorithms for different shoulder pathologies. In the evening the two of us and the whole team of Prof Lubiowski went to a fine restaurant and had a delicious typical Polish dish.

With Prof Lubiowski's team.



With Prof Przemyslaw Lubiowski and Dr Joanna Walecka at Rehasport Clinic.



On Saturday [22th November] the whole team gathered at a nearby Go Kart facility. Even though we competed against each other, everyone was a winner at the end because of the great time we spent together. In the afternoon we had free time to explore the wonderful old city center of Poznan.

With Prof Lubiowski's team at the Go kart facility.



On 23th November we flew to Turkey, the final destination of our fellowship.

The last stop of our fellowship was in a historical city formerly known as Constantinople, presently called Istanbul in Turkey. On Monday [24th November] **Prof Mehmet Demirhan**, the current president of SECEC, picked us up in the morning in front of our hotel. After arrival at **Koç University hospital** we met his team. Afterwards Dr Olgar Birsel gave us a guided tour of the hospital with an impressive newly built cadaver lab and an advanced learning student lab. In the afternoon Dr Birsel took us on a short but intense tour of Istanbul with occasional refreshing stops at local bakeries.

Hagia Sofia just behind us.



In the evening we tasted some delicious typical Turkish fish dishes with Prof Demirhan's team.

With Prof Demirhan and his close team.



Tuesday [25th November] was exceptional. Koç University is one of the few centers in the world where they perform a rare and complex procedure, a scapulothoracic arthrodesis. We had the privilege to participate in one which was performed in a patient with advanced facioscapulohumeral dystrophy. Prof Demirhan and his colleagues have a very significant experience with this procedure, with more than 70 cases treated so far, which makes them one of the most experienced institutions in the world for that specific procedure. We also had the chance to discuss extensively with Prof Demirhan regarding the best fixation method, the proper position of the scapula on the thorax, advantages of his technique, possible complications and its results. In late afternoon they organised a SECEC travelling fellowship Mini-Symposium with local SECEC lecturers. Dr Nabergoj had a chance to present experience of open elbow arthrolyses performed in his institution. Other topics presented and discussed were revision of anatomic shoulder to reverse, treatment options for massive fatty degenerated rotator cuff tears, effect of suprascapular nerve injury on rotator cuff entheses and lastly presentation of interesting cases. In the evening all participants gathered for a dinner with tasty Turkish food and a nice view of the illuminated historical part of Istanbul.

With Prof Demirhan and his local SECEC colleagues.



On our last day [26th November] we visited the American hospital. This day was especially dedicated to rotator cuff repair. We discussed his preferred fixation techniques based on the size of the tear. He also performed a huge osteochondroma removal from the humerus, which was also really interesting. Prof Demirhan was once again fantastic with us, constantly sharing and teaching.

With Prof Demirhan at American hospital.



In these two busy weeks, we met excellent surgeons and wonderful people. We would like to thank all of our hosts and their colleagues for their hospitality, they really took care of us. This fellowship allowed us to increase our knowledge in shoulder and elbow surgery and widen our circle of contacts while exploring different philosophies and techniques. We will bring with us all the useful things we learnt to improve our daily practice.