

2015 ESSKA-AOSSM DJO Travelling Fellowship



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It was a special honour to be part of this great travelling fellowship and to meet these extraordinary people at the places where they live and work. We are deeply thankful that we could be part of this!

Los Angeles

We all met in LA in a wonderful hotel below the Getty museum. Our stay in LA was a perfect mix between work including appealing talks, discussions and time in the operating room as well as a spare time to get over the jet lag. We were welcomed by two of our extraordinary hosts — Clarence Shields and David McAllister. LA was in a way special — all three well-known Orthopaedic Sports Medicine Centres, UCLA, Kerlan & Jobes, and USC, organised our stay there together: We met Frank Petrigliano in the evening who had organised a very special Spanish welcome dinner. The next day we visited the well-known labs of UCLA. Keith Markolf, the senior scientist in the biomechanical lab, gave us insights into his past and recent work. In the afternoon we met Seth Gamradt and spent time at the beach, where we had great discussions and got to know our hosts better. The following day, we spent in the ORs of Kerlan & Jobes Clinic where we saw several sports medicine surgeries including an unusual posterior labral tear and an ACL reconstruction by Neal ElAttrache. Our hosts and we gave some presentation about our recent research, which led to some critical and very positive discussions. In the afternoon we visited the world-famous Getty museum with its terrific exhibitions and stunning view over LA. In the evening, we got our first introduction to baseball at a Dodgers versus

Giants game. We ended our evening at the Skybar with a beautiful night view over LA.



The following day we started with a great bike ride along the ocean with our hosts and several residents and researchers. David McAllister invited us to his house for the afternoon, where we met his family and enjoyed the pool and his wine cellar.

Iowa City

From sea-sided Hollywood LA we went to the romantic Iowa, where we met our hosts Brian Wolf, Ned Amedola, John Albright and their fellows. The next day, we had an intense research meeting with lots of discussions, and watched a very interesting surgery —a subscapular endoscopic removal of an osteochondroma.



In the afternoon, we visited the new sports medicine complex of Iowa City and the new football stadium including a personal tour through the facility. For dinner, we were invited to Brian Wolf's house. The next morning, we saw some great surgeries

including a high tibial osteotomy system facilitating the osteotomy followed again by a scientific session.

Boston

Our next stop was Boston. One of our hosts, Matt Provencher was kind enough to pick us up at the airport and gave us a great introduction into the history of the city and the schedule for the next days. We took advantage of the great weather and went for a run along the Charles River. In the evening, Matt Provencher took us to a baseball game, where we met our other two hosts — Luke Oh and Andreas Gomoll. The next morning started with a research session with good talks and comments from both sides followed by an OR visit showing a great variety of surgeries from BTB ACL reconstruction to a revision shoulder arthroplasty as well as a distal biceps tendon repair of the elbow.



In the evening, we got the chance to get to know our hosts and their fellows better during a seafood dinner at Boston harbour – of course with Boston clam chowder and lobster! The next day we watched Andreas Gomoll operating a cartilage allograft and artificial cartilage scaffold case – very interesting for European surgeons who mainly used autografts. Andreas Gomoll also invited us for dinner at his place, where we met his girlfriend and some fellows with their families. The following day we took a typical historical duck tour through Boston and later met at Luke Oh's house to enjoy

his great hospitality with some of his clinical and research fellows and our hosts. In the evening, we watched a Major Soccer League game.

Pittsburgh

In Pittsburgh, Freddie Fu was already waiting us. We also met the SLARD-AOSSM fellows (Paula Sarmiento Riveros, Frederico Spikermann, Gustavo Arliani and their Godfather David Figueroa) here, which was a great experience. For dinner, some more well-known sports medicine orthopaedists and researcher arrived including Volker Musahl, James Irrgang, Christopher Harner, Richard Debski and Scott Tashman. This warm reception was complemented by great food and long positive talks. The next day started early with a run at 5.15am with Volker Musahl. It was followed by a photo session at the cathedral of learning with Freddie Fu. We were taken on a tour through the extremely impressive research laboratories of the Department of Orthopaedic surgery for example the robotics lab of Volker Musahl and Richard Debski and the Biodynamics Lab of Scott Tashman – just to name two. During our tour we got several presentations about the recent research that was going on in these labs (including the Porto Knee Testing Device developed by our Godfather).



We had lunch at the Pittsburgh Steelers NFL team cafeteria and got a tour of their famous training facility and the sports complex. The next day we watched Freddie Fu's surgeries and got several presentations about anatomic ACL reconstruction from him in between surgeries. In the afternoon, we were given a tour by Vonda Wright of the new stadium of the Pittsburgh Penguins – the Pittsburgh ice hockey team and their new sports medicine facility. The following day started early with breakfast at 5 am. Freddie Fu had organised it so we could present our scientific talks during the grand rounds in front of the entire faculty of the department, which was a great honor for us. Afterwards we visited Heinz field – the stadium of the Pittsburgh Steelers – and later we got a tour of the Pittsburgh Ballet. For dinner we went to Mount Washington with its spectacular view over Pittsburgh Downtowns and the three rivers. Freddie Fu had arranged a wonderful meal.

Baltimore

At our next stop, we were warmly welcomed with a dinner next to the harbour by our hosts — Richard Hinton, James Dreese and WiemiDouoguih — as well as their fellows. The following day we had a great research day with several presentation and intense positive discussions. The evening before Independence Day, Richard Hinton and James Dreese invited us to their golf club where a big Independence Day celebration took place including an impressive barbecue, live shows, Army parachutists and a towering firework. The next day, we went with our hosts and their fellows on a sightseeing tour to Washington D.C. and afterwards to a baseball game of the Nationals (the Washington baseball team).

Greenville

From Baltimore we went to Greenville in North Carolina, where the Hawkins Clinic with its foundation is located. During the welcome reception in a beautiful restaurant, we met our hosts Richard Hawkins, J.T. Tokish, Keith Lonergan (who had previously picked us up at the airport) and the sports medicine fellows. The next morning, we started with the research session presenting our research and listening to our hosts' research. The deep but very positive constructive discussions were enlightening. This impression was carried forward over the next days during watching interesting surgeries and a joint cadaver lab. Here our hosts and we performed an ACL reconstruction and a Latarjet procedure explaining different approaches and

discussing our views – an excellent experience! Additionally, our hosts had organised a test drive in the BMW facility in. All of us had a lot of fun!

Orlando, AOSSM meeting

Our final stop was Orlando with the AOSSM meeting. We stayed in a gorgeous hotel where the conference took place — a perfect place to meet all of our friends of our tour again. We were invited to the Presidential dinner of the AOSSM on the first evening. The following days we joined the conference and on the evening of our 3rd day, the Magellan society took place, in which we were affiliated. During the AOSSM conference, we presented a short overview of our tour. Sadly we had to leave on Sunday after this great meeting.

During this travel, we built strong friendships and this entire travelling fellowship will have a significant impact not just on our future careers but also on our personal development. It was a tremendous professionally, culturally and socially enriching experience for us. We are deeply thankful to DJO Global, the sponsor of the scientific segments of the Travelling Fellowship, to ESSKA and AOSSM, our unbelievable hosts and all the people who made this trip possible. We all look forward to host the future Travelling Fellows at our centres.