



SECEC IntraEuropean Travelling Fellowship 2013 June 5th-July 3rd

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This report will cover our visit to 8 European centers out of thirty possible ones and we would like to acknowledge SECEC for that reason.

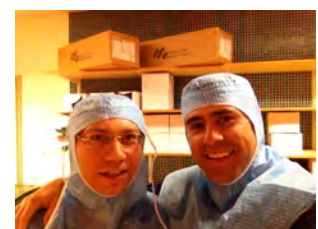
Our visit started with the 5th Ancey Live Surgery Course on Shoulder Arthroscopy hosted by Laurent Lafosse. It was a full three days of live surgeries ranging from instability to arthroscopic latissimus tendon transfer. It was very interesting to watch different surgeons with different views from all over the world exchanging tips and tricks on shoulder arthroscopy. Ancey is a beautiful town and we had the opportunity to bike around the lake and enjoy the enticing old town. We were invited by our host to the Faculty dinner on Thursday and we were honored to meet Dr. Castagna who of course took a picture with us.



We then travelled to Berlin, where we started a three-day visit to Charité Hospital at the Virchow Campus where Prof. Markus Scheibel received us. He was a very kind host along with his team, including a very involved medical student, Dr. Stanhke. We were able to visit the impressive Julius Wolff Research Institute that is very involved in Orthopedic Research. We had the opportunity to assist to AC dislocation treatments, reverse shoulder arthroplasty (RSA) exchange, DR rotator cuff repair and very interesting revision arthroscopy cases. Prof. Scheibel organized an impressive scientific session where they presented very advanced papers on biologic aspects of rotator cuff repair. To top the visit we had a wonderful dinner with part of the team at a magnificent restaurant overlooking the river at Grill Royale on Tuesday night.

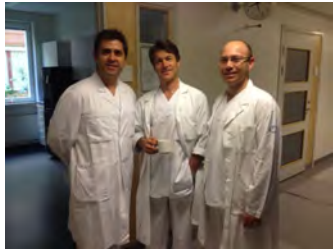
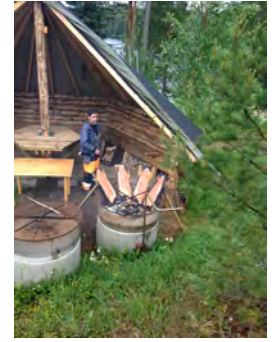


On Wednesday we arrived parted to Finland where we arrived on Thursday. Dr. Lehtinen welcomed us very early in the morning and had breakfast with us before parting for Hatanpää Hospital, which is now an elective surgery center where he shared his approach to shoulder instability. During the afternoon we were able to see a RSA for rotator cuff atrophy performed by Dr. PP in the Coxa institute. They perform more than 300 shoulder arthroplasty cases per year and the sophisticated OR and sterility measures impressed us. We had a very nice dinner at an Italian Restaurant where we discovered Dr. Lehtinen's great knowledge on wines. Dr. Lehtinen was a very fine host and we deeply appreciate his hospitality.





On Friday it was a full day on shoulder instability including an anterior rim glenoid fracture, a bony Bankart with an engaging Hill-Sachs and a posterior instability. We then took a bus to a country-house where another impressive scientific session took part along with shoulder surgeons from the region. At the same place we experienced the pleasures of Sabu-sauna (smoke-sauna), of freshly smoked salmon and, again, great wines. Dr. Lehtinen was a very fine host and we deeply appreciate his hospitality.



On Sunday we arrived at Linköping, where we met Dr. Lars Adolfsson. On Monday we attended the morning clinical session where he introduced us to his colleagues. There were two operating rooms at the time, one with elbow cases and the other with shoulder cases and we agreed to split according to our interests. In the afternoon we had the opportunity to do a cadaver lab with extensive elbow dissection. We were able to observe research on elbow load transmission that Dr. Adolfsson was directing. We had a wonderful dinner with his team at a Greek restaurant where we met Dr. Adolfsson's wife and one of his sons. On Tuesday we scrubbed in for shoulder cases including a glenohumeral arthritis that was randomized to a hemiarthroplasty in an ongoing trial and a RSA. We had dinner in a very nice restaurant and prepared to leave in Wednesday to Berne. We would like to acknowledge all the rest of his team because they were most welcoming (thanks to Jans, Johan and Hanna).



