

# ESSSE/SECEC EUROPE-JAPAN-KOREA TRAVELLING FELLOWSHIP



24. SEPT - 22. OCT 2012  
JÖRN KIRCHER, GERMANY



OSAKA – KYOTO – HIROSHIMA – KUMAMOTO – FUKUOKA –  
SEOUL – DAEJEON – GWANGJU – JINJU - DAEGU

## JAPAN

My first town to visit in Japan was Osaka after arriving in Tokyo and connecting with domestic flight to Kansai Int. airport. I arrived in the evening at the 25<sup>th</sup> of September and was picked-up by Mr Y. Fujisawa who is a fellow of Prof. Sugamoto, my first host. He is Professor of Orthopaedic Biomaterial Science at the Osaka University Graduate School of Medicine with a huge biomechanical lab and staff. Although already quite late we had an excellent dinner at the Mogami restaurant in the middle of Osaka city. I was introduced to a variety of classical Japanese food. This was a very good start for the experiences to come including an astonishing hospitality and very friendly people to meet...



I was accompanied to a hotel at the other end of Osaka and a very good first night in Japan.



On Monday 26<sup>th</sup> I started early morning with Prof. Mihata at his hospital in Takatsuki-Osaka. He demonstrated a very skilful arthroscopic rotator cuff repair for a partial



Supraspinatus tendon tear in lateral decubitus position. After this straightforward procedure he introduced me to his very special technique of treating irreparable rotator cuff tears using autologous fascia lata fixed at the greater tuberosity and the superior glenoid rim of which he had presented the first results at the AANA

meeting in 2011. After lunch we took part in a clinical conference and discussed some very interesting projects with researchers from the Biomechanical lab of Prof. Sugamoto.

We had a wonderful dinner with Okonomiyaki – of course the Osaka style, after which I was driven to Kyoto, arriving late night at the hotel.

In the morning I was picked-up by Prof. Morihara and we went by train to a small suburban hospital in Kyoto. I was impressed by the huge physiotherapy unit which



was very active in the treatment of the mostly elderly people. I visited the outpatient clinic with a great variety of clinical cases.

The late afternoon was free for a short sightseeing tour through Kyoto. Dr.

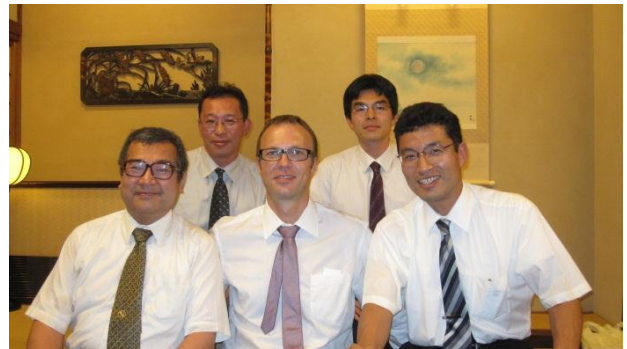
Mukai was very well prepared to give a lot of information about the famous ancient Kiyomizu temple built in 789. This was very impressive and worth staying the whole day there and we realized, that the time is much too short to get around in Kyoto... We managed to visit another famous place: the Fushimi Inari Shrine.



In the late afternoon we had a scientific meeting at the university hospital together with Prof. Y. Nakagawa and I gave a short lecture about osteochondral transplantation at the shoulder joint. In the evening



we moved to a traditional Japanese Restaurant with fantastic food including fine raw fish and sake...



Early morning the next day I took the Shinkansen fast train to Hiroshima. Prof. Y. Mochizuki had sent a member of his hospital staff to pick me up and guide to the Rihga Royal Hotel which offered a fantastic view over the modern city of Hiroshima and the old rebuilt Hiroshima castle. Prof. Mochizuki had a well-organized schedule and we met in the afternoon and went for dinner in a traditional restaurant with typical Hiroshima seafood. His junior doctors did join us rather late because they were very busy in the hospital...

The next day we went to the Hiroshima prefectural hospital to see a shoulder stabilization in a young male who had several dislocations and a chronic Bankart deficiency. Prof. Mochizuki demonstrated a very special method in the treatment of this condition using a special graft consisting of a mix of absorbable and non-absorbable materials forming an augmentation graft. With great surgical skill he managed to augment the defect based on the preoperative CT-calculations regarding the size of the bony defect.



