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ESSKA is an organization devoted to Education since 1984, and contributes to the progress and evolution of Sports Traumatology, Knee Surgery and Arthroscopy.

Education is to learn, teach and evaluate. Education in medicine plays an important role since health is considered a Human Right. Medicine education influences not only present generations but also the future ones. The importance of becoming a medical doctor should combine respect for moral and ethic values as well as character greatness, whose main goal is to favour mankind.

During these last past years, as a member of the board, I followed closely our society evolution. ESSKA became more organized, with its own and permanent secretariat, cut down on costs, professionalized the gains and applications of financial resources, increased the sponsors, improved and enlarged KSSTA journal, got an independent auditor and strengthened its financial situation (leaving behind a difficult situation). It is wise to say that education is never quite enough so we cannot be completely satisfied. It is not true that only in wealthy financial times can production subsist (Rembrandt painted while living in misery). But surely without resources this turns out to make accessibility and diffusion more difficult.

For the last years ESSKA has contributed to the knowledge of evidence-based medicine and to medical trainee throughout several generations, especially in Western Europe and more recently in Eastern Europe.

The greater exponent of its activity is the Biannual Congress that presents major scientific work that also aims for the improvement of skills and attitudes towards medicine. The great participation felt during the last congresses (more than 1500 delegates) has shown the scientific quality that ESSKA has been accomplishing.

From 21st to 24th of May 2008, Porto in Portugal will be your host for the 13th ESSKA 2000 Congress. I do not have the slightest doubt that the scientific quality of this congress will be assured by the Chairmen of the Scientific Committee competence: Philippe Neyret and Jon Karlsson.

Porto - World Humanity Heritage -with its particular charm, its diversity of places, monuments, the rich atmosphere and different architectural styles, picturesque streets, busy squares, the river, wine cellars and areas where the familiar and friendly day-to-day activities take place, creates a bridge between tradition, identity and the multiple features of true development.

The weather will be superb in May so take advantage of the sun and beaches, visit fantastic old towns dating from the Middle Ages as Braga, Guimarães, Viana do Castelo or the Port wine vineyards in the Douro valley. Take the pleasure to taste and enjoy it!

“A city
may be a name
of a country, a jetty, a port or a boat
filled with swallows and seagulls moored in the sand
A city may be
a heart,
a fist.” Albano Martins

A Congress is an opportunity to share and transmit scientific knowledge, but it is mainly a place to meet people, experience new cultures and make acquaintances. We won’t spare any efforts to accomplish these goals and it will be an enormous pleasure to welcome you in Porto in 2008!

João Espregueira-Mendes
Congress Chairman
ESSKA FELLOWSHIP TOURS

2005 ESSKA Europe/North America Travelling Fellowship

When four surgeons (only two of whom know each other) have to spend four weeks living in each other’s pockets, the potential for conflict and the resultant difficulties is massive. That was the scenario facing myself (Neil P. Thomas, right) as Godfather and the travelling fellows (from left to right) Fabrizio Margheritini from Rome, Pietro Randelli from Milan (both Italy) and Ronald Van Heerwaarden from Nijmegen (Netherlands). That we formed the closest of friendships possible in that short time based on mutual intellectual respect, humility and humour is a tribute to those travelling fellows, our North American hosts and the programme itself.

Meeting at London Heathrow on an uncharacteristically sunny day we flew direct to Los Angeles to be greeted by Clarence Shields who with David McAllister were our hosts on the first leg of our seven leg tour.

Scientific sessions at the Kerlan Jobe clinic and a tour of the UCLA cell culture laboratory and Keith Markoff’s laboratory were interspersed with the Getty centre, a 12 mile cycle ride on Venice beach, the Magic Castle and a hike in the Santa Barbara Mountains.

Dinner with fine wine at David and Lee McAllister’s house ended a great first three days and set the scene for an incredibly high standard of hospitality and scientific exchange that was to be replicated throughout our trip.

Marc Safran and Ben Ma met us on arrival in San Francisco. We were introduced to Christie Allen and renewed our friendship with Dil Cannon all of whom were gracious and generous in their hospitality.

