

SECEC Intra European Travelling Fellowship 2007

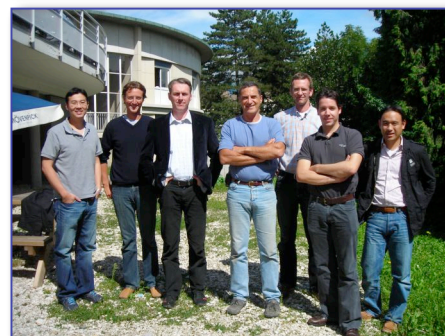


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It was a great honour for us to be elected for the Intra European Travelling Fellowship, which took place from August 21st through September 14th 2007.

The first stop of our journey was Annecy (France) where we were hosted by Dr. Laurent Lafosse and his wonderful team. At the first evening we enjoyed the French hospitality with the most famous red wine and Tartiflette. During the next two days we had the opportunity to be in the operating theatre with Dr. Lafosse and his partner Dr. Bruno Toussaint. Beside many standard arthroscopic and open procedures we were able to see the advanced art of arthroscopic surgery including an arthroscopic latissimus dorsi transfer and an arthroscopic Latarjet-procedure. Despite a busy program we were able to go on a bicycling tour around Lake Annecy. We enjoyed the exceptional landscape of the lake and the mountains from Col de La Forclaz. On the weekend we visited Le Gorges du Fier and afterwards Laurent took us on a waterskiing trip on Lake Annecy. On Sunday we left Annecy with a sore eyes.



Arriving at London/Heathrow we experienced a warm welcome by Dr. Ofer Levy who took us to Reading where we were supposed to be for the next three days at the Reading Shoulder Unit. We stayed in the Great House in Sonning. Monday was a public holiday in the UK therefore we had time to go on a rowing tour on the Thames in the famous town of Henley. In the afternoon we enjoyed a barbecue party at Ofer Levy's house with the whole Reading Shoulder Unit Team. On the first day in the operating theatre we could see a Copeland surface replacement and the new inverse shoulder system by Ofer



Levy (Verso). In addition we have seen many arthroscopic cuff repairs and instability surgeries. On the next day we had the opportunity to join Dr. Stephen Copeland in his private outpatient clinic. It was an unexpected pleasure to meet Uri Geller there who bent a spoon for us! After a scientific conference in the evening we had dinner with the whole team at "The Bull Inn" in Sonning.



After Reading we went to Amsterdam (Netherlands) where we were picked up from the Airport by Dr. Jaap Willems. We spent the next day in the Onze Lieve Vrouwe Gasthuis Hospital. We were honoured to participate in different types of surgeries including a total shoulder replacement, a revision shoulder replacement and an open latissimus dorsi transfer. This was followed by a brainstorming scientific meeting and a wonderful dinner at the Italian restaurant with the staff and residents. After a Friday morning with different arthroscopic procedures we had the afternoon free to visit the beautiful city of Amsterdam. Jaap Willems took us on a catamaran sailing trip on the weekend and afterwards we had a relaxing dinner next to the North Sea.



The next stop was Nottingham (UK). We were hosted by Prof. Angus Wallace and Dr. Lars Neumann. We experienced great hospitality by Angus and Jackie Wallace and Lars and Hanne Neumann. We stayed at their houses during the next days. At the first day we participated in the outpatient clinic at Nottingham City Hospital. Afterwards we had a research symposium with the whole team and in the evening we visited the oldest pub in England called "The Trip to Jerusalem" for oesophageal lubrication. During the next two days in the operating theatre we have seen different shoulder and elbow procedures including a primary and revision total elbow replacement by Lars Neumann and a total shoulder replacement by Angus Wallace.



Since that time our journey got quicker and quicker. We left the Nottingham to land in Geneva on our way to Zurich. This was really great opportunity to see the organization of Balgrist Hospital that could only be called perfect. Morning started with routine department meeting together with Prof. Christian Gerber. Then we joined him and Dr. Bernhard Jost in OR. We could admire the art of shoulder surgery. Reverse shoulder prosthesis with latissimus dorsi transfer was breathtaking. After spending whole day in OR and drawing some unique knowledge from Prof. Gerber we had a trip through the Balgrist with Dr. Jost. We have seen „typical“ hospital facilities (extraordinary OR, wards, radiology with 4 MRIs, physiotherapy) and wonderful research part (biomechanical and tissue engineering). The next day was coloured with IAAF Golden League Weltklasse Meeting. We could enjoy the good company, watch top world athletes and have bratwurst with beer(s).



Next was quick flight to Milano and visit in the unit by Prof. Alex Castagna. We started the day in OR for arthroscopic surgery. We were invited to scrub together with the master. Prof. Castagna showed us his attitude to many conditions and shared his tip and tricks. That included: PASTA repair, arthroscopic stabilization in MDI, Alex stich, soft tissue LHB tenodesis. The afternoon was devoted to scientific meeting with „no formality but high quality“. This was good opportunity to discuss many issues, e.g. metal back glenoid resurfacing or PASTA repair. We were delighted to finish the day having delicious italian dinner with friends. The next day was full of open surgery including reverse



shoulder arthroplasty. However the attraction of the day was the classical music event in Milan Conservatorium with St. Petersburg Symphonic Orchestra. Interestingly enough we got there from Prof. Castagna's house in very Italian way- by scooters.

The last, shortest but not least was the visit in Nice. The day started at the beautiful cost avenue full of palm trees from were Agness, Prof. Boileau's scientific assistant took as to Archet Hospital. We could join Prof. Pascal Boileau already in OR. Prof. shared two operating rooms so despite only one day we could see many procedures. That included interesting concept of inverse shoulder arthroplasty with lateralizing bone graft under glenosphere, very convincing arthroscopic shoulder stabilization (with TOTS). The reward of the day was very difficult posterior shoulder inveterate fracture/dislocation which did not seem difficult in Prof. Boileau's hands. That day we participated in our last scientific meeting. We could once again listen to each others papers (glenoid defect against stiff elbow, and AC stabilization against tennis elbow). We could enjoy the evening with whole shoulder unit team of friends supplied by hot cuban food and hot cuban music. The finish came after 11 flights, 6770 km and 25 days in Munich Airport. We truely became friends.



During that wonderful time we learnt a lot from the top shoulder surgeons. We could see them working, share the ideas. We could understand better their papers and teaching. This was also about small things, tiny clever tricks that make life easier. We could also observe the background of their success, the life outside the shoulder surgery. Something we called proper life balance. We could be also infected by the enthusiasm on each part of the fellowship. SECEC travelling fellowship is great experience.