



SECEC Intra European Traveling Fellowship 2015

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Visited Centers:

1. Laurent Lafosse, Annecy Shoulder Course, Annecy (FRA)
2. Samual Antuna, Madrid (ESP)
3. Emilio Calvo, Madrid (ESP)
4. Antonio Cartucho, Lisbon (POR)
5. Frank Gohlke, Bad Neustadt (GER), DVSE congress, Mannheim (GER)
6. Matthias Zumstein, Bern (CH)
7. Ofer Levy, Reading (ENG)
8. Alessandro Castagna, Milano (ITA)

We started our Fellowship in Annecy (FRA) with **Laurent Lafosse** while participating at his legendary Advanced Shoulder Course 2015 from Thursday until Saturday. Laurent was a very nice and kind host and he friendly invited us to the welcome dinner at the first day, to the faculty dinner at the second day and to a gala dinner at the third day. During the course we saw 33 very impressive live surgeries and met the shoulder experts from all over the world. Laurent demonstrated two arthroscopic brachial plexus releases, Gilles Walch and Pascal Boileau showed the implantation of shoulder arthroplasties based on 3D preoperative planning even in addition with a bio RSA procedure. The meeting ended up with a very interesting arthroscopically assisted latissimus tendon transfer. A very inspiring part of the meeting was the repetitive panel discussion of the experts (Laurent Lafosse, Christian Gerber, Gilles Walch, Pascal Boileau, Tony Romeo, Felix Savoieau et al.) often offering different opinions of concerning anatomic or reversed arthroplasty, biceps tendon, treatment of the rotator cuff.



Thilo Patzer, Laurent Lafosse, Mohamed Moursy
in front of the nice lake of Annecy



Thilo Patzer, Alex Castagna, Laurent Lafosse, Mohamed Moursy
at the gala dinner of the Annecy Shoulder Course

Afterwards on Sunday we went to Madrid, where **Emilio Calvo** caught us at the airport and brought us to the very beautiful NH hotel Abascal.

At the first day in Madrid we were in the OR with **Samuel Antuna**. He was very kind and showed us an open artholysis of the elbow with gaining the full motion at the end of the procedure. In the second case he demonstrated us the radiological evaluation of elbow instability before doing an elbow arthroscopy.



Mohamed Moursy, Samuel Antuna, Thilo Patzer
in the OR of Hospital La Paz in Madrid

In the afternoon we had time to visit the Estadio Bernabeu (Real Madrid) next to the University hospital La Paz, where we did a guided tour and looked up at all the trophys, the home locker room of the Real Madrid soccer team with the medical treatment and recreation areas.



Thilo Patzer, Mohamed Moursy
in the conference room of Bernabeu Stadium of Real Madrid

The next day we went in the OR with Emilio Calvo. He showed us an arthroscopic Latarjet operation with labrum refixation, two arthroscopic rotator cuff repairs and a reversed prosthesis. His partner Antonio Foruria de Diego demonstrated an arthroscopic elbow artholysis. For dinner we went out in a nice Tapas-Bar with Emilio Calvo, Samuel Antuna and their residents.

Wednesday we joint the OR with Emilio and saw seven cases, four cuff repairs, one Bankart repair with remplissage.



Mohamed Moursy, Emilio Calvo, Thilo Patzer
in the OR of Fondacion Jimenez Diaz Hospital in Madrid

On thursday we had a scientific session with Emilio, Samuel and their teams with presenting lectures and having interesting discussions. The afternoon was free and we visited the popular Prado museum and the very awesome old town of Madrid. In the evening Emilio and Samuel invited us to a nice Spanish Restaurant.



Samuel Antuna, Thilo Patzer, Emilio Calvo, Mohamed Moursy
in front of a Spanish Restaurant in Madrid

On Friday we took part at the outpatient department with Samuel Antuna with 50 patients where he presented us different cases of patients and we discussed several indications and he showed us specific techniques for examination of the patients.

On Saturday we left Madrid by plane to Lisbon.

