

2022 APKASS – AOSSM Travelling Fellowship Diary by Dr. Peter Myers (Australia)

1. Detroit

Wednesday 22nd June

Detroit, Michigan was the 1st stop for the group comprising Erica Kholinne from Jakarta, Indonesia - Phob Ganokroj from Bangkok, Thailand – William Blakeney from Perth, Australia and Peter Myers from Brisbane, Australia as the Godfather. The welcoming reception at the home of our host Dr Joe Guettler and Debbie his wife was amazing with some 75 guests, live music, great food and excellent company. Co-host Dr James Bicos and his wife Sarah were most welcoming.



Dr Joe had the generosity and foresight to have invited so many people from his department including the medical students who were hopefully inspired to aim high in their careers. We are grateful to the sponsors of that evening for such a grand start to the Fellowship. However, as jet lag and lethargy crept upon us, we retired early in preparation for a couple of very full days ahead.

Thursday 23rd

We attended the UnaSource Surgery Centre where we observed various surgeries. The most striking aspect of the centre was its efficiency. Sterilisation, patient preparation, anaesthetic setup and case turnaround time were exceptional. The centre only does day case procedures but that includes spinal surgery, hip and knee arthroplasty as well as less invasive cases.

Dr Joe took us on a whistlestop tour of some of the really nice parts of Detroit including the historic Cranbrook school and gardens. We then attended the Arthrex cadaver lab for surgical demonstrations where Dr Joe demonstrated a 'Tommy John' procedure for medial ulnar collateral ligament reconstruction, Will Blakeney demonstrated a Laterjet procedure,

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Dr Bicos showed a medial patellar quadriceps femoral ligament reconstruction and Peter Myers demonstrated a lateral extra-articular tenodesis. The session was attended by a number of local residents and medical students and was most informative.

We then headed to the Detroit Yacht Club on Belle Isle and boarded Dr Peter Biglin's lovely motor yacht for an evening dinner cruise which also included some unsuccessful fishing. Drifting towards the Canadian border and watching the sunset over the Detroit skyline made for a very pleasant and convivial evening.



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Friday 24th

Up early to attend Beaumont Hospital grand rounds for lecture presentations by the Fellows and case presentations by the hospital residents. These stimulated interesting and robust discussion. Jae then took us on a tour of the training facility where clearly no cost has been spared in developing a very impressive area for cadaver and simulated surgical skill training. We viewed more surgery before lunch at a Dr Joe's favourite, the Moose Preserve. We then toured the Ford Museum and did the amazing Rouge F-150 Ford truck plant tour.

From there we attended a minor league baseball game where Will threw the opening pitch and Dr Joe introduced us to the crowd. It was a very family friendly event with the local Birmingham Beavers defeating the Westside Woolly Mammoths.



2. Cleveland

Saturday 25th June

Taken by limo from Detroit to Cleveland, we were met by Dr Lutul Farrow, taken to lunch at Barrio for tacos and then to our hotel. A quick turnaround and then off to the Major league baseball game where the local Guardians fell to the Boston Red Sox.



Sunday 26th June

A late morning pick-up by Dr Farrow down to the Cleveland waterfront area to meet up with resident Alex and Fellow Rachelle who joined us to visit the Rock and Roll Hall of Fame.



This is a truly iconic establishment rich with history, memorabilia and great music. From there to the Black Angus cattle farm owned by Dr Farrow's parents-in-law. We were met also by Dr John Bergfeld, his cousin Henry and company representative Glade along with Dr Farrow's wife Tenisha and their 3

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young boys. Rod took us around his farm and proudly showed off and explained the process of developing Certified Black Angus breeding stock.



Back at the farmhouse Lauri treated us to a wonderful home cooked meal and this was followed by a presentation by Dr Bergfeld on the meat industry in the USA, particularly that of high grade certified black angus.

Monday 27th June

Early morning drive to the Sports Health Centre for surgery where we met the charismatic Cheri Beaumann. It was very nice of her to come down to meet the new members of the Magellan Society. Dr Farrow performed 4 operations including a very interesting patella-femoral stabilisation on a skeletally immature male requiring a combination of procedures. Two menisectomy cases and an ACL reconstruction made up the other cases.

We then transferred into town to the central Cleveland Clinic for an academic session with presentations by the Fellows and local staff including some new research into rotator cuff retraction following repairs and a protocolised management for adhesive capsulitis. There was good discussion following the presentations. We then were taken to the prestigious Shorby Club on the lakeside for a more formal dinner with other members of the sports medicine department.