In Berne, Prof. Ralph Hertel had prepared us a tight schedule that was very enriching. On Thursday he performed five surgeries including rotator cuff reconstruction with two different open surgical approaches with prior arthroscopic evaluation, proximal humerus fracture reconstruction, arthroscopic acromioplasty, proximal humerus plate removal. On Friday we shared clinics with Dr. Hertel where we could see the follow-up on some of his cases and share his approach to shoulder instability, rotator cuff repair and rehabilitation, elbow fracture care and hemiarthroplasty. Each case prompted a fruitful discussion and it was very instructive. During the evening we had the opportunity of sharing dinner with his wonderful wife Tatiana. Saturday awaited us with a plan to swim in the river Aare. After the first impression we managed to swim for a while but thankfully we didn't get the opportunity to jump off the wooden bridge. It was really nice to get out not only because we went back to 36,5°C but because we had a wonderful evening in his house along with some friends and his family. They were the perfect hosts.





Sunday was the day of our transfer to Nice to visit Prof. Boileau. On Monday we split the day between the OR and clinics. We were able to observe the demanding anterior bone block procedure, a revision of an anterior bone block procedure and an unstable painful biceps. We had a nice lunch with Prof. Boileau and we continued with clinics until the evening. We had a chance to improve our knowledge on proximal biceps physical exam and imaging, on posttraumatic proximal humerus sequelae and the use of a new type of arthroplasty, the snooker ball.



On Tuesday, there was only half the OR but they somehow managed to perform an arthroscopic Bankart with remplissage, a BioRSA, an arthroscopic posterior bone block, an unstable painful shoulder and an arthroscopic Bristow procedure with capsular reconstruction. We had a wonderful dinner with Dr. Boileau's team overlooking the Mediterranean Sea and had a nice discussion about the future of specialization in Orthopedics and specifics on implant design.



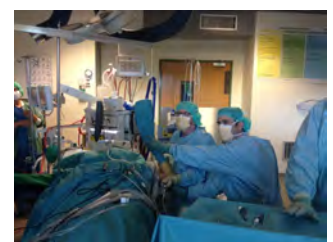
On Wednesday we transferred to Innsbruck but we had time to spend half of the clinic with Prof. Boileau and were able to see his good results in complex revision shoulder procedures. We saw a new design of short humeral stem for RSA that is under investigation. Again we were able to appreciate cases of unstable painful shoulders and the strategic thinking approach on painful shoulder symptoms.



On Thursday morning we met with Prof. Markus Wambacher at the University Hospital at Innsbruck. We had clinics, OR and the scientific session where they presented their experience with bony deficiencies in shoulder instability. Luckily enough we had the opportunity to watch a J-graft for anterior shoulder instability the next day. It was impressive to see the digital imaging software they have. We had wonderful dinners with Dr. Wambacher and Dr. Clemmens on Thursday, Dr. Jeske on Friday and Dr. Euler on Saturday. They were all very welcoming. On Sunday we headed to our last destination, Aarhus in Denmark where Dr. Johanssen and Dr. Ovessen were our hosts.



Dr. Ovessen was waiting for us at the airport and took us to Aarhus city center. We enjoyed a very pleasant dinner along with his husband. They took us on a tour around the city. The shoulder and elbow unit is a referral center in Denmark and treat complex procedures of the shoulder and elbow. On Monday we had the opportunity to learn on the management of an infected total elbow arthroplasty, a complex stiff elbow with heterotopic ossification and complications after a resurfacing shoulder arthroplasty. We had an engaging scientific discussion on different topics in shoulder and elbow.





All the team got together at Dr. Ovessen's house, where we enjoyed a very pleasant dinner. On Tuesday we observed outpatient surgery including an arthroscopic release for stiff elbow, an arthroscopic shoulder release and an arthroscopic Bankart repair. We were also able to attend the clinic. On Wednesday we attended a shoulder revision arthroplasty before returning home.

In conclusion, we have learned many things, not all orthopaedic related, in our stay among eight prestigious shoulder and elbow teams. We have met wonderful people and we hope we can keep these relationships over time. We want to thank SECEC, our colleagues at our hospitals and our families.



