



**SECEC/ESSSE Europe to Asia  
Travelling Fellowship 2017  
Japan/South Korea**



**Simone Cerciello**  
**Rome/Italy**

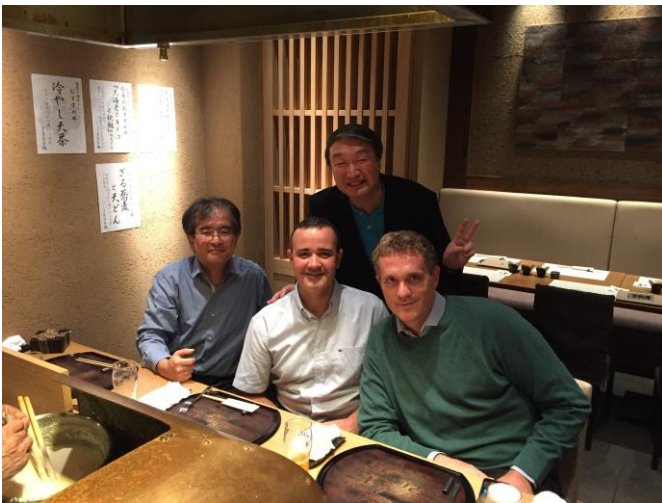
**Arel Gereli**  
**Istanbul/Turkey**

**24 september - 8 october 2017 (Japan)**

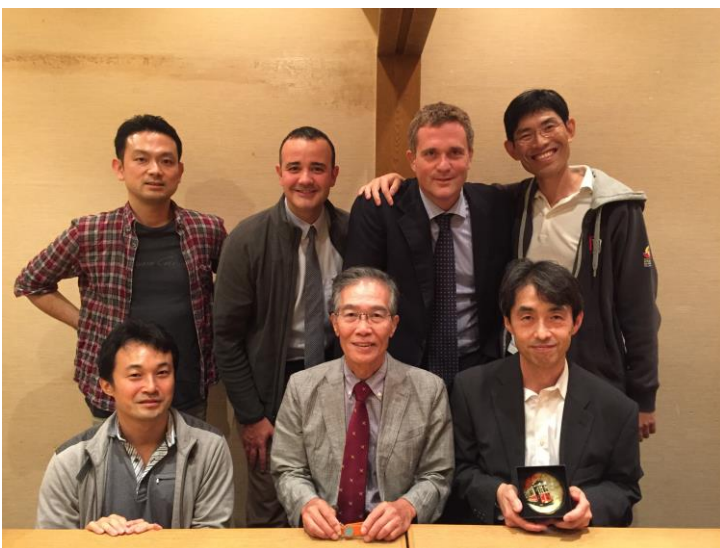
**Tokyo-Sendai-Sapporo-Kobe-Osaka-Tokyo**

**Tokyo (24-26 September)**

The fellowship started in Tokyo at the 24<sup>th</sup> of September. We stayed Tokyo Dome Hotel which had an excellent city view of Tokyo. In the evening, Prf. Katsumi Takase picked up us from the hotel and we went for dinner in a traditional Japanese restaurant. Prf. Teruhiko Nakagawa joined us in the restaurant and we had an excellent opportunity to introduce Japanese culture and cuisine.



The day after, we visited Dr.Noriyuki Ishige at the Matsudo clinic. Together with Dr.Shigehito Kuroda, they conducted three operations, two anchorless cuff repair and one clavicle fracture . We had the opportunity to discuss anchorless cuff repair. In the evening, we went to Japanese sushi restaurant with Matsudo clinic shoulder team.



The day after, we visited Funabashi hospital in Tokyo. We attended the morning meeting with Dr. Hiroyuki Sugaya and shoulder and elbow team. We discussed the indications and surgical options of the scheduled surgeries then moved to operating room. Dr.Sugaya performed four operation; one

reverse shoulder prosthesis with latissimus dorsi transfer, one arthroscopic rotator cuff repair and two arthroscopic bankart repair and remplissage procedure. We discussed the surgical tips and tricks in each interesting surgeries.