A well structured operating room (OR) session where we could see Marc, Ben and Christie strut their stuff on hips, shoulders and knees respectively was followed by a well attended scientific meeting.

We were treated to a spectacular dining experience in a private room at the French Laundry in Yountville one of America’s finest restaurants - I suspect that for the majority of those who attended no previous meal had surpassed this one.

Brick and Lizzie Lanz were great hosts in Eugene Oregon. We explored the large open spaces white water rafting on the McKenzie river and the following day an OR session with Brick and Matt was followed by a very stimulating scientific session with the group which included Bob Larson and Matt Shapiro.
Roscoe (the Lanz’s golden retriever) was blamed for the disappearance of Ronald’s watch and was only found to be completely innocent just before our return when the real culprit was unmasked. Having Bill Gates as a graduate of Oregon University ensured that the facilities we viewed there were as well endowed as any we are ever likely to see again (individually ventilated lockers?).

Paul Etre a Lebanese former scrabble champion and man of unusual talents met us in Iowa City where Ned Amendola was our host. A very warm special Italian flavour pervaded this leg and we enjoyed meeting the indefatigable Dr Ponsetti as well as Stu Weinstein (AAOS President) and the rest of the group. Ned elegantly demonstrated a meniscal transplantation and we spent time in the cadaver lab where he demonstrated other surgical techniques.

The Iowa Hawkeye’s facilities were toured and our dinner at Ned and Alison’s beautiful home will be remembered for what happened afterwards i.e. the blue Martinis and moscato, endless jokes told by Pietro and Fabrizio and karaoke until the very early hours.

Charlottesville on the East coast was where Mark Millar hosted us. Rich in history we toured the sights, “tubed” on the St James River and visited their country club for an Independence Day celebration. Mark and Dave Dudech demonstrated their surgical skills, we had not seen Mark’s PCL onlay technique before and in their cadaver lab we had the greatest time seeing and demonstrating our own surgical techniques for both knee and shoulder procedures.

A dinner at the Keswick club an imposing building formally owned by Lord Ashley hosted by Cato Lauroson marked the end of yet another memorable leg.

Eric McCarty, like Dave McAlister a former travelling fellow, met us in Denver and took us to Boulder a “bijou” town where an amazing view of the surrounding Rocky Mountains was obtained the following morning on a surprise hot air balloon ride.

This was followed by a lesson in rock climbing and then a presentation by Reed Lanz on a new plastic technology. We continued our discussion over a very fine meal with superb wines at the Flagstaff restaurant and the following day had an excellent scientific session in Denver where the victims of the London Bomb which had occurred the previous day were remembered by a minute’s silence.

Transport to Vail our last leg was by road and it was a fitting end combining a visit to The Steadman Hawkins Clinic with an invitation to attend the Herodicus society meeting.

Richard Hawkins and Roger Mann gave initial lectures at the scientific session and we heard about Dick’s theories about the importance of the anterior interval of the knee.
Gay Steadman was the consummate hostess that evening cooking a magnificent dinner which we enjoyed under the gaze of her splendid paintings and great wines from Dick’s cellar.

The others in his group Bill Sterett, Mark Philipp and Tom Hackett were great hosts and our enjoyment fishing for trout on the Colorado river was not diminished by finishing the morning empty handed.

At the Herodicus society we were happy to be reacquainted with Werner Muller and hosts from our previous legs and we enjoyed the cut and thrust of the discussion something we were used to both in Europe and on our trip but which is usually lacking in large American meetings.

Finally on to the AOSSM meeting in Keystone just up the road where we could relax and enjoy the meeting and the new friends we had made over the previous month.

It was an unforgettable experience for us all and I would urge any young surgeon to seriously consider applying for the unique opportunity this Fellowship offers.

Neil P THOMAS, ESSKA Past President, March 2007

ESSKA 2000 would like to take this opportunity to thank DJO-AIRCAST for their generosity in funding both the ESSKA-AOSSM and the ESSKA-APOA fellowship tours.

