

APKASS To ESSKA TOUR REPORT 2016

Godfather:

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We arrived at Istanbul on the 13th of April 2016. Prof Karahan had arranged his colleagues to meet us up at the Airport and we rested that day. On the 14th, we went to the Azibadem Kozytagi Hospital and attended surgery with Prof Karahan. In the afternoon, we had case discussions with Prof Karahan and his colleagues. In the evening, we had dinner with the Mrs and Prof Karahan at one of the restaurants by the sea. ON the 15th, we attended the 3rd European Basic Arthroscopy Course at the Azibadem university campus. We also had a tour of the campus. We were impressed by the world class facilities available at the Azibadem campus which includes a simulation center, a cadaver lab, a model OR, emergency and Skills centre. The attendees for the basic course had come from many countries including the middle east and Africa. We had a good interaction with the faculty which included Dr Roland Backer, Dr Sven Sheffler, De Vincenzo, Dr Nane Kort and others. In the afternoon Prof Karahan took us out on the sail boat trip in the Marmara Sea. We had one to one sailing lessons from Prof Karahan and his friend and had a try at the helm. It was truly an unforgettable experience. The next day we visited the Azibadem Sport which is a FIFA approved sports rehab centre. We were shown the excellent facilities in the sports center which includes a ice lab and a hypoxic high altitude training chamber. We then attended surgery with Prof Omar Tesher at the Azibadem Hospital. Our Godfather Prof Kurosaka had arrived the previous night. In the evening we met with him and had dinner at the Umruku restaurant at the Bosphorus with its excellent views. We were joined by the faculty of the European Basic Arthroscopy Course and we really had a good time.



We left for Thessaloniki the next morning very early. At Thessaloniki we were received by Prof Michael Hantes at the airport. We had a comfortable ride to Vergina to visit the necropolis of King Philip II, the father of Alexander the Great. The collections are really impressive and they throw significant light on the ancient Greek civilisation. We then stopped for lunch at a traditional Greek village situated on a hill with breathtaking views of the Aegen seashore. The next day we visited the Meteora, orthodox greek monasteries located on top of rock formations. We had a private tour of the nunnery there and we were touched by the warm hospitality of the nuns. In the afternoon we had a tour of the anatomy lab at the Thesally University which has facilities for conducting cadaver courses. We interacted with Dr Malizos, the Head of the department, faculty and residents of the Orthopaedic department. In the evening a lecture program had been organised by the department and was very well attended. There was good interaction after the fellow talks. We had dinner with the department colleagues in a very old greek tavern in the centre of the city. The next day was operating with Dr Hantes, we had some very interesting cases including a revision ACL reconstruction, a MPFL reconstruction and a Bankart repair. In the evening we had a special tour of the Diachronic Museum of Thesally which has been newly opened and houses a lot of relics right from the neolithic era. A grand dinner with the best local greek wine winded up that day well. The next day was OR again with a case of HTO using Tomofix. We were touched by the warm hospitality of the Greeks inspite of the financial hardships the country is going through. We left Larissa that afternoon and boarded the flight to Geneva that evening from Thessaloniki.



We landed in Geneva in the evening of the 20th of April. We were greeted at the Airport by Prof Menetrey and Dr Victoria Duthon. That night, we went to a wine bar and tasted local wines with delicious tapas. The next day, we had surgical demonstrations of ACL reconstruction using quadriceps graft and High tibial osteotomy. Another interesting case was posterolateral popliteal fossa retensioning in a patient with subtle posterolateral instability following ACL reconstruction. Later in the day, we had presentations from Prof Mentreys team about use of quadriceps graft and subtle posterolateral instability.

We were very honoured to be part of the speakers of the French speaking Swiss Surgeon's Annual Meeting which was happening at the University of Geneva Hospital. The talks were well received though we spoke in English! That evening we had dinner at a beautiful restaurant beside lake Geneva with views of Mont Blanc. Hua and Yone tasted local fish caught from the lake and they served me some great vegetarian fare.