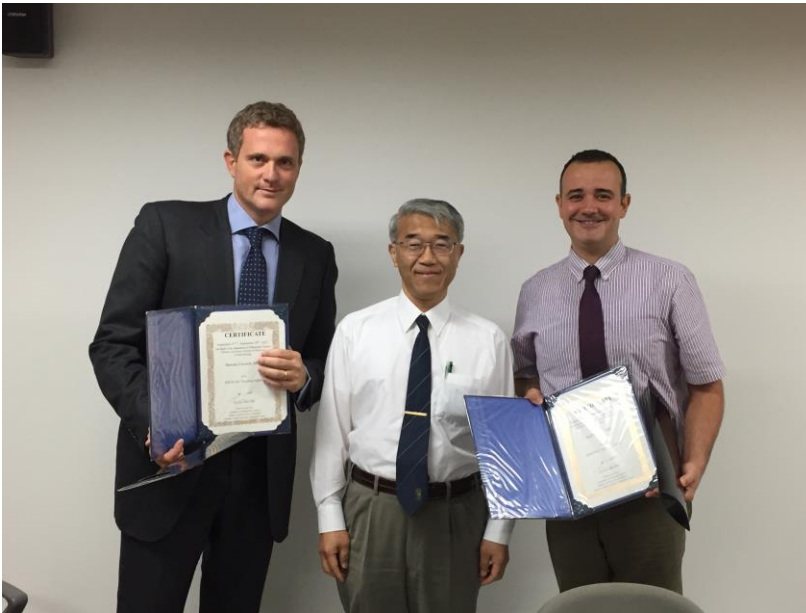


In the evening, we had a great time at the dinner with Dr. Sugaya and shoulder and elbow team with delicious sushi in company with different kinds of Sake and Japanese beer.

Next morning, we moved to Sendai to visit Tohoku University by the bullet train Shinkansen.

### **Sendai (27-28 September)**

We arrived to Sendai and Dr. Nobuyuki Yamamoto welcome us at the central station. All together, we visited to Date hill and Sendai castle which gives a panoramic view of the green city then, went to the lunch for delicious Sendai food 'beef tongue'. After this, we moved to the Tohoku University and introduced Prf. Eiji Itoi. First Dr. Yamamoto and after Prf. Itoi gave a lecture about the 'on-track' and 'off-track' shoulder lesions and we had an opportunity to learn this new concept from the first hand. Then, we presented our studies on the healing characteristics of rotator cuff partial tears and efficiency of critical shoulder angle in the hemiprosthesis replacement to Tohoku University shoulder team with Prf. Itoi's moderation. It was a great honor to discuss our studies in Prf. Itoi's presence and we really understand that how valuable he is, with his scientific aspect and as a mentor.



In the evening, Prof. Itoi organized a welcome dinner with Tohoku university staff at a traditional Japanese restaurant in the city center. We feasted over different kinds of raw fish, sashimi, sushi, sake and Japanese beer. At that night, we were even more happy because of one of our colleague from Tohoku university announced that he would marry soon. We congratulated him.

