



## **ESSKA Stipendium for the European Arthroscopy Fellowship 2013**

Report prepared by: Bobby Anand, ESSKA fellow.

The travelling fellows:

Bobby Anand (ESSKA fellow)

Sergio Goncalves (SPAT fellow)

Marie-Beatrice Hardy (SFA fellow)

Mario Ronga (SIGASCOT fellow)

Johannes Zellner (AGA fellow)

I am extremely grateful to ESSKA for selecting me for this outstanding fellowship and for the unique opportunity to meet, make friends and learn from the leading surgeons around Europe.

**19-21 September 2013. AGA Congress, Wiesbaden, Germany.**

***Hosts: Jens Agneskirchner ,Thore Zantop, and Michael Hirschmann***

The fellowship began in Germany. We arrived in Wiesbaden, a city in southwest Germany famous for its thermal springs and spas for the AGA congress and received a warm welcome from Miss Pinz (AGA secretary). She ensured that our time here was a memorable experience. Here, I met my fantastic travel companions for our three and a half week adventure.



***First day meeting my travel companions and our hosts in at the AGA congress***

The first day of the congress was very educational. We watched live surgery that included a medial unicompartment knee replacement performed by.... and an arthroscopic Latarjet procedure of the shoulder performed by .

The highlight for me was a keynote lecture from Freddie Fu on the evolution of ACL surgery. In the evening, we were joined by the NVA Fellows for dinner at a traditional Bavarian restaurant. It was a fantastic evening and a nice way to celebrate my birthday with my new friends.



***At a traditional Bavarian restaurant with the EAF and NVA fellows.***

Day two of the congress had many interesting talks. I found the presentations given by Jon Karlsson on ACL surgery & osteoarthritis and Steven Claes on the Anterolateral ligament of the knee very interesting. In between talks and lunch the fellows found some time to explore the beautiful town of Wiesbaden. Both Sergio (EAF fellow from Portugal) and I enjoyed a fine lunch at a local café and soaked up the relaxed atmosphere of the town. The evening social program was a dinner and dance in the beautiful setting of the impressive Kurhaus.

**22–24 September 2013. Ortho-Klinik Offenbach, Germany.**

***Host: Dr. Uwe König***

The following day we travelled to Offenbach, a city in Germany located on the south of the River Main next to Frankfurt. Offenbach is part of the Frankfurt urban area and used to be the centre of the leather industry.

Here, we were greeted by Dr Michael Joneleit and were taken for a pleasant meal in Frankfurt overlooking the River Main and the construction of the new Europe Central Bank.

A social program was scheduled on the following day. It started at the world's largest motor show in Frankfurt with our hosts Uwe König, Adalbert Missalla and Michael Hirsmmann. The 65<sup>th</sup> International Motor Show played host to new rides from Europe, the United States and Asia. The event featured 1000 exhibitors and attracted more than one million visitors. We were given VIP passes to the BMW stand and enjoyed a special guided tour of the BMW stand.

Subsequently, Uwe and Adalbert took us on a tour around Frankfurt. Adalbert's historical knowledge was very impressive as he narrated interesting facts about the city. In the evening, we enjoyed time with our hosts over a traditional German meal.



***At the Frankfurt Motor show with our hosts Michael Hirschmann and Uwe König***

On our final day in Offenbach, we visited the Ortho-Klinik run by our hosts. We observed surgery to the shoulder and were taught three different techniques for arthroscopic cuff repair. In addition, we had the opportunity to watch and discuss four different types of ACL reconstruction. These techniques included the use of quadriceps tendon with on lay technique and a technique developed by... over the last 10 years using bone plugs from the tunnel sites.

We ended the day with some fine German cuisine with our hosts. We left Germany with fond memories and having forged new friendship bonds.



***Goodbye dinner with our hosts and good friends Uwe König and Adalbert Missalla***

**24– 29 September 2013. Clinique Maussins-Nollet, Paris, France.**

***Host: Dr Geoffroy Nourissat***

Following a short flight to Paris, the city of the Eiffel Tower, we met our remarkable and charismatic host Dr Geoffroy Nourissat at the famous Clinique Maussins – Nollet. The Clinique was formed by the late Dr Lemaire. We spent the day in clinics discussing cases and seeing patients with Dr Nourissat and Dr François-Paul Ehkirch. The evening was spent sampling French cuisine at a typical French restaurant.

