



## **ESSKA-EKA European Knee Arthroplasty Travelling Fellowship 2017**

Mill & Sittard-Geleen (The Netherlands), Madrid (Spain), Krakow (Poland), Lyon (France), Basel & Bruderholz (Switzerland), Hannover & Brandenburg (Germany)

### **Fellows:**

Sufian Ahmad (Switzerland)

Patrick Orth (Germany)

Bert Boonen (The Netherlands)

20 September – 12 October 2017



On 20 September, the three of us met in Roosteren, The Netherlands, where we were hosted by Dr Nanne Kort. He arranged a perfect start of the fellowship with an extensive social programme also involving his family, in a relaxed atmosphere. From Sittard-Geleen, we travelled to Mill, The Netherlands. Prof. Ronald van Heerwaarden hosted us at the ViaSana Clinic, where we elaborated extensively on osteotomies around the knee and learned a lot of practical tips-and-tricks for the operative procedures. On Saturday, we went biking at the National Park Hoge Veluwe, enjoyed a glimpse of world-renowned Dutch painting at the Kröller-Müller museum, and enjoyed a tasty Sushi dinner. We learned from our hosts the importance of excellence-through standardisation, as well as the importance of having a clear vision about patient care.



On Sunday the 24th, we travelled to Madrid and on Monday and Tuesday Prof. Enrique Gómez Barrena and Dr Juan Ruiz welcomed us in the OR where several primary and revision TKA's were performed. We had an interesting scientific meeting and discussed topics on blood management, knee surgery in haemophilia, periprosthetic joint infections etc. For the social programme, Dr Juan Ruiz took us for a magnificent tour around the Real Madrid soccer stadium and we enjoyed a typical Spanish dinner together with the members of the knee unit. We learned from our hosts in Spain what Southern European hospitality is all about and we found professionals who, as we do, strongly believe in the importance of cooperation between orthopaedic surgeons across Europe, in order to optimise patient care and contribute to evidence-based medicine.



Tuesday afternoon, 26 September, we arrived in Milan and were hosted there by Dr Matteo Marullo. On Wednesday, we joined Dr Sergio Romagnoli in the OR and had the great opportunity to observe an extremely skilled surgeon at work, mainly abandoning the use of saw guides but rather performing bone cuts free-hand – combining operative experience and talent. We learned a lot about optimization of standard orthopaedic care and we realized after this visit that a huge diversity exists in company-based tools for one single, basic principle (TKA).



From Milan, we travelled to Krakow on 28 September. We were hosted by the brothers Dr Pawel and Dr Michal Skowronek and by Prof. Julian Dutka. We visited the beautiful historical city centre on our first day. In the OR, we participated in revision surgery cases and lateral unicondylar prosthesis cases and learned about the importance of preserving bone stock and using structural allografts. Dr Pawel Skowronek invited us home for a typical Polish dinner, as prepared by his wife. We experienced that evening the remarkable hospitality of our hosts. On Saturday, we participated in a meeting at the regional association of the Polish Society of Orthopaedics and Traumatology and we got the chance of presenting some of our own work there as well, followed by a visit to a local salt mine and an unforgettable evening spent with the knee team.



On Sunday, 1 October, we travelled to Lyon, where we were hosted by Dr David Dejour, Dr Guillaume Demey, Prof. Elvire Servien and Prof. Sébastien Lustig. We learned a lot about the approach of the Lyon School of Knee Surgery when joining our hosts in the OR and participating in high-end orthopaedic surgery around the knee joint, literally covering the entire field including arthroscopy, ligament reconstruction, patellofemoral and femorotibial joint replacement, and revision cases. We met highly dedicated teams, who provide the best of patient care at the Lyon-Ortho-clinic Clinique de la Sauvegarde and at the Lyon Croix-Rousse University Hospital, and we sampled outstanding French food during two very enjoyable evenings.



From Lyon, we travelled to Basel where we were hosted by PD Dr Michael Hirschmann and PD Dr Geert Pagenstert on 4 October. On our first OR-day we discussed key points of TKA revision surgery with PD Hirschmann, an outstanding expert in the field of TKA revision and author of the respective book. During the OR day, we were able to participate in some very challenging revision cases. That evening, we enjoyed a particularly nice dinner where we had an unforgettable discussion with Prof. Werner Müller, one of the founders of ESSKA – an evening we will never forget! On Friday, we joined PD Pagenstert in the OR and we discussed extensively about ligament reconstructions and techniques for patellofemoral instability problems. On Saturday, we headed for the mountains together with PD Hirschmann and his wife. We very much enjoyed the beautiful views in the Swiss Alps during our hike, and really appreciated a relaxing day with sun, fresh air and physical activity.



On Saturday, 8 October, we travelled to Hannover where we were hosted by Prof. Henning Windhagen, PD Dr Max Ettinger and PD Dr Tilman Calliess. On Monday and Tuesday, we were educated on the theory of kinematic alignment, were able to watch MAKO computer assisted surgery applying such kinematic alignment principles and learned many useful tips-and-tricks for TKA revision surgery. We had a fruitful discussion with the complete knee team during a scientific session on Tuesday afternoon, followed by a nice dinner.

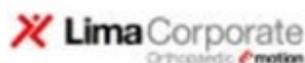


On Wednesday, 12 October, we travelled to Brandenburg by train and we were hosted there by Prof. Roland Becker. We participated in several primary knee arthroplasty procedures and learned about the ligament balancing techniques. We participated and presented in a scientific symposium and discussed further the topic of orthopaedic science during a very pleasant dinner at Prof. Becker's home. Unanimously, we acknowledged the importance of a strong, high quality European orthopaedic journal and we all were motivated to continue our contributions to science.



We concluded our journey at the EKA meeting in Berlin and had some time to reflect on our most interesting fellowship. This unforgettable experience brought us a much deeper understanding of surgery aimed at resolving degenerative knee conditions. We established a professional network and made lifelong friendships and the three of us were committed to continue our efforts to collaborate across borders. Leaves us only to cordially thank EKA and all of our hosts for this wonderful opportunity and the impeccable organization of this fellowship

**ESSKA-EKA would like to thank the sponsors**



**for their support of the scientific segment of the programme.**