3rd ESSKA-EKA European Knee Arthroplasty Travelling fellowship 2016

11 April-4 May 2016

Fellows: Max Ettinger

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On April the 11th ESSKA-EKA’s Traveling Fellowship commenced in Germany.

1. BG Unfallklinik Tübingen, Germany

Host: Dr. Steffen Schröter

We began in relaxed atmosphere with our host, at a traditional restaurant perched above the Neckar river, where we discussed high tibial osteotomies and UNIs. The Fellowship properly began the next morning, with a warm welcome in the Trauma Department of Tübingen’s University clinic. Then we moved to the OR, where we watched osteotomies, patellofemoral arthroplasties, a primary knee, a uni and even a hip. Our scientific meeting took place in the beautiful castle of Haigerloch, after a visit to the museum. The next day we set off for Bern.

2. Inselspital Bern, Bern, Switzerland

Host: Dr. Sandro Kohl

After a slight delay, we reached Bern late that night, but were greeted with a welcome drink. Thank you, Dr. Kohl. The next morning, at the Inselspital, we discussed a planned one-stage total knee revision. This case proved interesting: the serum biomarkers and the joint fluid aspiration indicated no infection, but the operation revealed an obvious infection, so we implanted a spacer. Then followed a one-stage TKA revision, and a UKA. That evening we dined at a typical Swiss restaurant, where we mulled over current trends in knee surgery. The next day
was the outpatient clinic, where we saw many pathologies, and were impressed by the complexity of the cases. We took a cooking class with the entire knee department and friends of the team, and in this relaxed milieu we gave our scientific presentations.

3. **Kantonsspital Winterthur, Switzerland**

**Host: PD Dr. Peter Koch**

After arriving at Winterthur, Peter Koch took us for a delightful tour. We saw the famous Rheinfall, and then lunched in an alpine restaurant above Winterthur. We toured Zürich that night, with Dr. Samuel Blatter. Next morning the entire orthopaedic team greeted us, at their morning assembly, and we headed for the OR, where Dr. Koch performed operations with PSI blocks for TKA, showing a nice way of precise positioning of the implant. Next day, after more OR, we Fellows gave our presentations, as did Peter Koch himself. After discussions, we dined at a restaurant. The last day began with a screw removal via a dorsal approach, then we assisted Samuel Blatter in a PSI guided conversion from a UKA to a TKA. We were very impressed with the technique, and discussed it with some American colleagues. A fascinating day, all round.

4. **CLINIQUE DE LA SAUVEGARDE/ HOSPITAL JEAN MERMOZ, Lyon, France**

**Hosts: Dr David Dejour/Dr Michel Bonnin/Dr Guillaume Demey**

A short flight, and we landed in Lyon, where Dr. Demey collected us from the airport. All our hosts treated us to dinner that night, where we also met Hideo Kobayashi, a Fellow from Japan. Then we had our first surgery day, with Michel Bonnin. We assisted a total of three total knees and one hip that day. We learned a lot about ligament balancing and discussed knee kinematics a lot. We had a wonderful day at the OR, then biked back downtown, to meet at a special, and very old, restaurant for traditional French cuisine. Dr. Dejour collected us very early the following morning, to relish two TKAs and one ACL. We learned about his knee instability algorithm and had an informative discussion. We held our scientific meeting at Dr. Bonnin’s house, where he presented his latest research about m.popliteus impingement after TKA. We also met Mo Saffarini there, who presented interesting research about different TKA designs. Dr. Dejour took us
around Lyon the following day and we ended with a very special lunch with Dr. Dejour and his family.

5. C.T.O Centro Traumatologico Ortopedico, Milan, Italy

Host: Prof. Norberto Confalonieri

After a night flight from Lyon, we were able to rest, since this was Italy’s Liberation Day. We enjoyed ourselves in Milan. Early next morning, however, we met Dr. Biazzo at the Hospital entrance and went to OR, where we met Prof. Confalonieri and assisted him in a combined surgery medial unicompartmental and patellofemoral arthroplasty continued with a navigated unicompartmental knee arthroplasty. That afternoon we visited an Italian implant company, had a tour around their facilities and were able to see and discuss the production of arthroplasty components with the company engineers. There then followed a nice dinner. Next morning, we had a scientific meeting where Prof Confalonieri gave a speech about small implants and the day continued with a navigated total knee arthroplasty and a navigated total hip arthroplasty. After an Italian museum visit and a walk around Milan, we had a nice dinner, and then headed for Monza.

6. Istituti Clinici Zucchi, Monza, Italy

Hosts: Prof. Bruno Violante, Dr. Marco Moioli

Dr. Moioli was kind enough to collect us from the hotel. In Istituti Clinici Zucchi we met Prof. Violante, and in the OR we assisted him for a total knee arthroplasty, unicompartmental knee arthroplasty, and revision knee arthroplasty surgeries. He shared his knowledge very carefully and explained, at every stage, precisely how he was acting. After this full OR session, we had our scientific session in the hospital. It was particularly well organized and featured Matteo Denti and Pietro Randelli as speakers, as well as hosts and fellows. There were long discussions on knee arthroplasty with these experienced surgeons, after which an official dinner followed. Next day we assisted Prof. Violante with unicompartmental knee arthroplasties and primary knee arthroplasties. On Saturday, our social programme with Prof. Violante included Monza’s famous Formula 1 Race Track (boy racers beware!) and Sienna’s Museum. The following day, in the morning we left this lovely city with lots more knowledge and friends.
7. Hospital de la Esperanza, Barcelona, Spain

Hosts: Dr. Pedro Hinarejos, Prof. Juan Carlos Monllau, Dr. Joan Leal-Blanquet, Dr. Raul Torres Claramunt, Dr. Juan F Sanchez

We arrived in Barcelona Sunday mid-day, to find Dr. Hinarejos waiting for us at the airport, and he outlined our programme on the way to the hotel. At dinner, with a superb view of the city, we met other members of the clinic. It was such a friendly welcome! Next morning started early with the morning meeting, which included the preoperative radiologic assessments of the day’s patients, and the previous day’s postoperative radiographs. For OR, we had the choice of two rooms. We covered Primary total knee arthroplasty, closed wedge osteotomies, and unicompartmental knee arthroplasty. That evening we had a fabulous dinner with the team members and the chance to discuss a variety of cases. Next day our scientific meeting was early in the morning, where we learned about Dr. Hinarejos’s research on antibiotic-loaded cements. That day’s OR programme was hinged revision knee arthroplasty and open wedge osteotomy. The afternoon we had the tour to Sagrada Familia and finished the day with typical Catalan dinner!

In summary, what can we say?

The fellowship was a once in a lifetime experience. We want to thank ESSKA and EKA section of ESSKA, all our hosts and sponsors, and of course not forgetting Anna Hansen Rak from ESSKA’s office, for organizing everything so very well.
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