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Dr Bergfeld held court with many stories and anecdotes. It was good to have Michael McBrayer from DJO, the main sponsors of the Fellowship, present at the dinner. A late night after a very full day.

Tuesday 28th June

Another early drive to the Sports Health Centre for surgery where we were privileged to meet Dr Tony Miniaci and observe one of his last operating sessions at the Cleveland clinic.



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During a break Dr Miniaci took time to take us through, the history, theoretical development and outcomes of his shoulder resurfacing implant. Dr Paul Saluan performed a shoulder reconstruction and an Achilles tendon repair, both of which stimulated interest. Lunch and then off to the Hill and Dale Club for clay pigeon shooting. Dr Bergfeld was in command and took us through the principles and safety aspects of this sport which was needed as none of us had shot a gun before let alone aimed at anything! It was an entertaining afternoon and the thrill of hitting the target and seeing it explode in the air clarified why such a sport could become popular.



From there we travelled to the beautiful home of Drs John and Wilma Bergfeld who were most gracious hosts to us and others of the department. A country style barbeque was enjoyed by all in their garden in the early evening daylight, something which none of us experience in our lower latitude home countries.

3. Iowa

Wednesday 29th June

We flew to Chicago and on to Cedar Rapids, a lovely and small university town in Iowa. We were met by Kyle Duchman who took us to the hotel and then on to the hospital for a scientific session. There we met Dr Brian Wolf, our host, along with a number of the attending surgeons. It was very nice to catch up with Dr John Albright, now retired but still very active.

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Two of the Fellows presented their papers and Dr Wolf outlined the MOON shoulder protocol and some early data which was most impressive. The senior resident Alan Shamrock then presented 3 interesting and challenging cases which stimulated some good discussion and advice.



From that session we went to the Orchard Green restaurant for a very nice dinner with most of the faculty and Dr Larry Marsh a past President of the American Orthopaedic Association. The dinner was complimented by Dr Wolf's excellent wine selections.

Thursday 30th June

An early start to the operating suites where Dr Wolf had a series of medial ulnar collateral ligament cases for repair and reconstruction which he performed elegantly and with instructional commentary

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considering that this surgery is uncommon in our regions. He also had a case requiring an open Bankart procedure as a revision reconstruction along with a case of osteochondral autograft transplantation. Kyle had a case of revision MPFL reconstruction. Following the surgery, we were taken on a tour of the facilities and stadium of the University of Iowa football team, The Hawkeyes. The facilities, field and stadium are most impressive. Dinner was an impressive event at The Webster where far too much food was ordered and mostly eaten.

Friday 1st July

Another early morning start with lectures by the other 2 Fellows and Dr Duchman. More surgery with Rob Westermann performing 2 hip arthroscopies, an ACL reconstruction and a multiligament reconstruction on a patient with a nasty ACL and posterolateral corner injury. Kyle Duchmann also had an ACL reconstruction case and an achilles repair case Dr Wolf performed a Latarjet procedure.



It was a most interesting day. The nursing staff were most accommodating and received us warmly.

Dr Wolf and his wife Laura welcomed us to their lovely home on the outskirts of town where he has a lake which he calls a pond. The other faculty were also present.



4. Nashville

Saturday 2nd

Next stop was Nashville. Dr Jed Kuhn was kindly waiting for our delayed flight. We checked into the hotel before he drove us to Dr Rick Wright's house for dinner. Rick and his wife Lana had cooked up a marvellous spread with Rick being an aficionado of smoking various meats. He is also an expert on bourbon and treated us not only to an Instructional Course Lecture on bourbon but also a vertical tasting of young through aged bourbons with commentary along the way. It was just as well that we were not driving home.

Sunday 3rd

We were impressed that the faculty showed up on a Sunday morning for the scientific presentations. The Fellows gave 2 of their presentations and the faculty informed us of many interesting aspects of the MOON shoulder experience, the MARS study on revision ACL reconstruction, the history of hip arthroscopy and more. It was a most interesting morning.

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A quick lunch before attending the Country Music Hall of Fame with Jed. The blended history of the awakenings of country music and mixing with the western cowboy style was well illustrated along with honouring the standout artists of that genre. Too much information to take in at one visit but well worth the experience.

A quick change before Jed then took us to a soccer match where the Nashville Soccer Club played the Portland Timbers. This was at the new purpose-built soccer stadium and the crowd was as noisy as any South American or European football crowd could be with chanting, drums and clarions. The home team allowed in 2 late goals to bring the result to a draw.



