



ESSKA Stipend for the European Arthroscopy Fellowship 2017

Innsbrück (Austria), Zurich (Switzerland), Luxembourg (Luxembourg), Lyon (France), Milan & Sassuolo (Italy), Barcelona & Madrid (Spain), Porto (Portugal)

ESSKA Fellows:

Kostas Intzoglou (ESSKA fellow)

Matthias Brockmeyer (AGA fellow)

Etienne Cavaignac (SFA fellow)

Mattias Fabbri (SIGASCOT fellow)

Carlos Mesquita Queiros (SPAT fellow)

10 -30 September 2017

I'd like to begin by thanking everyone involved, for their organisation and hospitality! Seeing these renowned surgeons in theatre was a tremendous experience. Everyone was ready to answer our questions, and we learned lots of tips-and-tricks! Above all, of course, my gratitude to ESSKA for selecting me as its 2017 ESSKA fellow!

It was a great honour to be selected for this fellowship, which really enlightened me about arthroscopy and orthopaedic surgery.

We arrived in Innsbrück, and began our fellowship in a traditional Austrian restaurant, which commanded an excellent view of the city. We discussed the next day's OR programme, and their general way of working. On 11 September we woke up, took a walk in the forest, and ate some excellent brunch with C. Hoser and C. Fink who also presented their innovative technique for ACL reconstruction with rectangular femoral tunnel. Next day, we had a full OR day with a lot of ACL reconstructions and an RC tear. Our hosts performed a BTB reconstruction and some quadriceps ACL reconstructions. They always answered our questions during the reconstructions, and there was much discussion after the OR.



- DR HOSER AND DR FINK OFFERED US BRUNCH, AND GAVE TWO EXCELLENT PRESENTATIONS ON THEIR INNOVATIVE TECHNIQUES



- BRUNCH



- WITH DR FINK IN BETWEEN KNEE PROCEDURES

In the afternoon, we took a train to Zurich and met our host, Dr Matthias Flury – who had arranged an excellent dinner by the lake. We got to know his team personnel, and discussed a lot about shoulder pathologies, etc. Next morning we met in the OR of the Schulthess Klinik, which is an impressive hospital as far as its facilities is concerned. Dr. Flury had arranged an open Latarjet procedure and two RC tear repairs. We discussed a lot about shoulder – mostly the procedures – and got acquainted with the local staff who were kind enough to give us a hospital tour! In the afternoon there was a mini scientific session, where all the fellows presented their work.



- WITH DR FLURY AFTER THE SCIENTIFIC SESSION

The afternoon of 14 September we took a flight to Luxembourg. Prof. Romain Seil himself was waiting at the airport to welcome us. Next morning, we visited the Hospital 'Clinique d' Eich' where our host had scheduled two ACL reconstructions and a distal femoral osteotomy. During the ACL reconstructions, Prof. Seil guided us through the repair of the ramp lesion and demonstrated the exact way to perform it. The first ACLR was done with BTB autograft through a mini-incision and the second ACLR with a hamstrings autograft. Some tips-and tricks were highlighted by our host during the OR and, afterwards, we were shown the hospital's experimental lab. Then a scientific session, which highlighted the scientific work of Prof. Seil's Orthopaedic Department. The day ended with an excellent dinner where we tasted local specialties and traditional wine. On Saturday 16

September we participated in the 'Medical and training aspects in Handball' Conference and, in the afternoon, there was a guided tour of Luxembourg city. We ended the day with a superb dinner, which also included scientific discussions.



- WITH PROF. SEIL IN THE OR OF THE CLINIQUE D' EICH



- AFTER A TRADITIONAL DINNER WITH PROF. SEIL IN LUXEMBOURG

Next day, we took the plane to Lyon, where Dr David Dejour was waiting for us at the airport. He took us to our hotel and after freshening up, we visited the city of Lyon and sampled the local food and wine. We planned the next-day's surgeries and our rendez-vous for Monday morning, at 6:30 a.m. Monday morning we arrived at the Lyon-Ortho-Clinic and scrubbed-up for a hip arthroscopy, and then watched an ACLR accompanied by a modified Lemair procedure. Many surgeries took place simultaneously, so we were free to participate in whichever procedure we liked and, of course, a lot of free scientific discussion with the staff of Lyon-Ortho-Clinic.



- WITH DR DEJOUR IN THE OR IN LYON

Next day, we took the plane to Milan, in order to meet Prof. Pietro Randelli. We had an excellent dinner and next day we got to watch our host in the OR. He was eager to explain every little detail in the OR. In the same afternoon we took the train to Modena where Prof. Pederzini was waiting for us. During our stay, besides the usual OR's and discussion, we participated in the 32nd Course on Arthroscopic Surgery in Modena - an excellent opportunity to meet new people and get involved in scientific discussions.



- AT THE FERRARI MUSEUM IN MARANELLO



- DINNER AT PROF. PEDERZINI'S HOME WITH HIS COLLEAGUES AND FRIENDS



- WITH PROF. RANDELLI AND THE BOOKS HE OFFERED US

On 24 September we arrived in Madrid and got acquainted with Dr Tomas Jaen at first, and next day with Dr Emilio Calvo. Dr Tomas Jaen showed us his Wireless Arthroscopic Device (WAD) and we also got to experiment on a knee model as well. Next day, Dr Emilio Calvo had prepared a full OR shoulder programme, with two arthroscopic Latarjet procedures. Dr Emilio was always interested in asking us if everything was ok or if we had any questions. He also let us scrub-up and really participate in two RC repairs.



- SCRUBBED UP THE OR WITH DR CALVO

The final stop of our travelling fellowship was Portugal. Porto is the home town of the SPAT fellow, so we had more opportunities to get in touch with local shops, history, agriculture etc. Dr. Vieira da Silva, our host, welcomed us with a meal, during which we discussed the next day's OR programme. It included shoulder and knee surgeries. As a surprise, for the closure of the travelling fellowship, our host invited us for a Europa League game!



- FANS OF BRAGA FOR THE EUROPA LEAGUE GAME AGAINST ISTANBUL FC



- IN THE OR PARTICIPATING IN RC REPAIR

In general, the European Arthroscopy Fellowship was a great opportunity for each of us. We learned new tips-and-tricks, became familiar with new techniques, and above all we made new friends and met new people!

The experience in general was great, and we are grateful for this opportunity that was given to us!



- OUTSIDE THE ESSKA HEADQUARTERS IN LUXEMBOURG