Through their generous support, DJO-AIRCAST helps ESSKA to promote the scientific exchange throughout the world and thus allows us to attain excellence in the fields of sports traumatology, knee surgery and arthroscopy.
The Fellowship started on August 21. We departed from Frankfurt to Auckland. We arrived to Auckland on August 23, and we were hosted by Bruce Twaddle and his wife, Jo Anne.

First day, they scheduled a very attractive event: kayaking in Auckland’s Bay! The idea was exciting, but unfortunately the water was very cold, so that two of us gave up! Dinner in a typical oriental restaurant was much better and...hotter!

The day after, we sailed with Bruce on the 2000 America’s Cup training boat (NZD 40).

It was an extraordinary experience! In the evening, we had a very enjoyable “wine tasting” session and dinner to Jo Anne and Bruce’s home. On August 25, we met Marc Clatworthy at the Ascot Hospital.

In Christchurch, we met Andrew Vincent, chairman of the APOSSM Meeting, and a lot of local and international speakers, such as Barry Tietjens Freddie Fu, Larry Field, Seung-Ho Kim, and David Dejour. During the meeting, we presented some of our papers.
On August 30, we arrived to Melbourne, Australia, where we were hosted by John Bartlett. First day, we spent a beautiful morning in the countryside with John. We visited a Zoo Garden, where we saw many typical Australian animals, and we had lunch in a vineyard that produces some famous Australian wines.

In the afternoon, we visited with Julian Feller, for a surgical session. In the evening, we went to John’s home where we had dinner with him and his wife Carol, Julian Feller, and Ian Henderson. On September 1, we saw surgery with John. In the afternoon, we visited the Laboratory of gait analysis of La Trobe University, with Julian Feller. Julian showed us the lab and we discussed a lot about gait analysis in ACL reconstruction. The day after, we visited with John and Julian the Victorian Institute of Sport, where we watched to a training session of Colingwood, one of the most famous teams of Australian Football League.

In Sidney, we were hosted by David Parker. The first day we went to kayak in the Sidney Harbour with David and Justin Roe. At noon, Leo Pinczewski arrived to pick us up with his boat for a tour in the Harbour.

Thereafter, he invited us to his home, where we met his family and we had lunch. In the evening, we had dinner to Myles Coolican with David, Justin, and their wives.

The day after, we went to the Mater Private Hospital to see surgery with Leo, Justin, and Mervin Cross. In the afternoon, we sailed in the Harbour with David: very enjoyable tour! In the night, Leo hosted all of us at Royal Sidney Yacht Squadron.

On September 5, David brought us to the University of Sidney for a Conference at the North Shore Hospital. There, we presented our papers, and discussed some clinical cases presented by David. Thereafter, we did a tour of the research facilities and skills lab of the University. At the end, we went to the operating theatre to see surgery with David and Myles. In the evening, we left to Bangkok.
On September 6, we met our host in Bangkok, Chan-narong Kasemkijwattana. During our stay in Bangkok, we visited some Hospitals and Universities. At Chulalongkorn University, the most important and historic university of Thailand, Prof. Itiravivong introduced to us all the staff of the Department of Orthopaedics, then we did a tour of scientific facilities, such as the tissue engineering lab, the soft cadaver lab, and the biomechanical lab. In the afternoon, we participated to a conference at the Royal College of Orthopaedic Surgeons of Thailand.

After the meeting, we had dinner in a typical Chinese restaurant.

The day after, we visited the Royal Palace. In the evening, we had dinner with some members of the Royal College of Orthopaedic Surgeons of Thailand.

On September 9, we arrived to Seoul. We met our official host, Dr. Jae Chul Yoo. The day after, we visited the DMZ (Demilitarized zone) at the frontier between North and South Korea. A very suggestive and sad place. In the evening, we had dinner with Jae and the other two main hosts, Prof. Jin Hwan Ahn, and Prof. Young B. Jung, in a typical Korean-style restaurant.

On September 11, we spent all the day at the Samsung Medical Center, a very modern and efficient hospital.

We stayed in the operating theatre with Jae, and with Prof. Ahn. They performed some interesting procedures of shoulder and knee arthroscopy.

