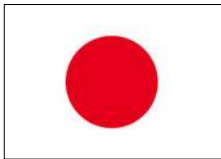




ESSE/SECEC EUROPE-ASIA Travelling Fellowship 2013

Japan / South Korea



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ESSE/SECEC EUROPE-ASIA Travelling Fellowship

23. Sep- 06. Oct 2013 (JAPAN)

Hiroshima- Kyoto- Sendai- Sapporo- Fukuoka

HIROSHIMA (23- 26 Sep)

The first city of our travelling fellowship in Japan was Hiroshima after arriving in Tokyo Narita airport and connecting with transit domestic flight to Hiroshima airport. We were picked-up by Prof. Yu Mochizuki and guided to Rihga Royal Hotel which had an excellent view over the beautiful town of Hiroshima. We went for dinner with Prof. Mochizuki in a traditional Japanese restaurant where we had an excellent chance of tasting different kind of delicious Japanese foods and drinks. Prof. Mochizuki was so kind and patient to inform us on Japanese culture and cuisine. Therefore he was our first mentor in Japan. We feasted over different kinds of raw fish, sashimi, sushi and the local Hiroshima seafood like oysters, and also precious Matsutake in company with different kinds of Sake and Japanese beer.



Early in morning the second day we started with Prof. Mochizuki at Mazda Hospital. Together with Dr. Kazuhiko Kikugawa, they conducted two very skillful operations. The first one was arthroscopic repair for the supraspinatus and subscapularis partial tear using suture bridge technique and the other one was an arthroscopic revision bankart repair with remplissage and rotator interval closure of a young baseball player.



In the evening we moved with Prof Mochizuki and Dr. Kikugawa to a Japanese Teppanyaki restaurant where we tried for the first time the wonderful Hiroshima style Okonomiyaki which I called "japanese pizza". The weather was wonderful in the evening so we made together a short night

walk around the peace memorial park after the dinner. Next day in the morning we started the sightseeing trip from the Hiroshima Peace Memorial Park and the museum with Prof. Mochizuki. The museum was fascinating and impressive but also tragic place filled with information about World War II history, the development and proliferation of nuclear weapons and artifacts from the bomb's aftermath.



There were lots of pictures and stories about victims and their personal belongings which were truly heart wrenching to see. We passed 2 hours in the museum and then we walked around the park to see the Atomic Bomb Dome which was a skeletal building remaining after the bomb and which was designated a UNESCO World Heritage Site.

In the afternoon we went with a boat trip to the Itsukusima Shrine and O-torii gate at the wonderful Miyajima Island which is also a world heritage.



At the last we finished our sightseeing tour with a relaxing promenade in a nice Japanese garden with a calming Japanese green tea after. Prof. Mochizuki explained us a lot of details about the Japanese culture, the way of thinking and relaxing. Coming back to the hotel we participated a scientific meeting with all shoulder surgeons of the Hiroshima city. It was a great honor for us to have been introduced to Prof. Adachi who was one of the pioneers of the JSS. We gave 2 lectures about the spinoglenoid notch cysts and arthroscopic Latarjet.



Prof. Mochizuki told about his very special technique and study about special graft consisting absorbable and non-absorbable materials for chronic cuff and labral deficiency. And we celebrated this wonderful interactive meeting at the hotel roof bar which had an excellent night view over Hiroshima. Next morning We were accompanied by Prof. Mochizuki to the central station and moved together to Kyoto for the 40th annual meeting of Japan Shoulder Society by the bullet train Shinkansen.

KYOTO (40th Annual meeting of JSS 26- 29 Sep)

We arrived at The Westin Miyako Hotel (40th JSS meeting) which was the actual congress venue after Kyoto central station. There at the hotel we met with Dr. Morihara and Dr. Sukenari from Kyoto Prefectural University, Dr. Hirata and Dr. Sakao Osaka Saiseikai Suita hospital and we had lunch altogether. In the evening, we had the honor of attending to the welcome dinner of the congress that would take place in the same hotel. Prior to the dinner, we watched the spectacular dance of geishas along with traditional Japanese music.



