



European Foot and Ankle Society

Travelling Fellowship 2018

REPORT

Submitted by:

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We were honored and grateful to be awarded the EFAS travelling fellowship and would like to thank the committee for providing us with the chance to visit three hospitals in Europe.

[Amsterdam, the Netherlands, Bergman Clinic](#)

Our first visit was to the Bergman Clinic hosted by Drs Gythe Bulstra and Bella Van Dalen. We had the chance to enter the OR and participate in different kind of surgeries. We assisted Drs. Van Dalen in forefoot surgery (hallux valgus and hallux valgus with a flatfoot deformity) and she

was able to demonstrate several technical tips on the Scarf osteotomy. With Drs. Bulstra, we had the opportunity to see different arthroscopic procedures (anterior/posterior and combined). After a busy day, we had a great dinner in a restaurant near the canal ring.

[Toulouse, France, Clinique del l' Union](#)

Our next stop was Clinique del l' Union were Dr Nazim Mehdi and Dr Francois Lintz hosted us. We would like to thank Dr. Nazim Mehdi for letting us scrub for a very difficult case, such arthrodesis after failed total ankle replacement performed with plates and autologous bone graft. We were also able to see a Zadek's calcaneal osteotomy for insertional achilles pathology. We started the second surgery day with two arthroscopic subtalar arthrodesis performed by Dr. Lintz. He has a strong research background and he is involved in ongoing research activities on weight-bearing CT of the foot and ankle. It was very useful to engage in direct interaction with a passionate researcher like him. In the weekend, we had the chance to taste a great selection of French red wines and to visit the Airbus Museum.

[Lisbon, Portugal, Hospital Lusíadas Lisboa](#)

On Wednesday we moved to Lisbon where Dr. Nuno Corte-Real had planned 2 great OR days in the beautiful Cascais. All the team of Dr. Corte real was really kind with us and made our stay in Lisbon really interesting. The most impressive things were a couple of tough cases of posterior arthroscopic ankle arthrodesis and the "ankle sprain clinic". After OR time, they did us try some amazing Portuguese restaurant with delicious food and porto wine.

[EFAS Advanced Symposium, Lisbon, Portugal](#)

In the last day of our fellow we joined the EFAS Advanced Symposium where we assisted the worldwide leading surgeons debating on controversial topics such as flat foot and infections. It was really interesting and educational.

Finally we would like to thank EFAS and all our hosts for this amazing experience, we really appreciated. Traveling around Europe in some of the best centers for Foot and Ankle surgery has made us return home very inspired and with a great increased knowledge on F&A pathologies.

The 2017 Fellows Matteo Guelfi and Nicolò Martinelli (Italy)