After surgery, they organized a scientific meeting, where we presented our paper and discussed them with the audience. After the meeting, we spent a lovely night at a typical Korean restaurant with Jae and some residents and fellows of the Samsung Medical Center. The day after, we visited Prof. Jung at the Chung-Anguniversity Medical Center.

In the evening, Jae brought us to downtown for sightseeing in old Seoul, then, after dinner, we went to a Theatre to see a show of dance and music.

The day after, we left from Seoul. The Fellowship was at the end and we were happy to come back home!

By Giuseppe MILANO, January 2007
In the context of the restructuring of the ESSKA services and the involved shift of duties from Geneva, Switzerland to Luxembourg, we draw your attention to the fact that the debit of membership fees has, in some cases, been effected in CHF instead of EUR.

This is due to the fact that the banking services are still located in Switzerland, while ESSKA now operates mainly from Luxembourg. Although great care was given not to cause any disadvantages through the calculation of the countervalue, it is possible that a few members were debited slightly more than the convened 120 EUR.

The problem has been solved for further payments, which will all be settled with the correct currency EUR.

If you encountered any financial disadvantage through this circumstance, please contact our Executive Office in Luxembourg, and we will be happy to reimburse you for the engendered costs.

We are sorry for any inconvenience caused!

In February 2007, the ESSKA Executive Office in Luxembourg was contacted by Vasyl MAKAROV, an orthopaedic surgeon from Dnepropetrovsk, UKRAINE with an urgent request for help.

Dr. Makarov has been an International fellow at the Department of Orthopaedic Surgery of the University of Mississippi Medical Centre with Prof. J. Hughes, where was taught the basic principles and operative techniques of knee and shoulder arthroplasty and arthroscopy.

Back to Ukraine, he now works at the Orthopaedic Department of Dnepropetrovsk City Hospital. The standard of medical equipment in his hospital is so poor that they have no possibility to carry out the most basic treatments to the benefit of their people or to adequately implement their knowledge.

Dr. Makarov and his team desperately try to find charities programmes in different hospitals in Europe or USA, allowing them to obtain basic surgical equipment for arthroscopy, such as:

- orthopaedic table, C-arc for fluoroscopic control;
- arthroscopy complex equipment with instrumentation for arthroscopy.

If you have any material which you intend to replace in the near future, or if you have any relevant information about special funding programmes, please contact directly Dr. Vasyl MAKAROV at vasylmakarov2005@yahoo.com, or via the ESSKA Executive Office in Luxembourg.

Any help or advice would be greatly appreciated by those in need!

THANK YOU on behalf of Dr. Makarov, his team and his patients!
COURSES WITH ESSKA PARTICIPATION

ESSKA 2000 - ISAKOS Knee Lecture Course
22 - 23 June, 2007
Prague, CZECH REPUBLIC
www.praguecourse.cz

Arthroscopic Surgery: Knee Session
Combined SFA-IRCAD/EITS-ESSKA Session
28 - 29 November, 2007
Strasbourg, FRANCE

13th ESSKA 2000 BI ANNUAL CONFERENCE
21 - 24 May, 2008
Porto, PORTUGAL
www.esska2008.com

COURSES WITH ESSKA PATRONAGE

ICRS Laboratory Skills Course
April 19–21, 2007 in Cardiff, Wales, UNITED KINGDOM
www.cartilage.org

MAC and MIP Monaco
Mini-invasive orthopaedic surgery
April 20–21, 2007 in MONACO
www.mip-monaco.org

8th EFORT Congress
May 11th - 15th 2007 in Florence, ITALY
www.efort2007.org

Arthroscopy Course on Shoulder, Knee and Elbow
June 18–22, 2007 in Utrecht, NETHERLANDS
http://shoulder-elbow.nl

Amsterdam Foot and Ankle Course
June 21–22, 2007 in Amsterdam, NETHERLANDS
www.anklecource.com

ICRS Rehabilitation Consensus meeting
June 29–30, 2007 in Zürich, SWITZERLAND
www.cartilage.org

1st Stockholm Arthroscopy Meeting
September 6–8, 2007 in Stockholm, SWEDEN
www.capioartroclinic.com