After that Congress president Prof Masao Kurokawa and JSS president Prof. Eiji Itoi delivered their speech. During this dinner occasion we had the chance of meeting with the most outstanding shoulder surgeons of Japan. We become so close to them that the world-famous Japanese surgeon Hiroyuki Sugaya was sitting right by my side at the dinner table. We exchanged warm talks and had the most pleasant opening dinner altogether.

Besides on that very evening we had the extraordinary chance of meeting with the renowned guest speaker Jeffrey Stuart Abrams (ASES president) from the USA and the former SECEC president Jaap Willems representing Europe.



We discussed some cases and experiences with them and also with Hiro Sugaya together after the party.



Besides that evening I learned that Prof Yu Mochizuki was elected as the president of the next JSS meeting and I congratulated him on this. Next morning when the congress opening took place, I had the chance to attend to the most interesting

and informative Rotator Cuff (treatment for irreparable cases) session. With the moderation of Prof Mochizuki 5 different operators talked about their own particular techniques in massive RCA pathologies and we got into several discussion on the cases. Since reverse shoulder prosthesis is not yet applied in Japan to date unlike Europe, we saw that various other searches and solutions were brought about concerning RCA. These were Modified Didier Patte advancement surgery (Dr.Hirata), fascia lata patch grafting (Dr.Sugaya and Dr Mihata), anterosuperior pec major transfer and arthroplasty with RC repair. Later on, we listened to Jaap Willems's impeccable and informative speech titled Problems and challenges in Reverse Shoulder Prosthesis. After lunch, we went off to sightseeing in Kyoto together with Jeff Abrams, and Jaap Willems. We visited the magnificent Kenninji Temple and then the Golden Kinkakuji temple with amicable guide "Toshi". We witnessed that Kyoto was a genuinely historical and impressive former capital of Japan. We were surprised by the fact that Kyoto had approximately 16000 temples.



In the evening, we attended to the presidential dinner that took place in one of the most famous traditional Japanese restaurants. Here we had the privilege of sharing the same table with JSS president Prof Itoi, congress president Prof

Kurokawa, KSES president Prof. Yong Girl Rhee from South Korea, invited speakers Prof Abrams and Prof Willems.



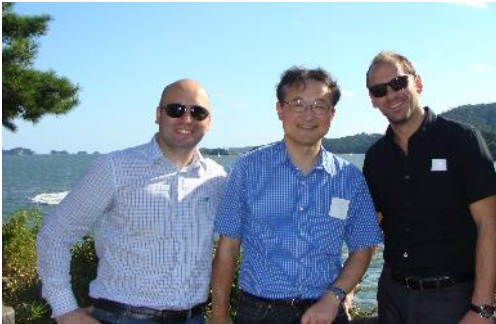
In the evening with Dr. Yoshikazu Kida we met with young fellows in the traditional Japanese tavern and had warm chats along with excellent Japanese beer. Next morning at the congress site in travelling fellow's lectures session, with the moderation of Prof Teruaki Izaki, we successfully delivered our speech on biomechanical evaluation of knotless anterior and posterior Bankart repairs, and on arthroscopic treatment of spinoglenoid notch cyst associated with SLAP lesions.



Afterwards we had the chance of following Dr. Sugaya and Prof Abrams' very interesting presentations titled arthroscopic treatment of RC tear. In the evening we dined with our wonderful hosts Dr.Yoshi, Sakao and Sukenari in a local cozy restaurant at the riverbank and then went for a pleasant walk in the typically narrow streets of Kyoto. Next day in the morning we went to Osaka Airport for our flight to next destination Sendai.