Antonio Cartucho kept us at the Lisbon airport and took us to the hotel. After a short refreshening we went to a typical Portuguese restaurant directly next to the Tejo river with an magnificent river view. With Antonio and one of his fellows we had fantastic

seafood and fish. During this nice lunch we have already discussed several concerning the shoulder and we talked about different clinical systems.



Afterwards Antonio showed us the harbour area of Lisbon with important historical monuments before we went up to the old town of Lisbon where Antonio guided us to the most important places and points of view of this fantastic city.



Mohamed Moursy, Antonio Cartucho, Thilo Patzer
in front of the Old town and the castle of Lisbon

On Monday we took part at four shoulder arthroscopies (three rotator cuff repairs, an anterior Bankart repair) and one open Latarjet procedure. In the evening we were invited by Antonio with his team to a dinner in a restaurant with an amazing view all over the river again.

On Tuesday we saw six cases, four arthroscopic rotator cuff repairs, one open Latarjet done and an arthroscopic Bankart repair.



Thilo Patzer, Antonio Cartucho, Mohamed Moursy
in the CUF Descobertas Hospital of Lisbon

On Tuesday afternoon we left Lisbon by plane to Wuerzburg. A shuttle kept us from Wuerzburg airport to the Maritim Hotel. The next day we went by taxi to the house of **Frank Gohlke** and he took us by car to his clinic in the nice small city Bad Neustadt/ Saale. Frank Gohlke is the head of the shoulder-elbow-department. We participated at two interesting operations. The first case was a Bio RSA, which was planned preoperatively with the blueprint program and the central glenoid k-wire was placed with help of a specially CT based produced sterile PE guiding device, which we have already seen used by Pascal Boileau and Gilles Walch at the Annecy Shoulder Course. The second case was a revision of a cementfree hemi on a cemented RSA. Frank Gohlke showed us nicely how to remove a cementless shaft. In the evening we went out with Frank Gohlke and his team in a nice restaurant directly next to the Donau where we had a nice river view. Frank Gohlke told us many details about the wine and about the history of Wuerzburg.



Mohamed Moursy, Birgit Werner, Thilo Patzer, Frank Gohlke



Frank Gohlke, Mohamed Moursy, Thilo Patzer, Birgit Werner, Dirk & Dorotha Böhm

On thursday we went by car with Frank Gohlke to the national meeting of the German Shoulder Society (DVSE) in Mannheim. The congress presidents Lars Lehmann and Sven Lichtenberg kindly invited us to take part at the faculty dinner on Thursday and to the congress party on Friday.

We left Mannheim by train to Bern (Switzerland) on Sunday and we arrived in Bern at the afternoon. We could walk from the train station to our hotel and went to the old town of Bern. In the evening **Matthias Zumstein** invited us for a beer on a terrace with an awesome view on the river Aare and the old town of Bern.

The next day, on Monday, we were with Matthias in the OR and we did a reversed fracture prostheses with him, where we learned a nice arming technique for refixation of the greater and lesser tuberosities. The second case was an open Latarjet procedure. Afterwards he demonstrated us an arthroscopic cuff repair with biceps tenodesis and we ended up with a acute fracture of the lateral clavicle fracture which was treated with the very interesting so called bipod technique.

On tuesday morning we accompanied Matthias examining patients in the outpatient department where we discussed indications and operative techniques.

We had lunch on the beautiful roof top terrace of the Inselspital hospital with a beautiful view on the alp mountains Eiger, Moench and Jungfrau.



Mohamed Moursy, Matthias Zumstein, Thilo Patzer
on the clinic terrace of Inselspital Bern, great view on the alps

In the afternoon we had a very interesting scientific meeting, where we, Matthias Zumstein and his team presented several lectures of the actual research projects. We discussed a lot and got a huge amount of new ideas and brain storming.

In the evening Matthias invited us for a dinner with all of this team.