The next day was shoulder surgery with Dr Nicola and Dr Ladermann at the hospital. We watched a revision elbow ligament reconstruction in a patient with postero lateral instability of the elbow. We also observed an elbow scope and cuff repair. The afternoon we visited the sports rehab facility which was a swiss olympic medical centre situated just out of town. The facility has advanced testing instruments, a fully equipped fitness centre and an aqua therapy facility. I got myself tested with the isokinetic assessment instrument when Prof, Yone and Hua were busy in the gym. The evening was very special as we went to a Swiss Cheese Fondue restaurant. The fondue was divine with we all loved it. The next day was a guided tour of the old city of Geneva. Even though it was a rainy day, we had an excellent guide who took us to the not very touristy parts of the town and explained us the history of Geneva, its involvement in the international peace process since the times of American Civil war and the changes the city underwent during various periods. The modern energy conserving architecture of various international buildings started with a Swiss Architect who used mainly glass and metal. That afternoon, we had pizza and pasta in an award winning Italian restaurant in the centre of the city. Divine food and great wine! We were drinking at almost every lunch and dinner. We were really impressed by the utmost care taken by our hosts to show us the best selection of cases, best spots of their cities and keep us comfortable.

We took the flight to Porto that evening from Geneva. We arrived in Porto the midnight of 23rd. On the Sunday we had a tour of the impressive museum of FC Porto, located at the FC Porto Dragao Stadium. The museum is probably the most modern museum among the football clubs in Europe. The clinic Espregueira Mendes is located in the stadium and after lunch we visited the clinic. We had a scientific session at the clinic in the afternoon and there were good number of attendees even though it was Sunday. The session was relayed live on the internet with a good number following on the net. The dinner was at the tennis club which actually is located inside a castle.



The next day 25th of April was a national holiday of Portugal, the day of liberation. We celebrated the day by going to Baiona, a coastal city in Spain, about an hour's drive from Porto. On the way we stopped at an old Portuguese castle for breathtaking views of the river Tui and its surroundings. In Baiona, we went to the Iberian sea on a high speed luxury motor boat with Prof Mendes and team. It was a sunny day and we were out for another unforgettable experience of the fellowship. We swam in the sea even though it was cold, so that we could earn our champagne. The lunch was at the seaport and dinner in a the classy Club Portunese. The next day were surgeries which obviously included an ACL, a meniscus repair and a couple of rotator cuff repairs. We could see the Porto Knee testing Device and discussed about using the proximal tibia fibular joint as donor for osteochondral grafts, of which Prof Mendes has good experience. That afternoon we started for Bologna.

We reached Bologna by late evening. The next day Prof Zaffannini received us in theatre and we had four surgeries which included three ACLs and one PCL. Prof Marcacci and Prof Zafannini showed us their method of “Over the Top” ACL reconstruction which has very good long term results. That evening we had some classic Italian cuisine at ristorante Panoramic with cheese and pasta specific to Bologna. The next day we visited the “Isokinetic” - A FIFA medical centre of excellence. It is a rehab facility with a gym, swimming pool, on field training and a “green room” - a simulation centre with video camera for motion analysis and bio feedback. The afternoon was the scientific session at the Aula Campanacci - the auditorium of Rizzoli. We listened to the Pivot study group experiment with varied devices to measure pivot - the Kira device, the Porto knee testing device, the EM device from Kobe. All agreed that quantitative measurement of pivot is the future though it might take some more time to develop a device which can be widely used. That night, we had some excellent pizza and food specific to south of Italy in a pizzeria. The next morning, we took a walk in the city centre and explored the city, visited the seven churches and the cathedral of St Peter. the next and final leg of our journey was Antwerp, Belgium.



We reached Antwerp in the evening and we crossed the border to reach Netherlands to join for dinner along with the faculty of the Belgian Orthoepic society. The restaurant was set in a picturesque place overlooking the sea. The next day was the visit to Brugges, popularly known as

the Venice of the North. We were accompanied by the president of the Belgian Orthopaedic Society. We visited the OR the following day with Peter Verdonk where we saw a variety of cases ranging from meniscal transplantation to the Antwerp “Monoloop” surgery to Total Knee replacement. The evening was the presentation at the Antwerp Orthopaedic clinic which was well attended. The next day we set for Barcelona.



Once in the conference, we participated in the fellows reception on Day 1 of the meeting where we met all our hosts and the DJO representatives and we could thank them for making this possible. The meeting proved to be of high scientific value. We did see a little bit of Barcelona amidst the busy conference schedule. The fellowship is an unforgettable experience to every one of us where we the fellows became lifelong friends and made new friends all along the way. We thank APKASS and ESSKA for making this wonderful fellowship possible and we would strongly recommend this fellowship for every junior doctor aspiring to reach greater heights in his or her career.