SENDAI (29 Sep- 01 Oct)

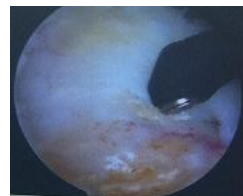
Prof. Hirotaka Sano from Tohoku University picked us up from the Sendai Airport. We went to the sea side where the 2011 Earthquake and Tsunami disaster area visitation which was very emotional and heart-breaking. We had lunch at Sensin and went on the sightseeing boat tour in Matsushima islands. The weather was great and the seagulls accompanied us on this serene boat trip.



We checked in the Hotel Metropolitan Sendai. We had dinner with Professor Itoi and his wife Mrs Itoi at their house. Prof Itoi's very kind and lovely wife served us special Turkish and German food and beer to our surprise. We had the most fabulous time at this house dinner party under our hosts exceptional hospitality and friendship. Prof Itoi played church pipe organ piano from Johan Sebastian Bach which as his favorite piece. We took some nice photos together and spent a worthwhile quality time.



Next morning we started with morning clinical conference in Tohoku University and Prof Itoi's patient round. And after we participated an arthroscopic PASTA repair with Dr.Yamamoto.



We went to the lunch (special Sendai food "beef tongue") and city tour (Lord Date hill and temple) with Dr. Hirotaka Sano then visited the finite element lab with him. He showed us some of his excellent papers and works about the finite element. We had a research meeting with shoulder team (Dr.Dano, Dr.Yamamoto, Dr. Ozawa and Dr. Nagamoto gave their lectures) and then we delivered our lectures with Prof Itoi's moderation.

After witnessing how Prof Itoi had exceptionally created the unique and worthwhile academic working atmosphere at Tohoku University, we, once again, acknowledged he was definitely a very outstanding and honorable person both for his country Japan and the whole worldwide shoulder community.



We attended to the welcome dinner party in a Japanese restaurant with Prof Itoi and his team. In the last day morning we went to outpatient clinic with Prof Itoi and we experienced his shoulder ultrasonography technique and his postoperative patient physical examinations and follow ups. We drove to Sendai airport with Dr. Nagamoto and departed to Sapporo Shin-Chitose Airport



SAPPORO (01 Oct- 03 Oct)

Dr. Toshiaki Hirose from Sapporo Medical University picked us up and we arrived at Sapporo Grand Hotel. As Dr. Hirose's favorite sports was baseball which is number one sports activity in Japan, he took us to Baseball batting range. First time in our whole life, we had the chance to hit the ball with the baseball bat. It was a lot of fun. We followed lectures and had a meeting with Sapporo Medical University team and had welcome dinner with them.



After listening to Beatles bar live music in the evening we tried the famous Japanese noodle soup “Miso Ramen of Hokkaido” which was a famous on-the-go kind of street food in Hokkaido district. In the second day morning we went to Hitsujigaoka Hospital for Prof Okamura operation visit with Dr Hirose. Prof Kenji Okamura is a very famous and competent, authentic Japanese shoulder operator. He conducted arthroscopic rotator cuff repair with special technique triple row which was absolutely very impressive and fast.



Afterwards we visited the hospital where approximately every day 8 to 9 arthroscopic shoulder operations are performed which is incredible. In the afternoon we went for sightseeing around Okura Mountain where the Sapporo Winter Olympic games were done. We went onto the Ski jumping platform and had a bird’s eye view of Sapporo. We visited Winter Olympic games Museum and tried the ski jumping simulators.



Afterwards we went down to Japanese type hot spring water and relaxed a little bit, and had tasted the succulent sushi in a Sushi restaurant. In the evening we met and dined with Hokkaido university team at Sapporo beer garden. We chatted with Dr.Tadanao Funakoshi, Kimitaka Fukuda, and Naomi Oizumi along with tasteful Sapporo beer and lamb BBQ. Last day in the morning we gave our lectures and joined an arthroscopic HAGL repair+Remplissage for Hill Sachs lesion with Dr. Funakoshi in Hokkaido University. And then we went off to the New Chitose Airport for Fukuoka.