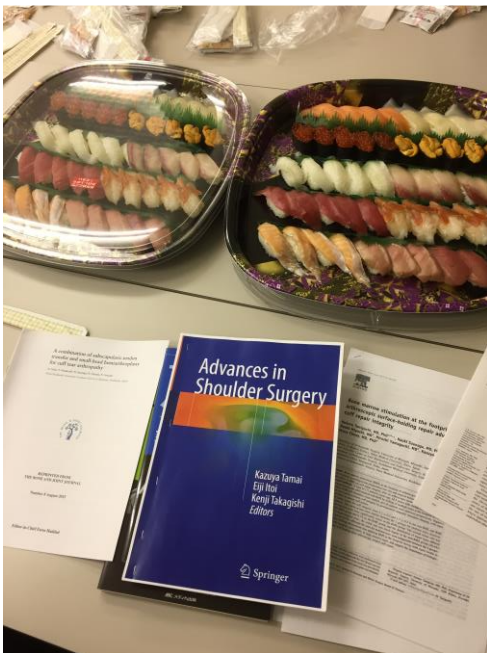
Next morning, Dr Yamamoto picked up us from the hotel and we went to operating room .Together with Dr Itoi, they did two operation. The first one was reverse shoulder prosthesis for cuff tear arthropathy and second one was arthroscopic rotator cuff repair for a medium U shape tear. We had the opportunity to discuss technical tips and tricks. In the evening, we had dinner with Dr Itoi and his wife Mrs Itoi at their home. Mrs Itoi had prepared special Italian food and Turkish dessert and made us surprise. After this, Dr. Itoi played Church pipe organ piano for us. We saw an extraordinary hospitality from Dr Itoi and his courteous wife. After we spent fabulous time, Dr.Yamamoto took us to Sendai airport to go Sapporo.





## Sapporo (29-30 September)

We arrived at the Sapporo New Chitose airport and Dr.Monma picked up us to the Hotel. Next day, we visited the Hokushin hospital. Dr.Naoki Suenaga performed two operations. First was the arthroscopic transosseous repair for retracted cuff tear, second was an anatomic prosthesis and tendon transfer for cuff tear arthropathy. Dr. Suenaga showed his peculiar technique to address cuff tear arthropathy with anatomic small head implants. We discussed articles and shared our opinions on the ongoing surgery accompanied by delicious sushi.



In the evening, we met with the Hokkaido University staff at Sapporo beer garden along with the tasteful Sapporo beer and special BBQ. Next morning we had the chance to see the city. We walked around at a very beautiful park in the city center and make some jogging. Then we went off to the airport for Kobe.



## Kobe/Osaka (30 September-3 October)

On Saturday the 30<sup>th</sup> of September we arrived to Kobe/Osaka, which is actually almost a single huge city. Dr. Takeshi Kokubu and Dr. Yutaka Mifune welcome us. Since it was weekend, they took us to the baseball game to Dome Osaka. We drank beer, watched the game and had a lot of fun.



Next day Dr. Kokubu and Dr. Mifune prepared fantastic social and cultural program. Early morning, we left from the hotel to go Kyoto by shinkansen. We arrived the impressing former capital of Japan and went to the monumental wooden temple, Kiyomizu-dera. We walked at the typically narrow streets of Kyoto and bought local handcrafts. We ate our lunch at the traditional Japanese sushi restaurant in the central Kyoto then we visited the Kinkaku-ji, the spectacular golden temple . In the evening, we went back to the Kobe and , of course, we had the opportunity to taste delicious Kobe beef at the dinner. Afterwards, altogether, we went to the karaoke bar to sing songs and had lots of fun.



Next morning we left from the hotel to go to the Osaka medical college. Dr.Teruhisa Mihata met us and brought us to the operating room. In the morning session, we watched superior capsular reconstruction for irreparable rotator cuff tear with his special technique. Afterwards, we had the opportunity to a deep discussion on the issue with him. In the afternoon, Dr. Kokubu and Dr. Mifune took us to the magnificent Himeji castle which is both a national treasure and world heritage site. In the evening, we gave our lectures to the Kobe university team. We met with the team members and had warm chats at the welcome party.



On Tuesday the 3<sup>rd</sup> of October, we visited Dr. Kokubu and Dr. Mifune at the Kobe university in the morning session and had the opportunity to appreciate their technique for fascia lata tendon augmentation in the treatment of massive cuff lesions. In the afternoon, we moved back to Tokyo with the famous Shinkansen; the bullet train which reaches unbelievable speed. We arrived to Tokyo in the evening and went to Dome hotel again. Dr Takase picked up us from the hotel and we went to local shoulder society meeting. We gave our speech and had case discussion. For dinner, they took us to a famous traditional Japanese restaurant. We watched the special technique of sushi preparation from a master chief and had the opportunity to taste special flavor.