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Monday 4th of July – Holiday!!

Jaron Sullivan collected us and drove us to the river area north east of town where his wake board boat is kept. We picked up his friend Cody who is a very talented wake boarder and showed us how it is done including various tricks and aerials. Sadly, we were not up to that standard but Will did very well to stay up and attempt some jumps, the others of us were unable to master it. A lovely day followed by lunch at the lake side and then back into town.

Early evening, we were collected by Dr Kuhn and taken downtown for the 4th of July celebrations. The city centre was a massive pedestrian mall with all streets closed to traffic. It was hot and crowded and great fun. Dr Kuhn had reserved front row seats for a meal and the massive fireworks display. There were over 300,000 people crowded into the central district for the 32-minute-long fireworks extravaganza. Truly spectacular.



Tuesday 5th

After the holiday long weekend surgery was back on the agenda and we were taken to the surgery centre initially for COVID PCR testing which was required for attending San Francisco. We then viewed surgery with Dr Eric Bowman in the morning and with Dr Kuhn in the afternoon. The systems in place for undertaking fairly major cases as day surgery were most impressive. Dr Kuhn elegantly performed a shoulder replacement pointing out his tips for exposure and alignment.

While back at the hotel and preparing for the evening function we were informed that 3 of the group had tested positive for Covid-19. This was most disappointing as it became apparent that we were now required to quarantine in the hotel and could not proceed on to San Francisco. None of us had any significant symptoms and the minor symptoms had been present for a week and thought to be due to the rather cold air conditioning in the theatres.

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Wednesday 6th

In hotel quarantine a fairly boring day was spent catching upon emails and preparing papers. Jed Kuhn had kindly bought us a 'comfort package'.

Thursday 7th

It was a bit boring sitting around a hotel room. I must admit that we did meet together for meals but mostly caught up with some paperwork, emails and connecting with home. A walk outside in the sunshine to go to lunch was nice and some time was spent in the gym. Will and Peter went to see Top Gun and Phob and Erica did some shopping. Will was in charge of finding a restaurant for dinner and did admirably well with excellent selections close by. We were all feeling well at this stage. Working backwards we feel that infection probably took place in Cleveland as we developed minor symptoms in Iowa City and put it down to the very cold air conditioning in the theatres there. We had confirmation today that we would miss San Francisco and travel directly to Denver on Saturday.

Friday 8th

All feeling well today. A walk, some time in the gym, some shopping and a snooze helped fill the time. Dinner at a nearby Italian restaurant selected by Will.

5. Denver

Saturday 9th

Lance LeClere Drove us to the airport for our flight to Denver. The train into town was extremely efficient and the terminus is right at the door of the Crawford Hotel. After checking in and freshening up we attended the welcoming reception for the Magellan Society. It was very nice to be welcomed into the Society, to meet new friends and to catch up with old ones.

Sunday 10th

Up early for the scientific session where we each presented our papers. A key aspect of Magellan presentations is that they are meant to stimulate discussion and these papers certainly did. The afternoon was free and a very social evening was had with dinner on the patio outside the hotel.

Monday 11th

The Magellan group departed the lovely Crawford hotel and bused to the Devil's thumb resort, a lovely relaxation resort in the country. We had lunch and then presentations by the SLARD Fellows. In the afternoon we walked around part of the grounds before checking in and freshening up for dinner.

Tuesday 12th

Up early for the scientific sessions in the 'Barn'. These were most informative and the format of short presentations stimulating discussion proves the best for learning and keeping the speakers honest. A working lunch and Magellan Business meeting was followed by the afternoon free with many playing golf, riding, fishing and hiking. A lovely family dinner with a few speeches followed by some fireside drinks for some ended the Magellan meeting with conviviality and anticipation for the next meeting in Singapore in 2024.

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Wednesday 13th

This morning saw us travelling to Colorado Springs by bus, a missing passenger eventually re-joining the group by a circuitous route! The Broadmoor Hotel is one of the nicest places on the planet and was the site for the AOSSM meeting over the next 4 days. We met many of our hosts again and attended the excellent sessions. We were treated to a reception for the fellows and welcomed into the Magellan Society at a formal function on the Friday where we were given our certificates.



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We returned to our homes over the weekend exhausted but enriched with lifetime memories and friendships. This Fellowship becomes a stimulus for better practice, research and international networking. We sincerely thank the sponsors DJO and Vericell for their support of this as ultimately it will result in excellence in practice and better patient care.