FUKUOKA – KURUME (03 Oct- 06 Oct)

After the greeting in Fukuoka Airport, we went to Kurume Highness Hotel with Dr.Masafumi Gotoh from Kurume University Med Center and then went off to the dinner at an Indian restaurant with Dr Gotoh and Dr.Yasuhiro Mitsui and two residents (Dr.Chibata and Dr. Honda). In our first day we visited Kurume University medical center with Dr. Mitsui and Dr. Gotoh and we participated 4 excellent surgeries (3 Rotator cuff tear (SST+ SSc) repair with Suture bridge technique and one case of LHB tenodesis).





After the intense and informative operation programme we went to a Sushi restaurant with the team and tried some delicious special strong Japanese drinks Sake and Shochu. In the next day we went to sightseeing with Dr.Chibata and Dr. Honda. We visited Yanagawa city and lunched there on the special delicious “Unagi” -Sea eel. And then we went to the Buddha statue in downtown. Then with Kurume university doctors and nurses, we went by bus to the Karatsu Sea Side Hotel.



We had the chance to meet Prof Naoto Shiba from Kurume University who is a very well-known scientist involved in NASA scientific research. The hotel had a wonderful location by the sea side with

a spectacular forest panorama right behind. We did jogging along the spacious seaside and then attended to the dinner party at the hotel that evening.



Everyone had worn the traditional and comfy Japanese summer kimono “yukata” and sandals as outfits. We had the best tasting Japanese food and drinks and watched the residents’ entertaining and funny dance shows.



Afterwards, altogether, we continued to sing songs at the Karaoke bar and had lots of fun. In our last evening in Japan, our friends threw us an unforgettable good-bye party.



It was difficult to say goodbye and leave for us after these two unforgettable weeks we had spent in Japan. Next morning, with the company of Dr.Gotoh and Dr.Mitsui, we drove off to Fukuoka airport and flew to Seoul to get started on the South Korea phase of our fellowship program.

ESSE/SECEC EUROPE-ASIA Travelling Fellowship

06- 19 Oct 2013 (SOUTH KOREA)

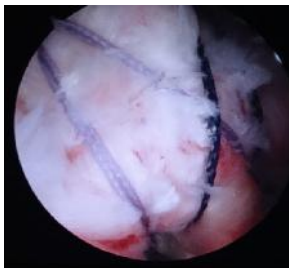
Daejeon- Jinju- Busan- Gwangju- Seoul

DAEJEON (06- 09 Oct)

We arrived to Seoul Incheon airport and moved directly to Daejeon by limousine service. We made

our check- in to the Yousung Hotel and enjoyed our free time in the city. Next morning we met Prof

Kwang- Won Lee at Eulji University Hospital and participated one single and one double row arthroscopic rotator cuff surgeries. We first experienced the Korean type food with Prof Lee during the lunch time after the surgery. We enjoyed the Korean meat and vegetables with barbeque on the table.



In the afternoon Assoc. Prof Kyung- Cheon Kim welcomed us at Chungnam National University Hospital and performed 1 proximal humerus fracture (Philos), 2 RC repair (single row), 1 arthroscopic Bankart repair with an incredible speed and dexterity. We discussed about some of his papers and projects about double and single row RC repair after the surgery.

In the evening we participated a meeting with Daejeon Shoulder surgeons where we met Prof Kwan Jin Rhee who is the former president of KSES and also one of the pioneer of the Korean shoulder surgery. The dinner was in a very friendly environment with traditional Korean food and drinks. Prof Rhee prepared special hot drinks called “atomic bomb” which is made by several mixes of Korean beer, vodka (Soju) and liquor. After this full day of surgeries, foods and drinks he said: “Welcome to Korea and !.”