After having some traditional Udon noodle at lunch we had a tour through the very busy hospital. In the afternoon I joined Dr. Murakami in the OR watching a revision ACL reconstruction after double-bundle transplantation some years ago.

In the early afternoon we went to the University campus at another part of the city to meet Prof. M. Ochi.



I was very lucky to spend some time with him to have a conversation about future directions in cartilage repair with this outstanding expert in this area. I was very impressed by the number and quality of research and publications from his very busy research group.

In the evening we went to the hotel restaurant with some fantastic barbecue prepared just in front of us... delicious!

The next morning we visited the outpatient department of the hospital. Dr. Hayashi and I were lucky to have the opportunity to leave early for a sightseeing trip through Hiroshima. Of course, we went to the Hiroshima Peace Memorial Park.



It was very impressive and pathetic to see the devastating force of atomic weapons. The exhibition is fantastic in presenting background information about the 2<sup>nd</sup> world war at the pacific front. The last part of the exhibition was hard to stand without losing temper: several very sad personal stories and exhibition pieces illustrating the individual suffering of the people from Hiroshima. Excellent and tragic at the same time.

Before looking around the city we had lunch with some Hiroshima style Okonomiyaki.



nice surprise: he had managed to get tickets for the league game of the

Hiroshima Carps. It was very interesting to me to see the enchanted and enthusiastic fans of baseball, the number one sports in Japan.

In the late afternoon I met again Prof. Mochizuki who had come up with a very





After barbecue dinner, which again was fantastic we moved to the Lions Club in the city centre. I had the opportunity, to prove my skills by folding Origami birds under the influence of some very kind women and non-traditional beverages...



On Saturday Prof. Mochizuki spent a lot of time with me accompanying me to the Itsukushima Shrine at Miyajima – a world heritage which indeed is very impressive.



Coming back from that fantastic trip we had a scientific meeting of all shoulder surgeons of the region and I gave a lecture about the "European perspective on the treatment of cuff tear arthropathy". I felt very honoured to have been introduced to Prof. Adachi who was one of the founders of the Japan Shoulder Society.

This very communicative meeting ended with a sun downer at the hotel bar on top level with a wonderful impressive view over night-time Hiroshima.



In the morning I was accompanied by Prof. Mochizuki to the central station and again took the Shinkansen Express this time to Kumamoto.

I was expected by Prof. Junji Ide who took me to the hotel just opposite the modern Kumamoto University Hospital. We had a nice walk around the hospital and met again for dinner at a French cuisine restaurant and spent a very nice evening together.

The next morning we met at the hospital and went to the OR. The first patient unfortunately had a cold and was not ready for surgery. The next patient was treated by MUA and following arthroscopy with capsulotomy for the treatment of adhesive capsulitis. In the afternoon we had a scientific meeting with the local shoulder surgeon community. I gave a lecture about cytotoxic effects of amide-type local anaesthetics.

On Tuesday morning Dr. Nakamura took me to Kumamoto castle which is incredible impressive with wonderful exhibition.



At the traditional crafts centre I got some very nice and worthy presents for the kids and family. The traditional way of combining dark hammered iron with fine golden inlays results in beautiful jewellery which my wife and daughter loved coming back home.

In the afternoon Prof. Ide took me with a taxi outside the city to Mount Aso. This is a very impressive ..... Unfortunately we were struggling with very heavy rain and storm and were only able to just jump out of the car for one picture.

But luckily, Prof. Ide had made a reservation at a very special place nearby. A traditional Ryokan hotel (Yumeshizuku soan) with hot springs! What a relaxing experience lying outside in the warm and very soft water enjoying the good air, the sound and the spirit of the mountains...



We had a very nice evening together wearing traditional Japanese suits (with traditional Japanese food and a very nice private atmosphere.

The next morning we went back to Kumamoto and I visited one more time the OR together with Prof. Ide doing a very sophisticated capsular release and manipulation under anaesthesia for frozen shoulder.





We spent a wonderful farewell dinner together with his team and a nice evening in the city of Kumamoto...



