

## **2014 ESSKA / APKASS DJO Global Travelling Fellowship**

**25 March – 16 April 2014**

**Hong Kong – Macau – Auckland – Melbourne – Sydney – Nara**

**Report by Dr. Mihai Vioreanu**

**ESSKA would like to thank DJO Global for supporting the scientific segment of this Travelling Fellowship Programme.**

### **The Sports Medicine Travelling Programme.**

The inter-continental travelling Fellowship programme is a scientific and cultural exchange for promising young orthopaedic surgeons. The programme provides the Fellows a valuable opportunity to exchange scientific information, stimulate research and develop collaboration and lifelong friendships. The travelling Fellowship concept in sports medicine was conceived over a drink in Basel, Switzerland by Dr. John Feagin and Dr. Werner Muller in 1984. Since then it has become a prestigious academic award, allowing nearly 200 orthopaedic sports medicine Fellows to travel across different continents. Many former travelling Fellows now constitute the leadership of ESSKA, APKASS, AOSSM and SLARD.

### **Participants:**

**Godfather: Prof. Luigi Pederzini**

Prof. Luigi Pederzini is the Director of Department of Arthroscopic Surgery and Traumatology of the New Hospital of Sassuolo and specializes in wrist, elbow and knee surgery. He is a former Travelling ESSKA/WPOA Fellow, 1995.

**Travelling Fellow: Dr. Panagiotis Ntagiopoulos**

Dr. Ntagiopoulos is currently practicing in Athens, Greece.

He completed sub-specialty Fellowships in Heidelberg, Germany and Lyon, France.

**Travelling Fellow: Prof. Mario Ronga**

Originally from Napoli, Prof. Ronga is based at the University of Insubria, Varese, Italy.

He completed sub-specialty Fellowships in Pittsburg, USA and London, U.K.

His clinical practice consists of a broad-spectrum of sports medicine and trauma surgery.

**Travelling Fellow: Dr. Mihai Vioreanu**

Originally from Romania, Dr. Vioreanu completed his orthopaedic training in Ireland. He completed sub-specialty Fellowships in Vancouver, Canada and Sydney, Australia. He will shortly return to Dublin, Ireland to start his practice at Sports Surgery Clinic.

**Hong Kong & Macau, China.**

We first all met in Hong Kong, the start of our tour over a friendly welcome drink with our hosts, Prof K.M. Chan and Ms. Gina Wong. We were briefed on the busy academic, scientific and social schedule planned for the following days. In the morning we accompanied Dr. Chun-Kwong Lo at Alice Ho Miu Ling Nethersole Hospital and observed an ACL Reconstruction using hamstrings tendon autograft. The surgery was followed by an interesting discussion over lunch about lateral meniscus posterior root tears treatment. Despite the jet lag it was a lively debate among ourselves and the host, the first of many to follow in the next three weeks. After a visit to the impressive and recently opened Hong Kong Sports Institute we met Prof. K.M. Chan and his clinical and research team for the academic evening. Excellent presentations were given from both the hosts and visitors. The night finished with dinner in style at the famous Hong Kong Jockey Club at Happy Valley Racecourse. We managed to make some extra pocket money on betting. It was a good start. Back in the OR, we observed very skilful surgery performed by the renowned surgeon Dr. PC Ho - Arthroscopic TFCC Reconstruction using Palmaris Longus autograft. We then spent the afternoon and evening at the elegant Hong Kong Football Club watching Rugby 10's, a sport increasing in popularity in Hong Kong.

We enjoyed the day trip to Macau, a place with a unique history and a fusion between the Portuguese and Chinese cultures. Our host, Dr. Wai-Sin Chan gave a tour of the Conde S. Januari, the biggest hospital on the island. On the way back to Hong Kong we briefly visited one of the famous casinos in Macau. Needless to say that we lost all of our money gained the night before at the horse races.

After a rest day in Hong Kong we travelled to Auckland, New Zealand. An unseasonal storm delayed our flight by a few hours. It was good time for an impromptu 'academic session'. The laptops got opened and we shared interesting cases. This turned out to be a great way to get to know each other. The Godfather, Prof. Pederzini always mediated those ad-hoc discussions with tact. It was during these travelling times he offered insightful academic and career advice. His wise words will stay with us for long time.