24 Kongress der Deutschsprachigen Arbeitsgemein- schaft für Arthroskopie (AGA)
September 28–29, 2007 in Köln, GERMANY
www.aga2007.de

7th ICRS World Congress
September 29–October 2, 2007 in Warsaw, POLAND
www.cartilage.org

Patellar Instability
November 9th, 2007 in Nijmegen, NETHERLANDS

SIGASCOT 2007—1st CAOS Italy Meeting
November 30–December 1st, 2007 in Milan, ITALY
www.sigascot.com
The 13th ESSKA Congress at Alfândega Congress Centre—Porto:

The Porto Congress Centre Alfândega is uniquely located at Porto’s historical Centre. The contiguity to Douro River, its dimension and the singular architecture of the building recovered by Souto Moura, are excellent attributes allowing to make the 13th ESSKA 2000 Congress an unforgettable event.

ESSKA 2000 biannual meetings traditionally attract the best of the orthopaedic sports doctors and surgeons in Europe and from around the world! Our main guests, Christopher Harner from the US, Gilles Walch from France, John Bartlett from Australia and Michael Kjaer from Denmark will keep us updated on basic science and clinical research methods. Many symposia, lectures, free papers, Instructional Courses and posters will make up an outstanding and challenging scientific programme which you simply must not miss!


Please note that the deadline for abstract submission will be the 10th October 2007.

ESSKA looks forward to welcome you in PORTO 2008!

The Porto Venue:

Porto, located on the banks of the river Douro, is one of Europe’s oldest cities. Sloping steeply down towards the river with its remarkable bridges—one of them designed by Gustave Eiffel—it has been an inspiration to a variety of artists.

Breathtaking monuments and masterpieces of contemporary architecture, a surprisingly traditional yet highly cosmopolitan life-style, World Heritage sites and stunning views, glamorous settings and charming amenities, Porto is like its wine. Unique. Exquisite. Authentic.

It will be a phantastic opportunity to be part of this event, but please note that you are strongly advised to book your hotel accommodation very early!! (preferably before December 31st, 2007 via esska2008@clubtour.pt).


João Espregueira-Mendes, MD, PhD
Congress Chairman
The Knee Session gathered the following faculty: L. Engebretsen (Oslo, Norway), J. Espregueira-Mendes (Porto, Portugal), D. Fritschy (Geneva, Switzerland), Hulet C. (Caen, France), F. Kelberine (Aix-en-Provence, France), JF. Potel (Cornebarrieu, France), R. Verdonk (Gent, Belgium).

The course had three sessions in the experimental Laboratory; the main subject in the first morning session was menisectomy and meniscal suture. In the afternoon the subject was A.C.L. repair. On the next day in the morning the subject was A.C.L repair, lateral release and arthrolysis.

In all practical sessions was performed an expert demonstration on anatomical specimen with simultaneous teaching followed by some individual training with one instructor for two operating tables.

The theoretical session took place on the 15th November in the afternoon and the themes presented were: normal exploration, menisectomy, A.C.L. repair (BTB, hamstring), meniscal suture, lateral release, arthrolysis.

The course was well organized and structured and seems to have captivated the participant trainees’ interest. These practical courses are developed in a teaching centre equipped with high-tech material and are an undeniable resource to improve young surgeon’s operative techniques with the help of several experienced surgeons.

I think that it is important to maintain this partnership between ESSKA 2000 and S.F.A., which contributes to achieve ESSKA’s Educational purposes.

By Joao ESPREGUEIRA-MENDES MD, PhD, in Jan. 2007
Dr. Shirish S. Pathak, INDIA:

After I had finished my postgraduate orthopaedics and basic arthroscopy training in India, I was looking for a good training centre in Europe for advanced arthroscopy and sports medicine. Then I came to know from the website of ESSKA 2000 that there is an opportunity for such training for young doctors from different parts of the world, who wish to pursue such kind of training. I was able to find all the information on the web page of the organization. Without losing a minute I applied for the ESSKA scholarship programme. I received a prompt reply from the secretary of ESSKA - Ms. Sandy Kirsch that my application will be reviewed by the committee and I will be informed after the selection procedure. I was eagerly waiting for the positive response.