Thursday, 06.10.11

Early morning Prof. Ide picked me up at the KB Hotel at the hospital and we took the Shinkansen fast train from Kumamoto to Fukuoka. Arriving at Hotel Okura we checked in and he left for committee meetings of the Japan Shoulder Society. I was free to stroll around the city for sightseeing and the last chance to get souvenirs from Japan. Fukuoka city is a metropolitan area with more than 1.4 Mio people living there. Many big shopping centres, especially at the Tejin station, some of them underground and the Canal City were very impressive. The city is divided by several canals with many opportunities to take a rest and have some refreshments ...

In the evening I was invited for the presidential dinner at the ballroom of Okura Hotel. In the waiting room I was introduced by Prof. Shibata, the congress president from



Fukuoka to Bill Mallon as one of the invited guest lecturers and Prof. Choi from the Catholic University Hospital in Daegu in South Korea. We had a brief talk and this was the beginning of a very nice time together with many more opportunities to meet and talk during the next days.



The presidential dinner was the official opening of the congress. I was very lucky to have been placed at the table with Prof. Ito sitting left and Prof. Itoi to the right and they were so kind to translate the speeches of all the active and honorary members of the JSS. Prof. Shibata from Fukuoka University had the privilege to officially open the 38<sup>th</sup> Annual Congress of the JSS with a toast and “kampai” with a glass of some fine French Champaign.



The French style dinner was accompanied by some very special performances. After a magician, who in his “real” life works as a dermatologist, who did things to make to disappear and also appear (money, parrot, etc.) he presented some fine tricks that

astonished the audience very much, two board members, the next but one president and his friend performed a life act of singing and guitar play. Many members of the audience felt invited to applaud and sang together with them. All together we had much fun and the dinner went over so quickly. I had the chance to see many of my hosts from Osaka, Kyoto, Hiroshima and Kumamoto again and refresh our friendship.

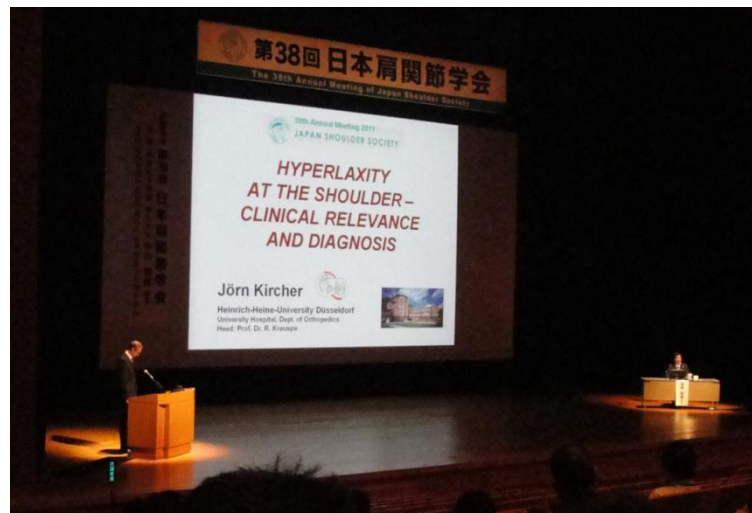
Many participants attended the after-the-party-party at the Bar of the hotel. Prof. Ide and I were the first to be there but our table was quickly completed by Bill Mallon, Prof. Sugamoto from Osaka and others. In fact, there was rather some round-trip of guests at the table because many people wanted to take the chance to share a moment of discussion with the Editor in chief of the JSES and I felt privileged to meet so many important persons from Japan and Korea in such a short time.

We had a great time enjoying some Japanese malt whiskey and smoke together in the club...

Friday, 07.10.11

In the morning a bus departed from the hotel Okura and brought all invited lecturers and board members to the International Congress Centre close to the harbour. In the morning there were many interesting scientific presentations about throwing injuries. Despite many clinical papers describing the diagnosis and treatment, which is based on a broad experiences because of the immense popularity of baseball in Japan many reports were presented dealing with sophisticated biomechanical investigations and computer simulations. I was surprised, how much details are important for a successful pitcher beginning from foot to knee and moving on to pelvis, spine and shoulder.