Hong Kong at the Horse Races with Dr. K.M. Chan

## **Auckland, New Zealand.**

In our flight to Auckland we bumped into Tana Umaga, a former All Black, legend in the rugby world. He was very friendly and had a lot of time for us. Dr. Mark Clatworthy, our host in Auckland welcomed us at the airport and accompanied us to the apartment on the harbour, our home for the next four days. We dined on the harbour and tasted the delicious seafood and famous white New-Zealand wine before getting some rest.

The following day we visited Dr. Matthew Brick in the OR at the Southern Cross Private Hospital. Matt scheduled a busy list, covering a wide variety of pathologies around the shoulder, hip and knee. Dr. Brick, a former professional athlete and previous travelling Fellow to Europe performed two arthroscopic shoulder reconstructions followed by two hip arthroscopies. He really made hip arthroscopy look easy and discussed with us at length his lateral decubitus set-up and indications for hip arthroscopic surgery. He also showed us a 'less invasive' surgical technique for tibial tubercle medializing osteotomy. Following the full day in OR we went to visit his home and met Tracey, his wife, who brought us for a walk on the harbour shore on a beautiful sunny afternoon. The day ended with a lovely dinner with our hosts (Mark and Matt) and their wives at an award-winning bistro in Auckland. The atmosphere was extremely friendly and warm. The following day we scrubbed in and assisted Dr. Mark Clatworthy with the cases in the OR. He performed an ACL reconstruction using hamstring tendons autograft, an 'anatomic' TKR using computer navigation and a high tibial osteotomy using a bi-planar technique and computer navigation to fine-tune the degree of correction intra-operatively. During each case Mark was very open to questions, giving us opportunities to clarify certain surgical steps or to discuss the European experience. Between cases Mark gave us a prospective of his fifteen years personal experience with ACL reconstruction and also a synopsis from the last ACL Study Group meeting in South Africa earlier this year. The day ended with an 'Academic Dinner' on the harbour, attended by sixteen local orthopaedic surgeons. In a relaxed atmosphere we gave our presentations between courses. After a morning rest we were determined to experience the 'America's Cup' sailing, despite the dark clouds gathering around Auckland Harbour. The heavy rain started while we were off shore and we had to cut our losses and return to Mark's house to dry off. A savory lunch with Mark concluded what we all thought it was a very personal and friendly stop to Auckland.



Academic dinner in Auckland Harbour

## **Melbourne, Australia.**

In our search to better weather, we boarded the flight to Melbourne. Our host Dr. Tim Whitehead welcomed us to Australia and dropped us to the modern apartments in downtown Melbourne. The following day Tim performed an ACL reconstruction using a hamstring autograft and a high tibial osteotomy using computer navigation. Our questioning in OR was getting more ferocious. Tim patiently discussed all the subtle differences in surgical technique. After an Italian lunch with the rest of the team the academic session followed with both the visitors and the hosts giving interesting talks. Straight after the academic session we got spoiled with a dinner at the Melbourne Cricket Club, an exclusive members only club where we watched the replay of the AFL (Australian Football League) final from last year. The distance from the stands to the members bar was too short which really lifted up the spirit of the evening. It was the start of what proved to be the biggest night out of the whole tour. That full day was illustrative of the 'work hard, play hard' attitude of the orthopaedic surgeons. Saturday was a well-deserved rest day for the travelling group. We had lunch and dinner together and looked back at the time spent travelling. We had learned so much from our hosts and from each other. We had made so many good friends and we were only half way through the tour. On Sunday we were privileged to spend the afternoon at John and Carol Bartlett's house and enjoyed a typical Aussie barbeque. John needs no introduction. He is a living legend of knee surgery. We gathered around him and enjoyed some lifetime lessons in knee surgery and many words of wisdom. With such a 'Mediterranean' group the intensity of the discussions picked up and John concluded with a smile: "The ACL is the most talked about 3 cm in the human body and rivals the heart, brain and genitals as the most interesting". A big thanks to John Bartlett, a true gentleman.

The second week started with more ACL surgery performed by Prof. Julian Feller, the incoming Godfather for the APKASS travelling group to Europe in May this year. Four ACL reconstructions reaffirmed the wise words from the previous night and sparked more discussion. We were all very impressed with the practice at the OrthoSports Victoria clinic. The Melbourne visit ended in style with a dinner at the Melbourne Tennis Club.