After 3 months, I received a letter from Prof. Matteo Denti, Educational secretary of ESSKA that I have been selected for the course in 2006. I was more than happy to know that I would be visiting educational secretary himself Prof. Denti, at Galeazzi Orthopaedic Institute in Milan, Italy.

I started my preparation for visit in October. I would like to express my sincere thanks to Prof. Denti who helped me a lot in my visa application process. He promptly sent the invitation letters in the required format for my visa. Finally I reached Milan on 2nd November 2006 by Alitalia flight. I could get a good apartment nearby the hospital with help of Prof. Denti.

Next day I reported to the hospital in the department of orthopaedics & sports traumatology at 7.30 morning. I received a warm welcome from Prof. Denti and his colleague Dr. Bait. I was at ease within few minutes. Prof. Denti gave me a brief orientation about my schedule and other things. He also introduced me to his colleagues Dr. Volpi and Dr. Schonhuber and other staff members. I received my scholarship money on the first day from him. Then my real academic feast began. I was rotating through different departments of unit i.e. outpatient department, operative room and rehabilitation.

My day used to start at 8 am in the morning in operative room and end late evening. There used to a very long list of about 8-10 cases including variety of operative procedures. I got opportunity to observe as well as assist different types of surgeries with Prof. Denti. I observed and assisted following procedures during my stay:

**KNEE:**

- Total knee replacement
- Unicompartmental knee replacement
- Revision total knee replacement
- Arthroscopic meniscectomy
- Arthroscopic meniscal repair
- Arthroscopic ACL reconstruction (Double bundle and single bundle)
- Revision ACL reconstruction
- Arthroscopic ACL + PCL reconstruction
- Recurrent patellar dislocation treatment with medialisation of tibial tuberosity
- Loose body removal
- Arthroscopic treatment of patellar tendonitis
I was really impressed to get exposed to all above procedures. I found that Prof. Denti and his team are very perfect in clinical diagnosis and surgical skills. They are too quick while performing procedures. I attended outpatients in his private clinic. He taught me many tricks and clinical acumen to diagnose the case. I was very much satisfied to see the follow up results. I visited few other private hospital where Prof. Denti operates. I spent some time with Dr. Tornese, sports and rehabilitation physician. I could see all advanced physiotherapy techniques and equipments in the department.

It was very kind of Prof. Denti to invite me for a dinner at his house. I received a warm welcome from his family members. It was really one of the memorable evenings in my life. We had a delicious food and wine. We discussed so many different topics - including cultural and social things.

One month passed very fast. I learnt so many new things and got very good teachers and friends during my stay. During weekends, I traveled across Italy to see different tourist places like Rome, Pisa, Venice. One can find historical monuments, museums as well as natural beauty in Italy. Italy is a very beautiful and wonderful country. I would like to thank many people—Ms. Sandy, Prof. Matteo Denti, Dr. Bait, other surgeons in Milan including Dr. Pietro Randelli and others who helped me whole heartedly during my visit.

I would cherish these moments for lifetime and look forward to maintain this bond in future.

By Shirish S. Pathak, December 2006

**THE ESSKA-SMITH & NEPHEW SCHOLARSHIP**

ESSKA is on the front line of education and dedicated to the promotion of high scientific knowledge and working standards in Europe. The society pays particular attention to the education and evolution of young orthopaedic surgeons, who must know the basics of arthroscopy, knee surgery and orthopaedic sports medicine at the beginning of the third millennium.

Applications for the ESSKA scholarship programme are accepted throughout the year.

The selection will take place in May each year, and each candidate will be informed in the beginning of June about the outcome.

Successful candidates should aim to complete their training between May Y and May Y+1.

Each year, we receive more applications than places available.

For any further information, please contact the Educational Secretary, Matteo DENTI, or the ESSKA Executive Office in Luxembourg:

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Shirish S. Pathak (left) with Matteo DENTI, ESSKA Educational Secretary and responsible for the Scholarship Programme.
ESSKA 2000
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