At 12:00 I had the honour to present my guest lecture as the European Travelling Fellow of the SECEC “Hyperlaxity at the shoulder – clinical relevance and diagnosis”. After a short introduction including the transmission of the greetings of the President of the



European Society for Surgery of the Shoulder and Elbow Pascal Boileau I briefly introduced my home town and university to the audience. This was followed by the



presentation of a clinical study for evaluation of a new test for hyperlaxity at the shoulder (Supination-Elbow-Extension-Test) and comparison with established tests in the light of the published literature and clinical relevance both for primary shoulder instability as well as recurrent instability. I had a great feedback after the lecture and



many Japanese doctors were asking about further details.

Saturday, 08.10.2011

In the morning and afternoon I did attend the 38<sup>th</sup> Annual Meeting of JSS again at the International Congress Centre. Bill Mallon had an invited lecture about Massive Rotator Cuff Tears. He started his talk with an introduction in spoken Japanese language not only for one sentence, but for a whole paragraph. People were astonished and gave him a warm applause for this. After the end of this talk he gave an overview about the Journal of Shoulder and Elbow Surgery in his official function as Editor in chief. He reported about a significant increase in both submissions and publications in the journal since he took over the duties from Robert Neviasser in 2009.

After the official closing of the congress, which was a great success with more than 1000 participants we had evening dinner by invitation of Prof. Shibata. I was invited together with Prof. Rhee and Prof. Choi from Korea, Prof. Takagishi from Japan and Bill Mallon. We

had a wonderful evening enjoying Chinese food and a relaxed conversation about shoulder issues as well as



general topics and experiences of everybody going abroad.

Sunday, 09.10.2011

After a last breakfast at Okura Hotel I checked out of the hotel and after a short taxi trip to Fukuoka Int. Airport from Japan as well. I already feel a bit sad to leave the country already because I have made so many friends and had a great time here. But the positive thing is that I had made so many appointments to meet the Japanese doctors again at international meetings (e.g. AAOS in SF or the ICSES 2013 in Nagoya).

## KOREA



Arriving at the very modern huge Incheon International Airport Dr. Kim (a fellow of Prof. Park) picked me up and drove me to Seoul city to the hotel.

In the afternoon we went to see the impressive Bongeunsa Temple just beside the shopping centres, which was very beautiful and impressive as well.



In the evening I met Prof. Oh, who organized the whole trip in Korea on behalf of the Korean Shoulder and Elbow Society. We had a very informative and relaxed dinner together with Dr. Yoo from Seoul, who is associate editor of the Journal of Arthroscopy with some traditional barbecue meal.





Monday morning we started very early to get to Prof. Jin-Young Park at Konkuk-University-Hospital. This is a very young and modern complex with more than 3000 beds and direct access to the subway. After a short introduction with Dr. Lee at the conference room we directly went to the OR.



The first operation was an arthroscopic rotator cuff repair with capsulotomy in a 66 year-old woman. The second operation was a revision after non-union of a humeral shaft fracture treated by IM nail. This difficult situation was managed by using a locking plate and bone grafting. The third operation was an arthroscopic repair of a massive cuff tear with extensive mobilization of the remnant cuff and double row configuration using 6 suture anchors.

The fourth operation was an elbow arthroscopy in a 15 year-old baseball player with overuse syndrome treated by debridement, lavage and partial resection of the tip of the olecranon. The fifth operation was an arthroscopic SLAP-II-repair and the sixth operation an arthroscopic shoulder stabilization with SLAP-repair. The seventh operation was an elbow arthroscopy in a 14 year-old boy with M. Panner.

This was treated by debridement of the advanced cartilage injury and microfracturing.



After this busy day in the OR we went for dinner in the city and after that to the roaring entertainment area of Seoul for some more celebration.