In the next morning we went to St Mary's hospital The Catholic University and watched one RC repair of bursal side partial tear and an elbow fracture dislocation fixation and repair.

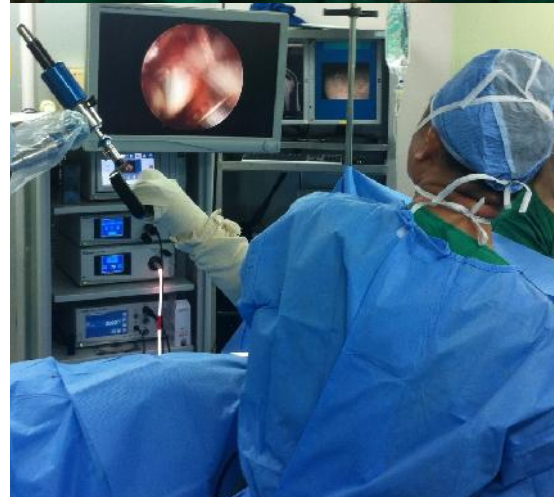


The surgeon was Assoc. Prof Jong- Hun Ji, he presented us 2 interesting topics after the surgery (Arthroscopic biceps augmentation for PASTA repair and Arthroscopic Greater Tuberosity

JINJU (09- 12 Oct)

We were picked-up by Prof. Hyung Bin Park at Jinju train station and guided to Dongbang Hotel in the city center. The first night we went for dinner and

fracture fixation). Next morning we moved to Jinju by train.



visited Jinju Lantern Festival with Prof. Park, his teammates and his lovely wife.



Next day we made a city tour around Namhae Island and went to Namhae Garlic Research Institute laboratories. We also visited the Namhae Beach and the a famous german village where we enjoyed some german beers. In the evening we made our presentations in the university with Prof. Park and his colleagues and went for dinner in Woogachon Korean beef restaurant where we tasted delicious rib beef and special Jinju cold noodle.

Next morning we participated a great elbow case of Prof Hyung Bin Park in Gyeongsang National University Hospital: supracondylar dome type osteotomy and osteosynthesis for a non-union cubitus valgus case in a young patient.

Sanchung with excellent exhibitions and presentation of the ancient Korean alternative medicine and treatment modalities with herbs. Afterwards we participated to the Youngham shoulder meeting in Barun hospital with several lectures and case presentations. Then we went to the dinner with society members and made a city tour together, around the Lantern Festival by the river of Jinju. Next day in the morning we drove to our next destination: Busan.



We went to the lunch in a Korean vegetarian restaurant. In the afternoon we made an interesting visit to a Korean Herb festival in

BUSAN (12- 13 Oct)

Arriving in Busan the next morning, we had the great opportunity to attend a Shoulder Meeting with outstanding talks given by experienced shoulder specialists. Prof. Mihata gave very interesting talks about “Arthroscopic superior capsule reconstruction” and “Patch grafting in Japan” for the treatment of irreparable rotator cuff tears. Dr. Sugaya talked about treatment of Glenoid bone loss and discussed “Arthroscopic iliac bone grafting or Latarjet operation”. In his second talk he shared his great experience in rotator cuff surgery and provided a “Strategy and surgical tips for massive retracted RC tear including subscapularis”.



Finally, Prof. Rhee gave a very interesting talk about “Reverse total shoulder arthroplasty – it’s complications and how to avoid them”. This talk

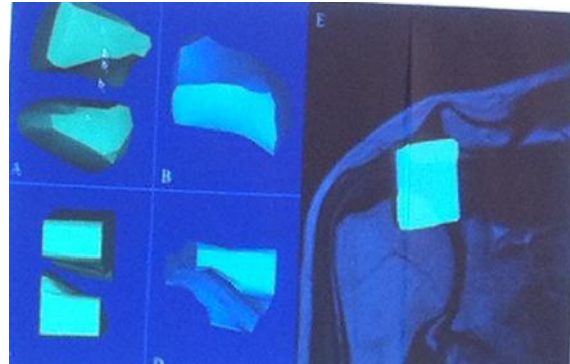
was followed by a long discussion about the European experience with this implant and it’s correct indications. With his last talk Prof. Rhee shared his “Strategy and surgical tips for recurrent shoulder dislocation”.



