

EUROPEAN ARTHROSCOPY FELLOWSHIP (EAF) SFA / AGA / SIGASCOT / AEA / SPAT / ESSKA

Reported by Pawel Skowronek MD (Poland)

13 September – 7 October 2012

The fellowship team: Pawel Skowronek (ESSKA) Poland, Andreas Ficklscherer (AGA) Germany, Nabil Najihi (SFA) France, Giacomo Zanon (SIGASCOT) Italy, Dragos Popescu (AEA) Spain

I would like to start by thanking ESSKA for giving me the opportunity to take part in this fellowship. I think that a fellowship is a fantastic, inspiring and thrilling experience for each surgeon in his orthopaedic life. It is not only an opportunity to expand one's orthopaedics horizons and improve surgical technique but also to meet interesting people and orthopaedic colleagues from all over the world building new friendships. I think the books are helpful in learning, but surgery can not only be learned from books, and this is why it is so important that these trips organized. We had several OR sessions including shoulder, knee, hip and ankle surgery. We also spent much time discussing about the various treatment options for joint injuries at the hospitals, restaurants, pubs, clubs and during travel. During this time we also had the opportunity to learn about the culture, food and lifestyle of various countries. Statistics: duration 23 days, tens of surgeries, tens of hours of discussion, average of 3-5 kg weight gain, average sleep time 5 hours, 9 plane flights, 5 train rides, taxi, car, ship.



Zurich and Bern (SWITZERLAND), Seville (SPAIN), Lisbon (PORTUGAL) Marseille & Nancy (FRANCE), Rome and Parma (ITALY)

Zurich - 13-16 September

We've met in Zurich. Five foreign men from different parts of Europe, with a common passion for surgery and what surgeons from around the world like most c.... Quickly we realized that it will be an extremely intensive 23 days, but what I have not known that the EFA would form a family and we will know more about each other than our wives do. We took part in the 29th AGA-Congress where world-renowned specialists in arthroscopy and sport traumatology have made their presence. We had the opportunity to learn the clashing trends in treatment around the world by participating in various sessions, Keynote Lectures. I think it was a great idea to start off the fellowship with the Congress, it laid out the foundation for our further travel. We also had the opportunity to meet Dr. Flury and Prof. Steinwach chairmen of the Congress as well as Prof. Dr. Becker the AGA President.



Zurich - At the 29th AGA Congress: from left to right: Dr. A. Ficklscherer, Dr. P. Skowronek, N. Najihi, Dr. D. Popescu, Dr. G. Zanon, Prof. Becker, Prof Steinwachs

Bern - 16 - 19 September

Our first stop after the train ride from Zurich was Bern. We were warmly greeted by Dr. Eduard Buess who planned our stay with Swiss precision. Two surgical days: Monday the lower extremity, Tuesday upper extremity. We also had time to see this interesting and beautiful city in which bears live in its center. On Monday dr. Phillipp Henle presented the operative technique developed in Bern for interalligment stabilization of ACL in acute injuries, using special implants allowing for a quick return to sports. An equally interesting procedure that day was the surgical dislocation of the hip repairing the impingement and stabilization of the labrum as an open procedure. In the afternoon we had the opportunity to take part in a scientific session and present our experience followed by a discussion. The following day, Tuesday, we spent in the OR with Dr. Eduard Buess, who was keen on sharing all his knowledge about shoulder surgery. The late afternoon and evening we spent with Dr. Eduard Buess joined by his family and friends at dinner on-board a ship exploring the Thun lake.



Bern - Dr. Eduard Buess and EAF Fellows

Sevilla - 19 - 22 September

After travelling from Bern with a stopover in Barcelona we arrived in Sevilla, which greeted us with temperature of 35 degrees C. Equally warm was our greeting by Dr. Emilio Lopez- Vidriero who picked us up from the airport. The stay was in a truly Spanish style, dr Emilio Lopez-Vidriero wanted to show us all the best of Sevilla and pass on all his knowledge regarding sport traumatology, ligament reconstruction as well as PRP, which sparked many discussions among us. After an intensive program in the OR on Thursday, where we were able to observe couple ACL reconstructions and PRP infiltrations to the rotator cuff under USG guidance, we finished off the day with dinner on dr. Elilio Lopez-Vidriero's terrace with his friends. The next day was just as intense: speech presentations, visit to the Real Betis Balompié Stadium. That evening we spent in the flamenco museum, countless tapas bars, bars and clubs. What happened in Sevilla, stays in Sevilla.



Sevilla - Dr Emilio Lopez-Vidriero and EAF Fellows

Lisbon - 22 - 25 September

After a crazy stay in Sevilla - tapas, wine, flamenco, PRP, we arrived in the colourful city of Lisbon with a touch of nostalgia Fado. This was the most difficult stage of our journey after a long night in Sevilla. We had Sunday to recuperate before an intensive Monday. On Sunday we were greeted by Dr. Ricardo Varatojo along with his assistant Dr. Mario Vale , who was an EFA Fellow in the prior year. We started our stay with exploring Lisbon and a fantastic dinner by the ocean. The following day, after a relaxing Sunday, a 11 hour day in the clinic with a couple interesting surgeries: TKA, couple ACL reconstructions using new flexible guides and drills for anatomic positioning of femoral canal, revision procedures after ACL reconstructions, and surgeries on the mesniscus. The day was topped off with a scientific session, after which we went directly to Dr. Ricardo Varatojo's house for dinner. It was a real treat in the presence of family and friends gathered around a big table with great food and best wine from Dr. Ricardo Varatojo's cellar. The atmosphere was so pleasant and the discussion so lively on surgical and non-surgical topics that we haven't noticed that it was 1 o'clock at night. With great regret we left Lisbon, which will stay in may thought for a very long time.