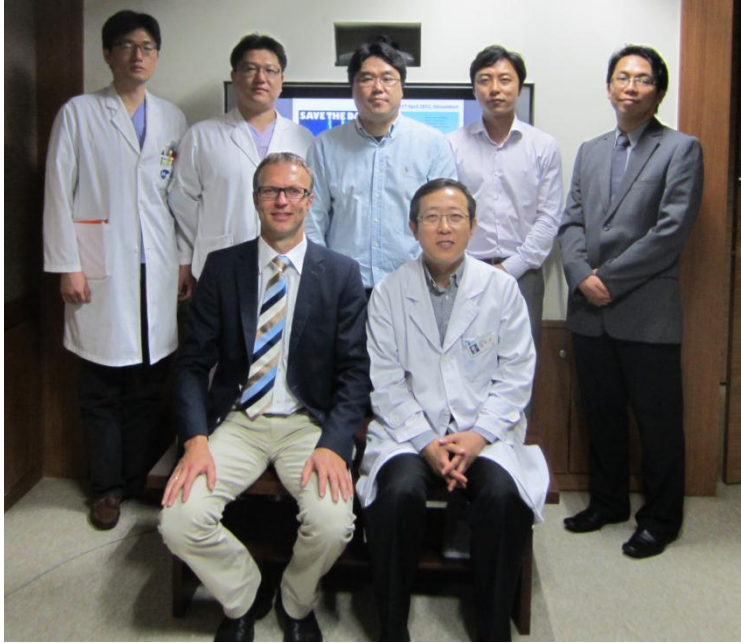
On Tuesday we went very early to meet Prof. Seung-Ho Kim at Madi Private Hospital.



After a brief introduction we went to the OR and started with an arthroscopic rotator cuff repair and biceps tenodesis. The second patient was treated with capsulo-labro-ligamentoplasty according to Kim for recurrent shoulder instability in a 23 year-old soldier. Using a complete detachment of the labrum from 3-9 o'clock and many anchors this multidirectional instability was successfully treated. The next patient again was a shoulder instability, but this time an arthroscopic anterior Bankart-repair was performed. The third patient was treated with



an arthroscopic Bankart-repair combined with a SLAP-III-repair and posterior plication. After having lunch together discussing interesting recent advancement in shoulder surgery we went to the outpatient clinic one floor below and Prof. Kim visited many pre- and postoperative patients. In the late afternoon we had a scientific meeting with the local group of shoulder surgeons and Prof. Kim's Partner Dr. Shin



I gave a presentation about osteochondral transplantation at the shoulder and the new supination-elbow-extension-test followed by a very intensive discussion.

At night we went out for dinner together with some fine traditional Korean barbecue.

The next station was Prof. Young-Girl Rhee at Kyung Hee University Hospital in Seoul. Some years ago he was a fellow of the ASES together with Toni Romeo from Chicago visiting Frederick Matsen in Seattle.

The campus of the University is huge and busy and so is the shoulder unit.

We started at 8 o'clock in the OR with an arthroscopic shoulder stabilization in a 21 year-old male with Bankart-repair and interval closure. The second operation was an arthroscopic PASTA-repair for a partial SSP-tear. The third operation



was an arthroscopic rotator cuff repair in a 55 year-old woman using a sophisticated knotless double-row suture-bridge technique. The fourth operation was a PASTA-in-situ-repair using a real Mason-Allen-technique.

The fifth operation was cemented total shoulder arthroplasty in a 75 year-old woman with advanced osteoarthritis (Samilson III). The relaxed atmosphere with Korean background music is really worth to be mentioned.

The sixth operation was a cemented Coonrad-Morrey total elbow arthroplasty with a very small size for a rheumatoid 48 year-old patient.



After that busy program we went out for dinner in a very famous traditional Korean barbecue restaurant enjoying the food and traditional and modern beverages.

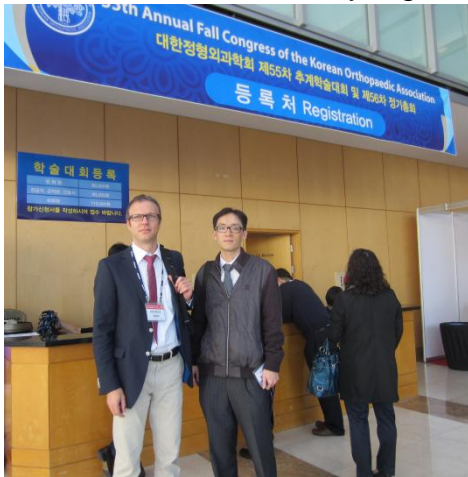


On Thursday I went to see Prof. Park at Konkuk-University again. We started at early morning with an arthroscopic rotator cuff repair for a massively retracted Supraspinatus tendon tear in a 62 year-old lady. With great skill and patience Prof. Park managed to close the tear in a double-row suture-bridge configuration. The second operation was a combined capsulotomy, SLAP-repair and PASTA-repair in a 62 year-old lady. The last





operation of this short list was a metal removal at the clavicle. Prof. Park and his fellows had to leave early together with me to attend the Annual Fall Meeting of the



Korean Orthopaedic Association at the Hilton-Hotel in Seoul. I attended some shoulder sessions, which took a big part of the scientific programme.