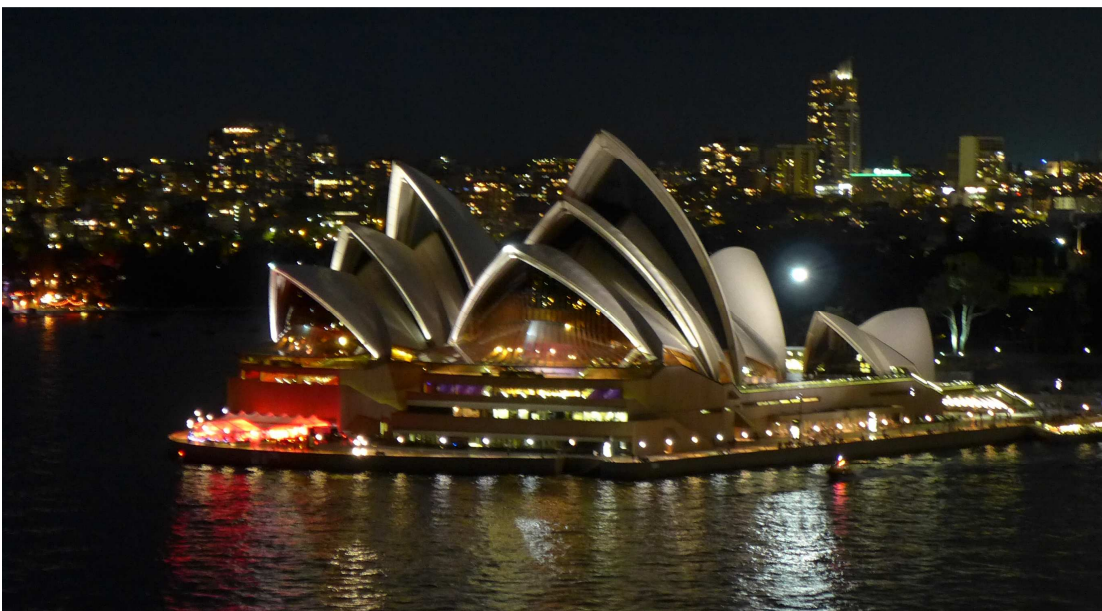
With OrthoSports Victoria group at Melbourne Cricket Ground



Melbourne with John Bartlett  
**Sydney, Australia.**

A short flight to Sydney and from the airport we went straight to the OR in Royal North Shore private hospital with Dr. David Parker and Dr. Myles Coolican for the afternoon session. Dr. Parker performed an ACL reconstruction, a bilateral, computer-navigated, tourniquetless TKR and Dr. Coolican performed a high tibial osteotomy using computer navigation. The surgical session was followed by a welcome dinner at the Royal Sydney Yacht Squadron where we met Dr. Justin Roe, also our host in Sydney. The following day we accompanied Dr. Parker to the Royal North Shore Hospital for a full day operative session. As this was a public hospital there were two OR running in parallel, a trauma and an elective list. On the elective side Dr. Parker performed a high tibial osteotomy using computer navigation and a complex Revision ACL surgery using a patellar tendon autograft linked with an Achilles tendon allograft to provide an extra-articular augmentation. This was technically challenging procedure and it went very smoothly. In the afternoon we had the Academic session where the hosts and the travelling group gave their presentations. This was followed by a *schnitzel* and a *bier* at the local German Brasserie, a pleasant change after so much fine dining. The third day started with a Radiology conference and continued with more ACL surgery in the Mater Hospital with Dr. Roe. Justin brought us through a juvenile ACL reconstruction using a live donor allograft (hamstring tendons from the father) and a transphyseal technique with extraphyseal fixation. This technique was pioneered by Prof. Leo Pinczewski & Dr. Justin Roe and received an ISAKOS award last year. Later that afternoon Prof. Pederzini showed some golfing skill and technique on one of the best Australian golf courses - New South Wales Golf Club, winning the yearly golf tournament organized by Dr. Parker's friends. He will have to honour the invitation to defend his title next year.

