



2014 ESSKA-SLARD Smith & Nephew Travelling Fellowship

Fellows:

Priv.-Doz. Dr. med. Mike H. Baums, Aukamm Klinik Wiesbaden, Germany

Tony van Tienen, MD, PhD, Kliniek ViaSana, Mill, Netherlands

Rocco Papalia, MD, PhD, Policlinico Universitario Campus Bio-Medico, Rome, Italy

Godfather:

João Espregueira-Mendes, MD, PhD Chairman of Clínica do Dragão - Espregueira-Mendes Sports Centre, FIFA Medical Centre of Excellence, FC Porto Stadium

ESSKA would like to thank Smith and Nephew for sponsoring the scientific segment of this fellowship.

Santiago de Chile, Chile

In the morning, when we arrived at the airport of Santiago, we were picked up by Cristian Fontbote, orthopaedic surgeon at the Pontificia Universidad Catolica de Chile, Santiago. After checking in and freshening up in the Atton hotel in Santiago we left for our first trip during the fellowship: a wine-tour on one of the vineyards in Chile, Vina Casa del Bosque. We had a very nice lunch together with Cristian, Francisco and the fellows from AOSSM, Raffy, Travis and their Godfather, Rick Wilkerson.

Later we had a tour around the vineyard guided by Violetta who explained us the reasons of the success of Chilean wines which we tasted ourselves late on.

That night we had a light meal at Cristian's place with his wife Flavia and his two lovely kids.



From left to right: Travis, Rick, Tony, Rocco, Raffy, Pancho, Christian at the winery



The Fellows with Fontbote's family

The second day we visited patients together with Cristian, Luiz and Francesco at the Univerist Hospital and had nice discussions about diagnosis and indications for surgery. Later that day we had a tour in Santiago city center and at night Rocco and Tony and the American fellows presented their research at the meeting of the Knee and Sports Medicine committees of the Chilean Orthopaedic Society (SCHOT) at the Clinica las Condes, another hospital in Santiago.

Day three was a day of exercise: hiking in the Andes. In a three hours uphill climb upon the Andes we enjoyed beautiful panorama views over Santiago and the snow on the glaciers. We even spotted a 'Colca Canyon' or the Andes Condor and wild horses on the slope of the hills. Downhill we stressed our quads and after freshening up we enjoyed a nice meal at Restaurant Mestizos with again beautiful wines. The Chilean people tend to have a bigger meal in the afternoon and a lighter meal in the evening. That same night the residents from Clinica Alemana presented their research and we had a tour in the scientific labs of this hospital.



From left to right: Raffy, Rocco, Mike, Christian, Rick, Travis, Tony on the Andes

The last day in Santiago was a day of surgery and patient case presentations. Cristian Fontbote performed a ACL reconstruction using a patellar tendon graft and later on an arthroscopic resection of the superomedial bony edge of a snapping scapula. On the other operating room Francesco Soza de Luz arthroscopically repaired a shoulder cuff. After these surgeries we had lunch in a restaurant in the city centre of Santiago where after Cristian presented three interesting case histories of three patients. That same night we had a lovely farewell meal at a French restaurant outside Santiago with our two main hosts Cristian and Francesco a.k.a. 'Fontbo' and 'Poncho' and our American friends from the AOSSM fellowship. This was the end of 4 wonderful days in which we had many new experiences and made new friends.

São Paulo, Brazil

On Thursday 5th, we started our flight to São Paulo, the largest city of Brazil, to the second step of our trip. We arrived at Guarulhos Airport and experienced a warm welcome by Diogo Rocha. After refreshing at the hotel and after the arrival of the AOSSM Fellows we had a wonderful Dinner at an Italian restaurant, which gave us a taste of the upcoming FIFA Football World Cup.