After this outstanding shoulder meeting we had an outstanding dinner night together with the faculty in a Korean style barbecue restaurant. We had a great discussion with Prof. Rhee about the use of reverse arthroplasty and with Dr. Sugaya about the treatment of bony Bankart lesions. After a long night we had to leave Busan the following day and went to our next destination by shuttle service: Gwangju.

GWANGJU (13 Oct)

Our host in Gwangju was Prof. Moon, who is called the “3D - man” because of his research on 3D – imaging. We started with a great lunch at an Italian restaurant and were then taken to an outstanding exhibition called the “Biennale 2013, Anything – Something”.



With a final Korean beer we said goodbye to Prof. Moon and his group. Although it was a very quick stop, we were very grateful for this very interesting meeting and the warm welcome in Gwangju.

In the afternoon we went out for a great dinner with delicious Korean food and also had a scientific meeting. The highlight of the meeting was a talk about the “Three – dimensional changes of the subacromial space after rotator cuff tear, performed by Prof. Moon and his group.



SEOUL (13- 19 Oct)

The next morning we reached our final destination: Seoul, one of the most crowded and exciting cities in the world.

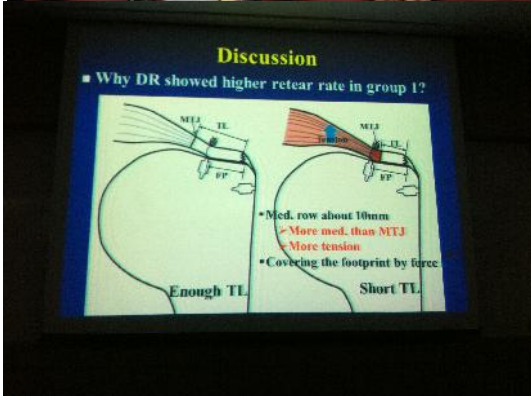
Our first visit in Soul was Konkuk University Hospital. Prof. Jin-Young Park introduced us to his team during the morning conference and we had the opportunity to give a brief talk about problems of modern AC joint reconstruction techniques and about treatment of spinoglenoid notch cysts.



Inside the OR we started early morning with an arthroscopic reconstruction of a large rotator cuff tear. Prof. Park showed us a very sophisticated RC reconstruction using a speed bridge technique.

After three other arthroscopic RC repairs, which he managed to reconstruct very nicely, he performed an arthroscopic elbow surgery for removal of loose bodies and finally an arthroscopic Bankart repair in a young athlete. Right after finishing the OR program we went out for dinner together with the entire team. Inside a traditional Korean restaurant we enjoyed a great barbecue with traditional and modern beverages.

The next morning we were picked up early at the hotel in order to get to Gacheon University Hospital in time through the crazy Seoul traffic jam. After a morning conference Prof Young Kyu Kim shared his latest research on arthroscopic rotator cuff repair with us.



After the morning conference we went right to the OR with Prof. Kim. The first case was an arthroscopic rotator cuff repair of a supraspinatus tendon with a Patte 2 grade retraction. During this case he discussed the content of his latest publication on length of the tendon remnant and its relation to repair strategy. The second case was a patient with an irreparable rotator cuff defect in an older patient. Prof. Kim performed a Bio - reverse total shoulder arthroplasty, showing a perfect handling of the bone graft harvested from the resected humeral head.



In the afternoon we went out for sightseeing together with Prof. Kim. He led us to a very impressive Korean old town and explained the Korean tradition of living for us.