### **Tokyo (4-5 October)**

At the second visit of Tokyo, we started from the Showa University Kanagawa. There, we had the opportunity to follow Dr. Nishinaka at two cases. The first one was reverse shoulder prosthesis for proximal humerus nonunion and second one was arthroscopic arthrolysis for stiff shoulder. At the break time, we had the opportunity to a very beneficial discussion on the irreparable rotator cuff tear algorithm at the operating room. In the evening, Showa University team were brought us to nearby grill restaurant and we tasted delicious meat.





Next day on the 5<sup>th</sup> of October, we visited the Nippon Medical School. Profesor Yoneda Minoru was conducted an instability case for a Sumo wrestler. It was very instructive to watch this surgery and we realized that special instruments would be needed to manage such an interesting case.



After surgery, we shifted the Prince Hotel, Tokyo for the 44th Japan Shoulder Society meeting combined with the 1st Asia-Pacific Shoulder & Elbow Symposium which was the actual congress venue. In the evening, we had the honor of attending to the presidential dinner of the congress that would take place in the same hotel. Prf. Hiro Sugaya, the president of the congress, welcomed us and we had the privilege of meeting with the president of Korean shoulder society Prf. Young Lae Moon and secretary general Prf Jae Chul Yoo. We planned the incoming Korean step of our travelling fellowship. There, we had the chance of sharing the same table with Prf Akimoto Nimura and had warm chat on the rotator cuff enthesi anatomy and healing biology. The dinner ended with the famous Beatles song 'Let it be' sung by Prf Hiro Sugaya.





**The 44th Japan Shoulder Society Meeting combined with the 1st Asia-Pacific Shoulder & Elbow Symposium, 6-8 October, Shinagawa, Tokyo**

The next day 6th of October, when the congress opening took place, we realized that we had the chance to attend the most informative and comprehensive shoulder and elbow meeting we have ever seen. In the past, Japanese shoulder meeting was basically Japanese speaking meeting mainly for Japanese delegates. As a result of their efforts for opening the society to the world, The Japanese Shoulder congress was combined with the 1st Asia-Pacific Shoulder & Elbow Symposium and evolving the world shoulder and elbow congress. There were 45 international faculties from all around the world, as well as the Japanese delegates, most distinguished shoulder and elbow surgeons of the world shared their experiences and knowledge in this outstanding scientific event. Since the theme of the meeting was ‘ Pros&Cons: Seeking the best patient care’ all sessions were designed to focus on the controversies and different approaches on the all part of shoulder and elbow topics. We participated in all sessions and tried to produce the most refined algorithms for each title. At the second day of congress, we successfully delivered our speech on the healing characteristics of completion and insitu repair in the treatment of partial thickness bursal rotator cuff tears and relationship between the critical shoulder angle and glenoid erosion after shoulder hemiarthroplasty at the special session for SECEC travelling fellow presentation after luncheon seminar. It was a terrific privilege and honor to present our researches in such a unique congress.



Our tour in Japan ended at the 44<sup>th</sup> Japan shoulder society meeting. It was a well planned tour of 6 cities thanks to Ms Noriko Kawamura, the secretariat of Japan Shoulder Society. She kindly arranged our tickets and on Sunday the 8<sup>th</sup> of October we flew to Seoul, having in mind with the good memories, good friendships and new ideas.