A special hip arthroscopy program was set up for us on the second day in Paris by Dr Nogier and Dr Boyer. We spent the day in theatre watching 8 hip arthroscopies using the peripheral first technique. The session concluded with talks from Dr Nogier and Dr Boyer and subsequently a number of case based group discussions which included the anterior approach to the hip.

In the evening, Dr Nourissat chaired a science and champagne session. All the travelling fellows presented some of their research work. We had an insightful and stimulating discourse about our work and the fine champagne we were sampling.

The following day was spent in the operating theatre with Dr Nourissat and Dr Ehkirch. We saw some very interesting and skilful surgery that included an arthroscopic laterjet procedure, an MPFL reconstruction technique using no tunnels or fixation devices and a demonstration of an anatomical femoral tunnel ACL reconstruction using the transtibial technique. Later that evening, we were treated to a master class in French red wine and cheese at Dr Nourissat's home.

Our final day at the clinic was spent in theatre watching PCL surgery, arthroscopic cuff repair and elbow arthroscopy. We ended our time with our friends in Paris with a fabulous dinner cruise along the River Seine. We experienced stunning views of Paris by night from the water. Dr Nourissat talked us through the history of Paris as we passed inspiring landmarks on our cruise. It was the perfect way to say goodbye and end our time in Paris. Our Parisian hosts were very gracious and we were most thankful to them.



***Evening cruise on the river Seine with our Parisian friends.***

Saturday was a free day and we took advantage of this to explore the sights. The fellows ended the evening together by experiencing French gastronomy at its best at one of the finest seafood restaurants.

We left early next morning to catch our train to Grenoble, a city in south eastern France, at the foot of the French Alps.

**29 September – 2 October 2013. CHU Grenoble-Hopital Sud, Grenoble. France.**

***Hosts: Prof Dominique Saragaglia & Dr Stéphane Plaweski***

We met our hosts on Monday 30<sup>th</sup> September and spent the day in the operating theatre. This hospital had a very impressive and unusual theatre setup with the possibility of running four operations in an open plan setting. We had the opportunity to watch Dr Plaweski perform three different types of ACL reconstruction-the double bundle technique, an anatomical reconstruction and the Tape Locking Screw technique using a short hamstring graft. He also demonstrated his technique for a high tibial osteotomy using navigation. We spent the evening with Dr Plaweski and his wife at yet another excellent restaurant.

The next day was spent in theatre with Prof Saragaglia. He demonstrated his techniques for total knee replacement, unicompartment replacement, tibial and femoral osteotomies all using navigation. He also demonstrated his ACL reconstruction technique. We were very impressed with the efficient use of theatre time through the utilisation of the open plan setting.

In the evening, we took the opportunity to present our research work to the department. After the scientific session, Prof Saragaglia took us and his team out for dinner. We took the opportunity to discuss various orthopaedic techniques with our French counterparts and to get to know our hosts. Our stay in France had been educational and brilliant.

**2 – 3 October 2013. Nuovo Ospedale Civile di Sassuolo, Sassuolo, Italy.**

***Host: Prof Luigi Adriano Pederzini***

We subsequently continued our journey to Sassuolo. The town is about seventeen kilometres south west of Modena and is an industrial centre of the Emilia-Romagna region of Italy.

Upon arriving at our hotel, we were greeted by the friendly members of Prof Pederzini's team. They took us to visit the hospital where we were very impressed with the ward and theatre setup. Prof Pederzini had arranged for us to visit the Museo Ferrari in Ferrari's home town of Maranello. The exhibits showcased many of Ferrari's iconic cars both road and track throughout its history. On view was also prizes, photographs and historical memorabilia relating to the Italian motor racing industry. This was an incredible experience for all of us especially for me as a car-racing enthusiast.

We finally met Prof Pederzini later in the evening during a scientific session at the hospital. The evening was capped by dinner at the restaurant that Enzo Ferrari used to eat at when he was running his company.