The evening was dedicated to the internal meeting of the board members of the Korean Shoulder and Elbow Society. I was very happy and honoured to be invited and had the great opportunity to meet Prof. Kwang-Jin Rhee and Prof. Choi (past and current president of the KSES), Prof. YG Rhee, Prof. JY Park, Prof. JH Oh and some of my hosts during the coming week (Prof. KW Lee, Prof. HB Park, Prof. JM Kim and Prof. YL Moon)



We spent a great evening together! I felt the true and deep hospitality of my Korean hosts and we exchanged German and Korean culture together with fantastic food in a splendid location – unforgettable.

The next morning was hard to take but scientific sessions start early at the KOA meeting and all of my friends were there too... Again a lot of very interesting lectures and many of them in English language.

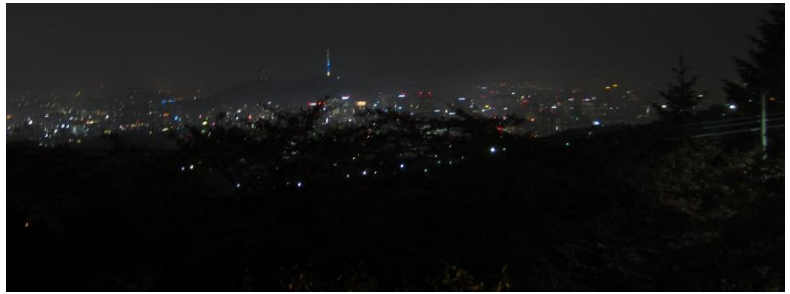




The evening was spent together with two junior fellows of Prof. Oh: (Dr. Yeun-Ho Kim and Dr. Byung-Wook Song) with traditional Korean food and Mak geul li.



At night they took me to the highest point of Seoul where you can have fantastic night scenery of the city landscape.



Saturday was dedicated to a sightseeing trip to the DMZ (demilitarized zone), which was established by the UN after the Korean War ended in 1953. We took the “Liberty road” north out of Seoul and ended up in a heavy rain storm which forced us to take shelter in a rural restaurant very far off the main tracks. After lunch weather had changed and we managed to get to an “observatory” and look across a beautiful landscape into the North Korean territory.

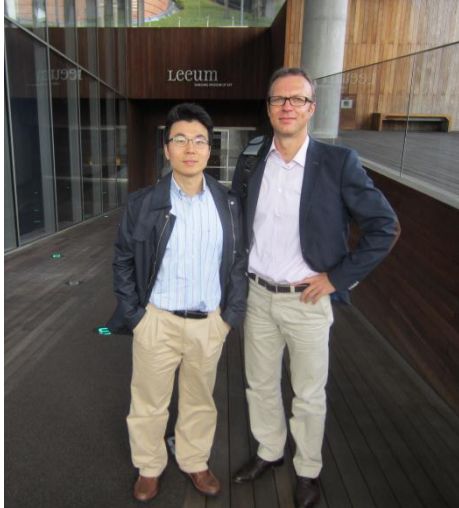


I was born in the eastern part of Germany before the reunification – I can feel with the Korean people the great tragedy of a divided nation and wish them all the best I can for a peaceful and harmonic conjoint future!

We had dinner in a soybean restaurant: I was astonished about the delicious diversity of foods offered made of this

very special vegetable.

Sunday was dedicated to sightseeing in Seoul. After taking a tour bus around we went to the fantastic Leeum, which was donated by the founder of Samsung Corporation.



It hosts a very special collection of very old Korean pottery together with special exhibitions such as modern paintings from Asia and Europe. Time was too short, as always and we had to move on to see something else of this roaring metropolis.