## **8 October – 22 October 2017 (Korea)**

### **Seoul-Gwangju-Daegu-Seoul**

#### **Seoul (8-11 October)**

We landed Seoul Gimpo airport on 8 October Sunday and Dr.Nho picked us up from the airport. We transferred to Shilla Stay Hotel at the famous Gangnam area. In the evening, we went for dinner in a Korean style grill restaurant. Dr. Nho gave us information about the country and we had an excellent opportunity to introduce Korean culture and cuisine. Next day was a public holiday, Hangeul Proclamation Day, to celebrate the formation of the Korean alphabet. We had the opportunity to enjoy a private city tour with a dedicated guide. We visited the Namsan park and saw thousands of love lock, tasted the Korean ginseng chicken soup, visited the Gyeongbokgung Palace and watched old-fashioned military drill. In the evening, KSES secretary general Prof.Dr.Jae Chul Yoo and his lovely wife welcomed us at the old-fashioned Korean restaurant. He also introduced us to the basics of the Korean kitchen; Kimchi and Soju.



The next morning we were picked up early at the hotel in order to visit Prof. Young Kyu Kim at Gachon University Gil Medical Center. At the morning conference we delivered our scientific presentation.



After the morning conference we went to the OR with Prof. Kim. The first case was a shoulder instability in a young patient and arthroscopic Bankart repair was performed. Second case was an arthroscopic rotator cuff repair for a medium size anterosuperior cuff tear and biceps degeneration in a 62 years old patient. Prof. Kim performed an arthroscopic rotator cuff repair using sutur bridge technique and biceps tenotomy. During this case we discussed on the options of biceps management. In the afternoon we went out for sightseeing together with Prof. Kim. After one hour drive outside the city, He led us to a very impressive Korean old town simulating the tradition of living.

The following morning, we were picked up from the hotel. We visited the Prof. Young-Girl Rhee at the Kyung-hee university hospital. There were 6 surgeries scheduled; one intratendinous, 2 small, one medium size and 2 massive rotator cuff tears.

Starting with the intratendinous tear, he completed the tear and performed the arthroscopic rotator cuff repair. At the same time, Prof. Rhee explained his special technique ‘three sisters’ for antegrad suture passing using the “banana lasso” to us . For two of the cases with a massive rotator cuff tears,he incorporated a biceps augmentation into his repair. Between the operations, we had nice and fruitful discussion on the complications of reverse shoulder prosthesis and relation between the suprascapular neuropathy and scapular dyskinesia. We spent a great day with Dr. Rhee in the OR, a pioneer of shoulder surgery. He is a master in arthroscopic techniques and we were very impressed from his ability of teaching. In the evening we went to dinner with Prf Rhee and his fellows at the Korean style grill restaurant. We enjoyed the meat and vegetables with barbeque on the table. The dinner was in a very friendly environment with traditional Korean food and drinks. They prepared special cocktail called “atomic bomb” which is made by several mixes of Korean beer and vodka (Soju). After this full day of surgeries, foods and drinks they said: “Welcome to Korea and Konbe!.”



Next day in the morning session, we visited the Prf. Jin Young Park at the Neon Clinic. It was a well organised private clinic dedicated to shoulder elbow and sports injuries. Prf Park introduced his clinic to us and than we prepared for the surgery. Inside the operating room Prf Park showed us his sophisticated technique at two arthroscopic rotator cuff repair cases for small to medium size cuff tears, one elbow arthroscopy and one open ucl repair for two baseball players. After finished the four cases in the morning session, Prf Park signed and gave us his latest book on the sports injuries to the shoulder and elbow as a gift. We thank him very much and moved the train station to go to Gwangju,