The following time was well organized to a stay with different activities each day. On Friday 6th, we started at the Instituto de Ortopedia e Traumatologia (IOT). It is one of the leading orthopaedic centers in Brazil and has specialty clinics for diseases and injuries of the extremities, spine, hand, as well as for children and sports medicine. The center is a public institution and is under the direction of Prof. Tarcisio Barros and Prof. Olavo Camargo. The institute belongs to the Medical College of the University of São Paulo, and his sports medicine clinic (under direction of Prof. Arnaldo Hernandez) is one of the most famous in Brazil. We were honoured to present our scientific work to the whole department in the universities lecture hall. After that, we were introduced to the different research faculties of the Orthopaedic Department and had a tour in the hospital with a visit of the Physiotherapy Unit, the Orthopaedics technology unit, the OR and Intensive Care Unit as well as of the remarkable Sports Medicine Unit, that is awarded to be a FIFA Center of Excellence. The center caters for all patients, whether professional or amateur players, the full spectrum of medical care. The IOT is the main center for Futsal in Brazil and looks after the Brazilian team and various football teams from São Paulo. In the evening we were pleased to have the opportunity to join a match between the teams of Brazil and Serbia in the *É*stadio do Morumbi and felt the Brazilian enthusiasm for playing football.



At the Stadium

On Saturday morning we joined a special scientific meeting that was organized by the diverse research units of the Orthopaedic Department. We relished the impressive presentations of different topics of the shoulder and knee joint as well as sports traumatology and were introduced to the high amount of basic and clinical research that is provided by the department. After that we appreciated a tremendous lunch in a Brazilian Steakhouse. In the evening we enjoyed the nightlife in a club in São Paulo.

On Sunday 8th, we joined our main host, Prof. André Pedrinelli. In these days he was very busy because of his responsibility for coordinating the medical care in São Paulo during the Football World Cup. Nevertheless, we had a tour in the World Cup Arena of Itaquera, the stadium of Sport Club Corinthians Paulista. We had a look behind the scenes, visited the locker rooms, warm up area, doping control, TV studios and different more areas that gave us the feeling of a football player during the World Cup 2014.



From left to right: Dr Pedrinelli, Rocco, Travis, Rick, Raffy, Tony and Mike

During the morning of Monday 9th we were with Prof. Arnaldo Hernandez at the Hospital Sirío Libanése and saw a primary ACL surgery. After that we had a tour and visited the different departments, OR's as well as research laboratories of this high-tech hospital.



The fellows at the Hospital Sirío Libanése with the Prof. Arnaldo Hernandez

During the afternoon we joined Prof. Moises Cohen. We had a tour in his professional organized private institute and gain insight in his work philosophies. After that we had lunch with his team at Albert Einstein hospital, the largest hospital in South America. We saw different arthroscopic treatment options in the knee joint that were performed by Prof. Cohen. Our last evening in São Paulo ended with a dinner in a wonderful Brazilian seafood restaurant with Prof. Cohen and his team.



The fellows at the Albert Einstein Institute

Cordoba, Argentina

We made a quick shopping tour in the morning, and then we headed to the airport for our next flight, with a connection in Santiago de Chile. We landed in Cordoba at 18.30 of June 10th to find Pablo Narbona, our host, to welcome us. He is a shoulder surgeon whose mentor has been Dr. Steve Burkart, and we quickly became friends talking sports and discussing about the World Cup teams. After checking in, we toured the city center to discover a beautiful city full of youngsters busy with studying and playing sports since there is an important University in the city. We visited the "Iglesia del Sagrado Corazon", also known as "Iglesia de los Padres Capuchinos", a very particular church because it features actually only one tower of the two originally planned to be built. Later on we went out for dinner tasting the famous Argentinian steaks and fillets.

On the morning of June 12th, we participated at the morning meeting with faculties and orthopaedic fellows at the Sanatorio Allende hospital. All of us presented some of the most interesting cases they have treated so far: Mike presented a few experimental studies on the rotator cuff, Tony discussed about the menisci and the reconstruction techniques of the postero-lateral corner of the knee, while Rocco spoke about shoulder instability and arthroscopic Remplissage techniques.

Following the meeting, we met the main host Guillermo Allende, Orthopaedic surgeon and director of the two Sanatorio Allende hospitals, which were originally founded by his grandfather almost a century ago, which led us to the operating rooms. We had the chance to see Dr. Pablo Narbona repairing 4 massive cuff lesions and a Bankart lesion using different techniques.