As the OR and golf course were not enough Dr. Parker showed even more skill that evening, in cooking a great barbeque for fourteen guests, with his wife Ingrid. Friday was a well-deserved rest day, giving us a chance to take in the sea breeze and explore the beautiful sites that Sydney has to offer. We were well rested for the magnificent open-air opera 'Madama Butterfly' out looking the Sydney Opera House and Harbour Bridge. The heavy rain that fell during the performance made the acting more dramatic and our experience more memorable. What a sent off to Japan! Thank you, Justin and David.





With Dr. Justin Roe in the OR, Sydney.



Opera in the rain, Sydney

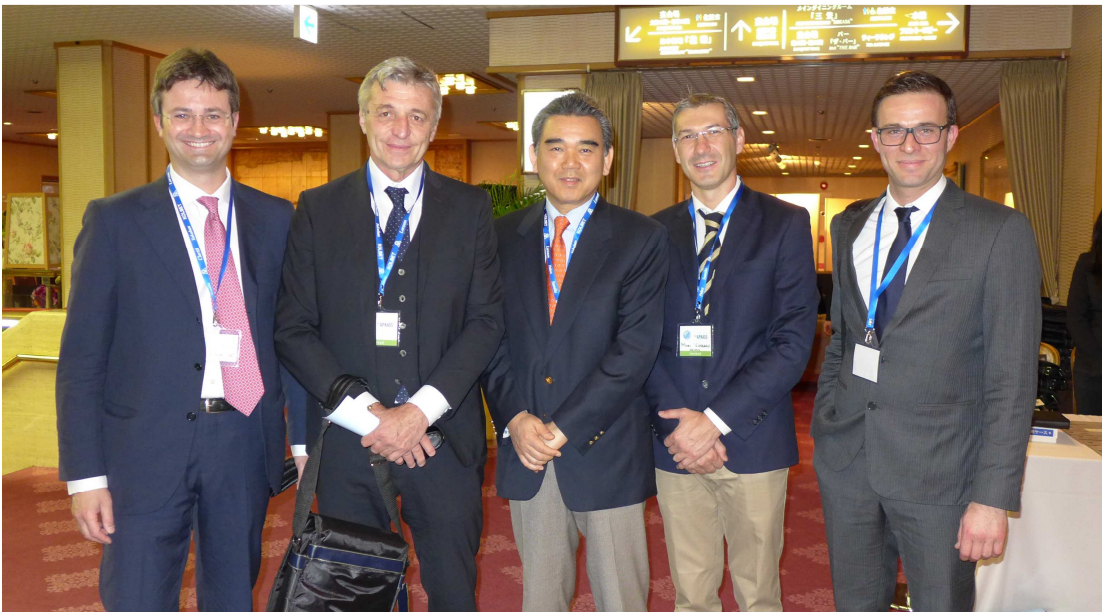
### **Nara, Japan.**

After a long flight via Hong Kong we made it safely to Osaka and then comfortably transferred to Nara. Once in Nara we realized why Prof. Mitsuo Ochi wanted the inaugural APKASS Congress to take place here. Nara is the first permanent capital of Japan, an idyllic historical city with its friendly deer, which have been treasured as messengers from the gods. The APKASS Congress was a great success and took place at the Nara Prefecture situated among the oldest and biggest Buddhist temples in Japan. We were invited guests at the Presidential Dinner where the famous Japanese opera soprano Ms. Eri Nakamura opened the ceremonies with an impressive performance. We were honored to be introduced to the rest of the society as the future Magellan Fellows and indeed to see most of our friends who we had met during the tour. We attended the scientific proceedings and were impressed by the scientific content of the 1<sup>st</sup> APKASS Congress. It came to our surprise and pride indeed that one of the European traveling fellows, Dr. Mihai Vioreanu won the 'Excellence Award' for Poster presentation. The last night of our tour was the 'Godfather Dinner' where we invited our previous hosts from Auckland and Sydney to a Teppanyaki restaurant, a new experience for most of us.

The long trip back home gave us the time to reflect on the experience we all had over the past three weeks. As we shared all our photographs we realized what strong friendships we built during our travels and the significant impact this trip will have in our future careers. It was a professionally, culturally and socially enriching experience for all of us. We would like to send our sincere thanks to DJO Global, the sponsor of the Traveling Fellowship, to ESSKA and APKASS and all the people who made this trip possible. We all look forward to host the future Travelling Fellows in our centers.



Nara



Nara with Prof. Mitsuo Ochi