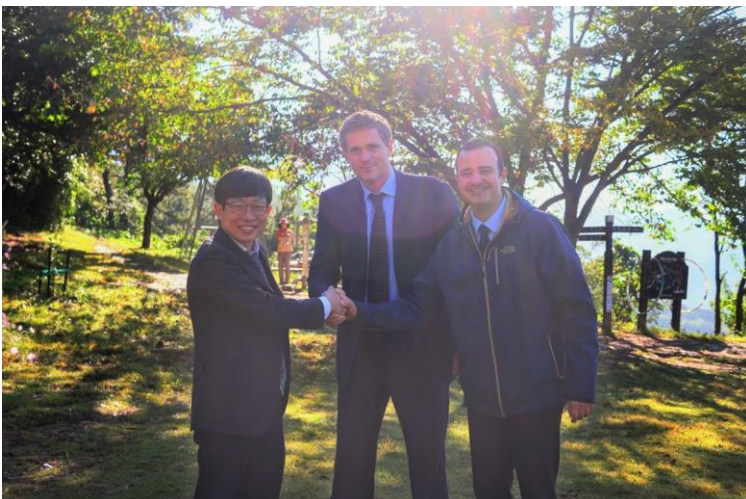
next step of our tour.



### **Gwangju (12-14 October)**

In the afternoon we arrived to Gwangju. KSES president Prf. Young Lae Moon welcomed us at the train station and then went together to extraordinary event Gwangju design biennale. Biennale theme was ‘futures’ and we explored future oriented design and its effects on the life styles. In the evening we went to the dinner with the Gwangju Shoulder and Elbow society members and made a city tour together.

The next morning we visited the Chosun University and attended the morning meeting. Prf Moon introduced us to the team and we presented our studies with nice discussion. After the meeting, Prf Moon showed us his impressive research on the 3D surgical education at his laboratory. Then we walked around the University campus and had a sweet chat.



In the afternoon, we visited Prf Myung Sun Kim at Chonnam University. We went straight to the operating room because of our limited time. Prf Kim performed one arthroscopic rotator cuff repair for medium size tear and one elbow prosthesis for articular side fracture. After the surgeries we went out for the dinner with the Chonnam university team and had warm chats along with delicious Korean meals.



Next day was Saturday and we left from the Hotel in the morning to drove our next destination: Daegu

### **Daegu (15-16 October)**

We arrived to the hotel in the evening and rest. Next day was Sunday and Prf Chang Hyuk Choi from the Daegu Catholic University was took us from the Hotel. He prepared fantastic cultural program for us. We visited the magnificent ancient Silla Kingdom and then the Seokguram Grotto with a dedicated guide. We witnessed that genuinely impressive Korean history and surprised by the fact that Korean peninsula has been inhabited since Neolithic times. In the evening, we dined with Prf Choi and his lovely family and had a warm chat.



In the next morning we went to Daegu Catholic University to visit Prf Choi. He organized very instructive day for us. First we started at the outpatient clinic and learned how to use shoulder ultrasonography as a tool in clinical examination and intervention. In the afternoon we went to operating room. Prf Choi showed us arthroscopic margin convergence and single row repair for medium size rotator cuff tear. After the operation we attended to meeting with university team and presented our studies. After this intense and instructive day, we moved to train station to go back to Seoul.



### **Seoul (17-22 October)**

We arrived to the Seoul at night and went directly to the Hotel for rest. Next day in the early morning, we went to Seoul National University Hospital to visit Prf. Joo Han Oh. We attended the morning

case discussion. We saw problematic cases consulted to Prf Oh and had a very informative discussion. After the meeting we moved to the operating room. Prf Oh organized very busy operative day for us. He performed 2 reverse shoulder prosthesis for cuff tear arthropathy, 1 arthroscopic partial repair and biceps tenotomy for retracted rotator cuff tear, 2 arthroscopic repair for medium size rotator cuff tear, 1 arthroscopic bankart repair and capsular plication for shoulder instability and 1 philos osteosynthesis for proximal humeral fracture. Between the operations, we had nice and fruitful discussion about the surgeries. Prf Oh also showed us his impressive system of data collection, which is definitely useful for any scientific clinical research project.



After we finished seven operations, Prf Oh and his fellows took us to the baseball game. We drank beer, watched the game and had a lot of fun.