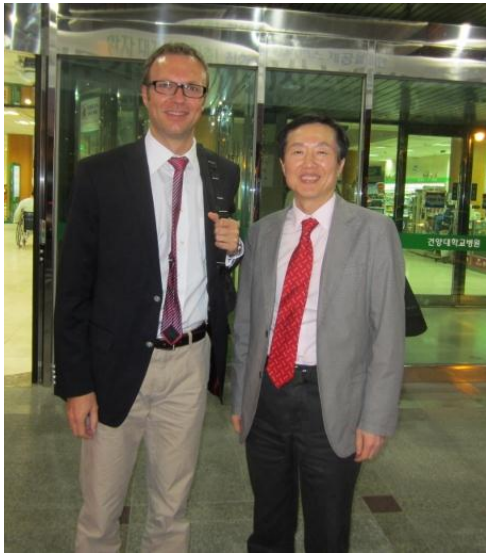
We went to see Namsangol, which is a traditional Korean village in the middle of the city – well preserved, illustrative and very popular amongst tourists. I was fascinated by Jook-buin (“a wife made of bamboo”), a basketwork which provides coolness during hot summer nights and many other interesting things.





In the evening I met again Prof. Oh and discussed the last week in Seoul which went by so quickly and the forthcoming stations moving south for the last week of this great adventure.

Early morning I took the KTX (Korean fast train) to Daejeon to visit Prof. Kwang-Won Lee at Eulgi University Hospital. It was a great pleasure to meet him again and to



refresh our emerging friendship.

After a scientific presentation about osteochondral transplantation at the shoulder in the morning with the local orthopaedic surgeons at the hospital we had a brief but interesting discussion and directly went to the OR. The first operation was an arthroscopic repair for a massive postero-superior cuff tear.

For the late afternoon we moved to Konyong University to attend the local Shoulder society meeting which was the first founded in Korea by Prof. KJ Rhee...



I gave a presentation about “Molecular imaging at the shoulder using dGEMRIC” and “Hyperlaxity at the shoulder and the new supination elbow extension test”. After very interesting case presentations we went on to a traditional Korean barbecue restaurant to continue discussion together with great food and beverages. This time I was ready to sing “Sah ein Knab’ ein Röslein stehn...” (a very traditional German folk



song based on Goethe and Schubert) together with Prof. Rhee – I was absolutely impressed by this great personality!

On Tuesday I moved to Chungnam University Hospital to meet Prof. Kyung-Cheon Kim. We did not have enough time to see many of his surgeries (arthroscopic reconstruction of bony Bankart lesion etc.) but briefly discussed some of his very interesting cases and publications, e.g. about double-row Bankart repair etc.



On the same day I had to take the KTX again and move further south to Gwangju to meet Prof. Young-Lae Moon at Chosun University Hospital.

The next day started with a short presentation about “Navigation for shoulder arthroplasty” and a brief discussion.



After that we went to the OR and started with an arthroscopic rotator cuff repair for a massive tear of SSP, ISP and partial SCP in lateral decubitus position. The margin conversion technique was combined with the use of bone marrow derived stem cells to enhance the healing potential.

The second and third operations again were arthroscopic rotator cuff repairs in single-row technique with BMAC. The

fourth case was a tennis elbow treated by mini-open debridement, curettage and BMAC-application at the lateral epicondyle in a 50 year-old female.

During the ward round I could be of special help to Prof. Moon – a German lady sustained a shoulder injury and she was more than happy to find someone to translate her medical history to the staff.

After having lunch at a fine Italian restaurant and visiting the bamboo park, which was very impressive we went to the “21<sup>st</sup> century hospital”. I was invited to give a presentation about the “European perspective on reverse shoulder arthroplasty” for the local shoulder surgeons and physiotherapists.



Many interesting case presentations followed and Prof. Moon reported about his very advanced 3D-Project in shoulder simulation.

After this stimulating meeting we went out for dinner with traditional Korean food and after that for a nice round in a nearby bar.

The very next morning I went by bus to Jinju.