The following day was spent in the operating room with Prof Pederzini and his team. He performed three ACL reconstructions using three different techniques - double bundle, patella tendon and transtibial.

Prof Pederzini has an international reputation for elbow surgery and he performed a lateral ligament reconstruction in a patient with significant elbow instability. Our stay in Sassulo was a short but very pleasant one and we were grateful to our hosts.

We then commenced the next leg of our journey to Milan, the second largest city in Italy and most famous for fashion and design.



***The travelling fellows with Prof Pederzini***

**3<sup>rd</sup> October – 6<sup>th</sup> October 2013. Policlinico San Donato Milan. Italy.**

**Host: Professor Pietro Randell.**

co San Donato

We arrived in Milan in the evening and were personally welcomed by Prof Pietro Randelli. He kindly picked us up and took us to his house to meet his wonderful family. We were treated to a delicious meal and had an unforgettable evening.

We started the day at the Policlinico San Donato. We spent the morning in theatre with Filippo Randelli who demonstrated a very interesting hip arthroscopy case

where he treated a patient for hip impingement with debridement of bump and reattachment of labrum.

In the afternoon, we watched the arthroscopic treatment of a large osteochondral defect to the talus. We finally had the opportunity to observe Prof P Randelli perform an arthroscopic cuff repair and a reverse shoulder replacement using a very impressive technique. He was kind enough to give us a number of technical tips during the case and it was a pleasure to spend time with him in theatre. In the evening, he took us and members of his team for a scrumptious seafood dinner.

On Saturday, we had a large scientific session with the entire Orthopaedic department attending. The session was chaired by Prof P Randelli and there were twelve research presentations including the travelling fellows work. This was a truly superb and educational session.

Prof P Randelli and his wife arranged a very special evening for us. It started at the San Siro Stadium where we watched an entertaining game of football between Inter Milan and Roma. We capped the evening at the exclusive Armani Club.

Our final day in Milan was spent with the Randelli family. We visited an art gallery that was showing work by the famous American abstract expressionist, Jackson Pollock. We subsequently experienced Italian fine dining at its best at a delectable Italian terraced restaurant with a spectacular view of the Duomo di Milano. The Duomo is also known as the Milan Cathedral and is the fourth largest cathedral in the world and took nearly six centuries to complete.

Italians are famous for their warmth and friendliness and the Randelli family was no exception. We left Italy with special memories and fabulous new friends.



**With Pietro Randelli and his son Roberto at the San Siro Stadium**



*At Prof Randelli's home with his wonderful family*



*Last day with our close friends Pietro and Filippo Randelli outside the Duomo in Milan*

**6<sup>th</sup> October – 8<sup>th</sup> October 2013. Universitat Autònoma de Barcelona. Barcelona. Spain.**

**Host: Joan Carles Monllau**

We arrived in Barcelona, one of the most cutting edge cities in Europe famous for its avant-garde architecture, history, football team and culture late in the evening. During dinner, we reflected on our amazing experience so far. We were now all very close friends and had shared a unique and unbelievable experience together. We

had made friends all around Europe, learnt new concepts and had a lot of laughs and fun together.

In the morning we were taken to meet Dr Monllau and his team. We held a scientific session where we all presented some of our research work. Dr Monllau's team also presented some very interesting work. This was followed by an excellent session in the cadaver laboratory. Dr Moullau and his team had arranged for us to have the opportunity to perform arthroscopic ACL & PCL reconstructions, meniscus repairs and posterior lateral corner reconstructions on the cadaver's. This was a very enjoyable and useful session where we learnt some useful technical tips on knee surgery.

Unfortunately, my fellowship had to end a few days earlier than planned. I missed out on the opportunity to visit Portugal and spend time with the ESSKA President. However, I am optimistic that I will be able to visit him soon.

This fellowship was sensational and a once in a lifetime experience. I am thankful to all our hosts for their warm hospitality. I would also like to extend my deepest gratitude and sincerest appreciation to the ESSKA President Prof João Espregueira-Mendes and the Education Secretary Prof P Randelli for giving me this fantastic opportunity. I look forward to meeting all my new friends at the 2014 ESSKA Congress in Amsterdam.