Next morning, we were picked up early from hotel to get to Hallym University Medical Center. Prf Yon-Sik Yoo welcomed us. Before to moved the operating room we had the opportunity to a brief talk about the arthroscopic AC joint reconstruction and he showed us his special technique. Then we went to operating room. Prf Yoo scheduled three operations. Starting with the large rotator cuff tear, he performed the arthroscopic rotator cuff repair. At the same time, Prof. Yoo added the arthroscopic suprascapular nerve release and he explained the technical details. The remaining 2 cases were arthroscopic SLAP repair and Bankart repair for instability in a young patient. After the operations Prf Yoo shared his latest research on suprascapular nerve and scapular malposition with us.





In the evening, we went to Seoul area local shoulder society meeting. We presented our studies and had a fruitful case discussion with Korean colleagues. After the meeting we went all together to the traditional tavern and had warm chats along with excellent Korean beers and Soju.

Next day, we checked out from the Hotel then moved to the Samsung Medical Center to visit Prf. Jae Chul Yoo. Prf Yoo prepared 5 subscapularis tear cases and showed us very sophisticated subscapularis repair techniques such as double row extraarticular repair. The so called “subscapularis day” was a great experience with a huge variety of subscapularis lesion cases and different techniques for its repair.



After surgery, we shifted the Grand Hilton Hotel, Seoul for the 61st Annual Congress of the Korean Orthopedic Association which was the actual congress venue. In the evening, we had the honor of attending to the presidential dinner of the congress. We had the chance of sharing the same table with the shoulder and elbow surgeons from different parts of the world. During and after dinner we exchanged our impressions and experiences and had a great conversations about the different cultures.

### **The 61st Annual Congress of the Korean Orthopedic Association, 20-22 October, Seoul**

The scientific sessions started early in the morning and we listened very interesting lectures during the Shoulder Society meetings. Because of the many invited international speakers, we had to great opportunity to see different perspectives and informative discussion sessions. At the luncheon symposium session with the moderation of Prf Jae Chul Yoo, we successfully presented our studies on the healing characteristics of completion and insitu repair in the treatment of partial thickness bursal rotator cuff tears and relationship between the critical shoulder angle and glenoid erosion after shoulder hemiarthroplasty followed by the fruitful discussion session. Afterwards, Prf Young-Girl Rhee presented us certificate of participation. It was a terrific privilege and honor to participate and present our researches in this congress. In the evening we had the great honor to attend dinner with the entire KSES faculty. They presented us a surprise gift and we felt very grateful for the warm hospitality and friendship.



Next day in the morning we were picked up from the hotel and went to sightseeing trip to the demilitarized zone between the South and North Korea. Just an hour away from the bright and

fascinating city of Seoul, we suddenly found ourselves at the world 's last cold war border. This area was impressive but also tragic place filled with information about Korean war history. There were lots of pictures and stories about victims of war which were truly heart wrenching to see. We visited the war museum and underground tunnel crossing the border. Despite the reality of the war, it was hopeful to see the strong desire for peace and reunification at the South Korea. As a preparation for unification, a train station was built nearby the demilitarized zone connected to the southern system.

The day after was last day in Korea and also of our fellowship. We moved to the airport to fly back to home, we remembered all the great hosts, friends and teachers who guided us during our travel. As the entire trip was perfectly organized by the SECEC, the JSS and the KSES, we spent four wonderful, exciting, instructive and very intense weeks together and we were very impressed by the deep hospitality and gentleness that we saw in Japan and Korea. We learned a lot from this fellowship programme. In the light of our experiences we flew back to our countries with new ideas.

We want to thank to SECEC educational committee for giving us this opportunity, thank all our generous hosts in Japan and Korea and thank to Japan Shoulder Society, Korean Shoulder and Elbow Society and European Shoulder and Elbow Society who have made this fellowship real. We are grateful.

Sincerely

Arel Gereli, MD

Simone Cerciello, MD