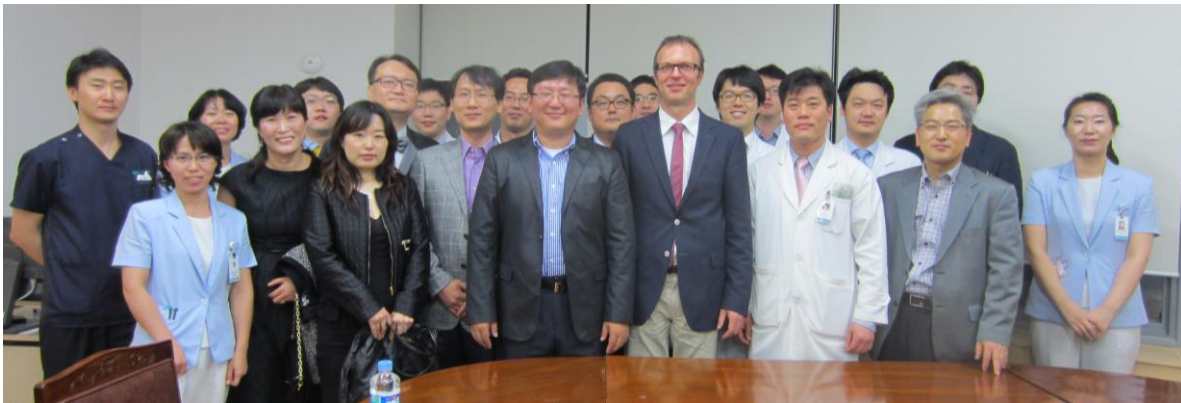


Arriving there Dr. Sung picked me up and continued to be my personal guide throughout the stay in this beautiful city. We had a tour through the modern hospital and met at the research lab of Prof. Hyung Bin Park, who is head of the Orthopaedic Dept. at Gyeongsang National University Hospital. Among other very interesting projects, that were presented we realized, that both we had been working on one similar project during the last months, namely the potential toxic effects of local



anaesthetics on human chondrocytes and tendocytes. The presented results of the research group were in part very similar to our findings, which we presented at the AAOS in San Francisco this year, but with very different methods of investigation.

During the scientific meeting of the local shoulder surgeons in the evening I gave a presentation about our results and we had an interesting discussion. We continued our talking at a traditional Korean barbecue restaurant and a fine glass of wine nearby...



The afternoon before Dr. Sung drove me to a place that is really worth visiting – Doinchon, an old village where people have chosen to continue to live in the “traditional way”... I met a very old wise man, who told me astonishing things about the world, the past and the future. To find out what exactly, you need to go there by yourself...



On Friday I moved to the last station of my travel in Daegu to meet Prof. Chan-Hyuk Choi who is president of the KSES. It was



fantastic to meet this really nice person who became a friend to me the third time after our meetings in Fukuoka and Seoul. We directly went to the OR and the first operation was an arthroscopic rotator cuff repair with margin conversion in a 73 year-old lady in



single-row technique. The second operation was an arthroscopic rotator cuff repair in a 54 year-old male with complete anatomic double-row repair and biceps tenodesis after extensive mobilisation of the cuff. Interesting to me was the fact that Prof. Choi operates on almost all of these cases in local without general anaesthesia. The third operation was an arthroscopic repair of a partial SSP-tear and subacromial decompression in a 55 year-old Judoka.

In the afternoon we had a scientific meeting and I gave a presentation about the “European perspective on RSA” and we had a very intensive discussion with the local shoulder surgeons committee.



We continued our discussion at dinner with fine traditional Korean food and beverages. As Prof. Choi was a travelling fellow visiting Germany some years ago we had a lot of interesting thoughts to share and a wonderful very last evening of my tour.



Early next morning I went by KTX first to Seoul and then to the Incheon Airport.

As an example of great hospitality and perfect organization Prof. Oh had sent Dr. Song just to make sure that I don't get lost on the platforms...

Coming back home, I was full of impressions and lucky to see my family back. The four weeks went by very quickly for me, but for the family it was different...



I thank all my hosts in Japan and Korea who made this trip a wonderful and unforgettable experience in my life. And one thing I have learned – I need to come back to those beautiful countries and those warm-hearted people!

I thank the European Society for Surgery of the Shoulder and Elbow (especially its president Prof. Pascal Boileau and Prof. Juan Bruguera as head of the educational committee) for giving me this great opportunity.

Hopefully we will all meet together at the SECEC meeting in Dubrovnik 2012 or the ICSES meeting 2013 in Nagoya, Japan.