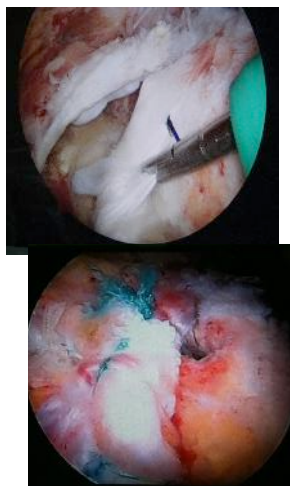


Inside the old town we had a delicious dinner with traditional food and drinks. This night we were very tired and for the first time during this fellowship went to bed quite early.

The following morning, Prof. Young-Girl Rhee himself picked us up at our hotel and took us to his clinic at Kyung-Hee University Hospital, which would be our last clinical experience for this trip.

After the morning conference we went right to the OR, since 8 surgeries were scheduled for this day.

Starting with one of the four arthroscopic rotator cuff repairs, Prof. Rhee explained his special technique using the “banana lasso” to us. Very skilled and structured he managed all supraspinatus tears arthroscopically and achieved complete reconstruction to the footprint. For two of the following cases with a massive rotator cuff



After this long and very interesting day in the OR Prof Rhee and his fellows took us to a traditional Korean barbecue, where we enjoyed delicious beef, which is packed in lettuce Korean style. During and after dinner we exchanged our impressions of the day inside the OR, discussed the

tear, he incorporated a biceps augmentation into his postero-superior repair. After a quick implant removal, the last case for the day was an open subscapularis repair of a massively retracted tear. The thorough mobilization of the tendon he performed enabled Prof. Rhee to re-attach the tendon stump to the lesser tuberosity. We were very impressed by the very skilled technique and his ability of explaining the step-by-step procedure at the same time.

cases of the day and shared our opinions about modern rotator cuff repair. Also, as many times before during our trip, we had great conversations about the different cultures and histories and felt very grateful for the warm hospitality and

friendship. After several Korean beers and some Soju we were all ready to go to bed. It was not a farewell dinner this time, since we knew we would meet again during the following days.

As the entire trip was perfectly organized by the SECEC, the JSS and the KSES, we had the great opportunity to attend the 58th Annual Fall Congress of the Korean Orthopaedic Association during our last days of this fellowship.

The scientific sessions started early in the morning and we listened to many very interesting lectures during the Shoulder Society meetings, many of them in English language. A highlight was Prof. Jiang’s (Beijing) lecture about complications with the Latarjet procedure. Since all our Korean hosts and friends also attended this meeting, it was a very special part of this fellowship for us.

The evening before our last day in Korea was dedicated to a Dinner with the entire KSES faculty.

Again we met all the great hosts, friends, teachers and personalities who guided us during our stay in Korea. We spent a unique evening together and we were impressed by the deep hospitality and gentleness. For the last time we exchanged Korean and European culture along with fantastic food and beverages in splendid location – it was a wonderful and outstanding last night of our tour.



The next morning two fellows of Prof. Oh picked us up and showed us around in Seoul. One highlight was the breathtaking view from the Seoul Tower.

In the afternoon we were taken to the airport and after 4 wonderful, exciting, instructive and very intense weeks we had to say good-bye, flying back to Istanbul and Munich. We both knew that we were lucky to have this great opportunity and that we would keep a lot of great impressions for a lifetime.

Finally, we want to thank all our generous hosts in Japan and Korea who made this fellowship an unforgettable and outstanding experience. We deeply agree that we will have to come back to these wonderful countries and wonderful peoples.

Furthermore, we thank the Japan Shoulder Society, the Korean Shoulder and especially the Elbow Society and the European Shoulder and Elbow Society (Dr. Laurent Lafosse) for conducting this great fellowship.

Afterwards we enjoyed our last delicious last Korean lunch.



Arigato!

Gamsahamnida!

Thank you!

Kerem Bilsel and Frank Martetschläger