



## **ESSKA Arthrex Osteotomy Fellowship 2017**

Munich, Germany – Arhem, Holland – Lyon, France – London, U.K.  
ESSKA Fellows: Akash Patel and Mihai Vioreanu  
11-24 June 2017

### **Munich, Germany**

**Host: Prof. Andres Imhoff**

*“One's destination is never a place, but a new way of seeing things.”*

Henri Miller

We were delighted to meet, at last, and excited about the two weeks ahead of us. We were conscious that this would be an intense period, a chance to become intimate with high-volume osteotomy surgery throughout Europe. We came from different backgrounds and family lives, and found it rather difficult to decide whether this trip was to be ‘work’, or ‘academic’, ‘business’ or ‘adventure’.

It was overwhelming to meet with Prof. Imhoff’s entire surgical team, early next morning, during his daily rounds. We both knew how productive Prof. Imhoff is, in terms of research, so it was no surprise to observe how efficient his team was. Planning the surgery was concise but exact, with cases reaching a great level of complexity.

Our theatre visits afforded opportunities to observe and assist with procedures including OATS/mosaicplasty, mega-OATS, HTO with ACL reconstruction and HTO to reduce tibial slope. Attending the morning surgical-list planning meetings also gave us insight into the decision-making processes, with its opportunity to discuss cases. A high standard, evidence-based academic meeting was normal for Prof. Imhoff and his team. This included research presentations which allowed interesting discussions regarding knee osteotomy planning, knee instability, ACL reconstruction with combined osteotomy and knee joint preservation versus replacement.

In the evening, we visited the world famous beer gardens to sample German delicacies, and had a lovely dinner with Prof. Imhoff and his team. This enabled further discussion, and networking.



After only two days, it became clear to both of us that we were in for a treat for the remainder of our travels. Having experienced German precision in both planning and application of surgeries we were looking forward to travelling north to our Dutch friends.

### **Arhem, Holland**

**Host: Prof. Ronald van Heerwarden**

After a short plane and train trip, we reached another beautiful European nation, in fine weather. Prof. Ronald van Heerwarden welcomed us at our hotel and treated us to a nice, friendly dinner at the De Palatjin restaurant in the jovial surroundings of the Sonsbeek park.

We spent a day in theatre with Prof. van Heerwarden, and had the pleasure of watching, as well as assisting, some complex osteotomy cases. These included an intra-articular hemi-plateau tibial-osteotomy for a post-traumatic severe tibial deformity, a double osteotomy in a patient with a severe varus knee (distal femoral closing wedge and proximal tibial opening wedge), and a supra-malleolar tibial osteotomy for mal-united Salter Harris type 2 fracture.

We were extremely impressed by the simple means of complex surgical deformity-correction by Prof. van Heerwarden. In contrast to our German experience, this was clearly a 'one-man show', with Prof. van Heerwarden performing all these complex deformity cases, at the same time explaining the theoretical principles behind all his moves. This made it look very easy, but we wondered if these surgeries came with the warning: "Don't try this at home...".

The following morning, Prof. van Heerwarden invited us to home for coffee. This was followed by a wonderful visit to the Kroller-Muller museum, which houses one of the largest Vincent van Gogh collections in Holland, then a 25-km bike ride through the pristine beauty of De Hoge Veluwe national park, and a visit to Arnhem's Olympic training complex. Throughout this splendid time, we discussed the complexities of osteotomy and had ample opportunity to ask questions about various techniques. It was the best and the most personal outdoors research meeting we have ever attended. To mark the occasion Prof van Heerwarden made us a special gift: "Osteotomies for Post-traumatic Deformities" authored by himself and Rene Marti. Prof. van

Heerwaarden was an absolute gentleman, a fantastic host and a supportive teacher. We are very grateful for all his time and effort.



## **Lyon, France**

**Host: Dr. David Dejour**

*“The frog in the well knows nothing of the mighty ocean”*  
Japanese proverb

We were only half-way through our journey, and already understood how travelling can be instrumental for complex learning. We arrived in Lyon at the weekend, to continue exploring the complexities of knee surgery around Europe. We stayed in the “vieux ville’ of Lyon, and were inspired by its culture, heritage and spirit. We were both looking forward to discovering the prestigious and world-renowned ‘ecole du genou Lyonnaise’. During the free days in Lyon, we were spoiled by excellent weather, by world class cuisine and wine.

We met Prof. Dejour and his team on Monday, and were able to observe, assist and discuss complex cases in the theatre. These included total knee replacements, knee arthroscopy and ACL reconstructions using patella tendon/hamstrings autograft. Observing “the maestro” at work , culminating with a case of trocheoplasty combined with patella osteotomy and MPFL reconstruction---all performed in one setting---on a 15-year-old girl with complex patellofemoral pathology. This was definitely the highlight of our trip to Lyon. We were awed by the smoothness and precision of both the decision-making and execution of this complex surgical procedure.

Later that evening, we were joined by the Italian and Argentinian knee fellows for dinner. We continued to exchange ideas (and practice our French) into the early hours.

After a busy few days, we continued our European journey to Britain.



## **Basingstoke, UK**

**Host: Prof. Adrian Wilson**

A short flight from France to the UK, straight into the operating theatre with Prof. Adrian Wilson, a great surgeon and academic. We were greeted with warmth, interesting cases and discussion. Prof. Wilson performed a high tibial osteotomy and gave us very good tips for improving surgical techniques.

In the evening, we were treated to a lovely British pub dinner where we had the pleasure of meeting Mrs Wilson and the team, including Raghbir Khaha and Bhushan Sabnis.

Thursday started with a constructive team meeting and coffee. This was followed by another theatre-session with Mike Risebury, Sam Yasen, Bhushan Sabnis and Raghbir Khakha. We observed and assisted in further interesting cases, including high tibial osteotomy to correct rickets deformity and combined ACL/LCL/ LaPrade procedure. The day also included a useful osteotomy planning session, with combined teaching by Mike Risebury, Dave Howard and Sam Yasen. In the evening, we were treated to a lovely dinner cooked by Mrs Wilson at their house with the whole team. This was an excellent personal touch to add to our hospitable and educational experience in Basingstoke. We were able to discuss and exchange many surgical ideas over dinner, as well as building strong international relationships for the future.

This was the perfect way to end our educational experience. It has been an extremely insightful, personal and educational experience for us both. We are both convinced that this Osteotomy Travelling Fellowship will become a very popular and sought-after fellowship in Europe. We are happy to have been the first to experience it and will wholeheartedly recommend it to our European colleagues.



**We are extremely thankful to Arthrex for supporting the scientific segment of the travelling fellowship, to ESSKA, and to our wonderful hosts during our wonderful journey!**