On Wednesday morning we went with Zumi to the Sportsclinic next to the Bernese soccer arena. We had a nice private guided tour in this arena, where Germany won the „Wunder von Bern“ world championship in 1954.

We left Bern to Zuerich by train and proceeded by plane to London in the evening.

Ofer Levy kept us at Heathrow airport and drove us to our hotel in Reading where we had our first typical English ale. On Thursday we were in the OR with Ofer Levy and we took part at two implantations of his stemless reversed prosthesis (verso) via the superolateral approach. The exposure of the glenoid was very impressive. Afterwards Ofer showed us an arthroscopic rotator cuff repair with PRP injection and as fourth case a mobilization under anesthesia. During the operations we discussed a lot of things with Ofer like the palm tree technique for humeral fracture fixation, the parachute technique for instability repair and the problem of P. acnes in shoulder surgery. In the evening we went out with the team and Ofer's very kind wife to an old 9th century English pub directly next to George Clooney's and Uri Geller's house. On Friday we were in the outpatient clinic and saw patients. We discussed a lot and Ofer demonstrated us some interesting clinical tests and we could see the good results of his patients. At the end we had a scientific session where we and Ofer's fellows and residents presented some lectures.



Thilo Patzer, Ofer Levy, Mohamed Moursy
in the Reading Shoulder & Elbow Unit at the Royal Berkshire Hospital

On Friday evening we went out in a restaurant on a canal boat with Ofer and some of his anesthesiologists.

On Saturday Ofer took us for sightseeing to Windsor castle and in the afternoon we went out to a Barbecue in his very beautiful 500 year old cottage next to Reading. We had a very amazing afternoon and evening with interesting talks and a lot of fun.

On Sunday, Ofer invited us to the very popular rowing regatta at Henley on Thames where we could watch great sports, felt the special atmosphere and had some typical English Pimm's. Afterwards Ofer directly shuttled us to Heathrow airport and we went to Milano.



Mohamed Moursy, Ofer Levy, Thilo Patzer
at the Henley-on-Thames Rowing Regatta

At Milano airport a resident caught us and brought us to the Marconi hotel in the city center of Milano where **Alex Castagna** was waiting for us and presented us the program for the last three days of our trip.

On Monday we went to Bergamo where we joined two shoulder arthroscopies with Alex. In the afternoon we had time to visit the very nice old town of Bergamo.

In the evening we were invited to a dinner at the Expo with Alex' team.

On Tuesday we took part at 12 shoulder arthroscopies at the Humanitas hospital in Milano. All surgeries were well done in lateral decubitus position and in regional anesthesia alone. We joined several cuff repairs with the Alex stich and instability repairs with the Miba stich. We will keep in mind two very interesting elsewhere

operated revision cases having shown which huge joint defect proud titanium anchors for instability repair can cause. During the operations Alex kindly took his time for us and we discussed a lot of indications and therapeutic options. Alex told us the PASTA story of Steve Snyder and himself and demonstrated us the key points of a succesful in situ PASTA repair. Afterwards we had a very interesting scientific session with all of his team.



In the evening Alex and his wonderful wife Anna invited us and a fellow from New Zealand for a dinner in their amazing apartment in the Milano city center where Steven and Vanessa served us a very delicious dinner.





On Wednesday, our last day, we spent with Alex in the OR again and we watched six shoulder arthroscopies. In the last case Alex demonstrated us his very interesting instrument for arthroscopic transosseous anchor-less rotator cuff repair which worked very well.

It was more than a very great pleasure for us to join this SECEC fellowship. We both have become big friends and have got several further big friends in every visited center. We have made very important experiences, have seen a lot of interesting things, took sometimes only small but helpful tips and tricks with us and we have learned a lot about indications, examinations and operative techniques concerning this very wonderful field of shoulder and elbow surgery.

We thank a lot the SECEC for having given us the opportunity to take part at this itinery. We would like to give our thanks back in engaging ourselves in the society.

Thank you very much, all hosts, thank you very much, SECEC!!!

Yours Thilo Patzer and Mohamed Moursy