Lisbon – in the centre Dr. Ricardo Varatojo

Marseille - 25 - 27 September

Our next destination was Marseille, we flew out of Lisbon at 6.50 am and in the afternoon we were already in the OR in Marseille. Two operating days were spent with the representatives from the ICOS team; Dr. Richard Aswad and Dr. Abdul Sbihi. The first day was dedicated to knee surgery: TKA using custom made cutting block, a couple of ACL reconstructions with different fixation systems. Of particular interest was a reconstruction surgery performed by modified Lemaire method in an unstable knee joint. The following day was dedicated to shoulder surgery with Dr. Richard Aswad. The day began with a reverse shoulder prosthesis followed by open Latarjet, arthroscopic Bankard procedure, a couple rotator cuff reconstructions. A real feast for shoulder surgeons. During supper we could not have forgotten the Bouillabaisse soup.



Marseille From left Dr. Richard Aswad, Dr. Abdul Sbihi, Dr. G. Zanon, Dr. A. Ficklscherer, N. Najihi, Dr. P. Skowronek

Nancy - 27 - 29 September

Nancy greeted us with rain and chilly weather, but were greeted warmly by Prof Francois Sirveaux, who was waiting for us at the airport. After settling in an exceptionally nice pension, we were off to visit the Centre Chirurgical Emile Galle Clinics followed by a stroll in the old city and a dinner with the team. Friday was an early start to the morning, 3 operating rooms and various procedures with Prof Francois Sirveaux and Prof. Daniel Mole. Arthroscopy of the ankle joint, arthrosis of the ankle joint, reverse arthroplasty and resurfacing of the shoulder joint, couple procedures on the rotator cuff as well as some ACL reconstructions. Despite the numerous procedures we had plenty of time discuss cases followed by a general discussion. In the afternoon Prof Francois Sirveaux

organized arthroscopic workshops on artificial models of the shoulder where we were able to practice the operative technique and Prof. Sirveaux showed us some tips and tricks. The workshops ran late into the afternoon. Once finished we headed off for traditional Nancy dinner where we tried pig snouts and sausage made from intestines as well as fine French wine. On Saturday morning after a joint rounds with patients operated the previous day and a scientific session we headed for Rome.



Nancy - Prof Francois Sirveaux and EAF Fellows

Rome - 29 September - 3 October

We arrived in Rome late Saturday afternoon. On Sunday we had time to ourselves to rest and do some sightseeing. In the evening we met with Prof. Giuseppe Milano and his team. On Monday the Columbus Clinic operative program from 8 o'clock: MPFL reconstruction, ACJ reconstruction, ACL reconstruction subscapularis repair. In the evening a friendly gathering and dinner, traditional Roman cuisine. The following day operative program in Gemelli Hospital with Prof. Carlo Fabbriani as well as Prof Giuseppe Milano: TKA with use of custom made cutting blocks, revision after ACL reconstruction using Achilles tendon allograft, ACL reconstructions, shoulder instability repair, and rotator cuff repair. In the afternoon scientific session with the team from Gemelli Clinic, at which aside from our presentations 2 were presented by the Gemelli Clinic team. Presentation regarding operative technique of PCL performed by Prof. Carlo Fabbriani's team was particularly interesting. In the evening fresh seafood dinner and discussion on orthopedic subjects with wine.



Rome – EAF Fellow in OR with Prof. Giuseppe Milano

Parma - 3 - 6 October

By a train ride from Rome we arrived at our final destination of the journey-Parma. After getting settled at the hotel we met with Prof. Paolo Adravanti at the clinic and immediately went into a scientific session which concluded with an interesting discussion regarding UKA and ACL reconstruction. At dinner in a restaurant near Parma known for its home-style cuisine and mushrooms we discussed our entire journey which focused on knee surgery. The next two days were filled with couple TKA procedures, during which discussion focused on tissue balance, couple UKA surgeries, ACL reconstructions, multiple ligamentous instability procedures and ACL revisions. A real treat for a knee surgeon. In the evening we were taken for a Parma team rugby match, it was an incredible experience. The match was followed by our last dinner together at the best restaurant in Parma. Followed by a couple of drinks recapitulating our fellowship, couple of tears and promises of friendships and get-togethers in the future.



Parma - Prof. Paolo Adravanti in the center and EAF Fellows



Parma – rugby game EAF TEAM (thanks guys)

In summary I would like to thank everyone who contributed to organizing this fellowship. All those who we met during our trip, those who wanted for us to feel as their friends, and those who wanted to share all they know in the professional as well as social field. We cannot forget all those who watched over the trip schedule; flight and train coordination, hotel accommodations and logistics of the entire trip which defiantly was a challenge. This scholarship was a giant leap in my surgical and knowledge enhancement. It allowed me to take time and think about my life and work. In the end I

can state that we formed a wonderful EFA family and I think we have become friends for life. I strongly recommend this form of training to everyone.

Best regards,
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