Mike, Rocco and Tony with Pablo Narbona:

On the next morning, we reached the other hospital at Sanatorio Allende to watch Guillermo Allende performing a closing wedge tibial osteotomy, a PCL reconstruction and an ACL reconstruction as well. After this stimulating day of surgeries, we had dinner with Pablo and Rafael, another surgeon from the hospital who told us about his years studying in Canada. We indeed all had delicious meal. At the end of the dinner Pablo drove us to the airport where we caught our flight at 5am on June 14th heading to Lima, Peru where we took our connection flight for our final destination, Cancun, Mexico.

Cancun, Mexico

We landed at 4pm, and were picked up by a van which took us to the hotel in Merida through a very "entertaining" drive. After check-in and a quick shower, we met Felipe Camara, our host, and his lovely wife Lourdes. We promptly tried the local food, having very nice ice cream with tastes of local fruit.

Since it was Sunday on the day after, we planned a relaxing day. We were picked up at the hotel and we spent the day having a trip on the boat of Dr. Camara starting from the little harbour in Progreso. We toured the coast and the "rias", tortuous spots on the seaside where the water flows as strong as a river and the vegetation is extraordinary. After a having a lunch and a final swim at the Villa of Dr. Camara right in front of the seaside, later on during the evening we met Guillermo Bobadilla, on of the surgeons at the Hospital de Ortopedia Cruz roja Mexicana in Merida, had the typical Mexican meal for dinner and took photos with sombreros and shotguns just as the Mexican revolutionary soldiers of the past.



The fellows with Felipe Camara (close to Rocco) and his family

The next morning (Monday) we participated in the meeting held at his hospital, with presentations of the upcoming cases and discussions about surgical techniques and current literature, a great learning experience. We then moved to the OR to watch Guillermo implant a TKA, and then a femoral osteotomy performed by Felipe Martinez, another surgeon at the hospital. It was great to see how good they were able to perform their surgeries although their resources are baseline given the difficult economic situation in the health system of their country. In fact, in the afternoon we visited the Star clinic where we watched Dr. Camara do an ACL reconstruction, and had the chance to actually realize the difference between a public hospital and this modern private institution.

On the next day, we went to the Università Marista in Merida where we focused on the subvastus access on the knee and the visualization of the posterolateral corner with Felipe and Guillermo, while the fellows were practicing with knee arthroscopy. In the afternoon we watched the Mexico-Brazil match of the world cup and then we had a farewell dinner with Felipe.

On the next morning (June 16th) we visited the Gran Museo del Mundo Maya and on our way to Cancun we stopped by the city of Chichèn Itzà and had the chance to visit a Senote. What a wonderful day!

Back in Cancun we were with Prof. João Espregueira-Mendes, our Godfather, recovering from his knee surgery we went out for dinner.



The fellows with the Godfather João Espregueira-Mendes

The next day the congress of SLARD and AMECRA began, with interesting presentations such as the one from João regarding his ideas involving the PKTD - Porto Knee Testing Device. We met many colleagues from Venezuela, Bolivia, Perú, Argentina, Mexico etc as well as the American fellows. On the evening we participated in the President's Dinner.

On the next morning, we all lectured about our travelling fellowships organized by ESSKA and AOSSM and we thanked everyone for this wonderful experience. Later that day we had our final dinner with Joao, who left with Mike on the next Saturday. Rocco and Tony had one more day in Mexico which they spent again with Dr. Camara and his lovely family boat-tripping on la Isla de Mujeres, watching flamingos, turtles and extraordinary landscapes. They finally left on Monday morning to be back in Italy and Germany where their families were waiting for their return.

We really wanted to thank SLARD and ESSKA for this amazing opportunity, and while we write this report we can still see the warm smiles of all the wonderful peoples we met: our fellow friends, presidents and everyone else we find on our way.

Thanks again.

Sincerely,

Rocco, Tony, Mike and João