

## SECEC/ASES Travelling Fellowship 2018

### Participants:

Patric Raiss  
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Our fellowship started at the SECEC congress in September 2018 in Geneva, Switzerland. After three days full of excellent talks and exciting discussions, we headed towards the airport with a substantial amount of luggage packed, including 20 original Bavarian beer mugs as presents for our hosts. What else can you expect from two Germans?

Our first flight brought us to New Orleans to visit Dr. Savoie and Dr. O'Brien - two renowned shoulder surgeons at Tulane University. This is where we got to experience true Southern hospitality. Dr. Savoie and Dr. O'Brien organized a swamp boat tour where we got to learn about New Orleans' special ecosystem. There, we fed some enormous alligators while fearing our fingers would get bitten off. Tulane University and the clinical practice of our hosts were just amazing. Dr. Savoie and Dr. O'Brien have a very busy shoulder service, where they treat large numbers of professional athletes. Their calm and precise way of explaining diagnoses and required treatments to their patients is admirable, not to mention their impressive surgical skills and efficiency in the OR. No tear in the cuff is large enough for their experienced hands. What also must be mentioned, is of course the delicious dinner at Dr. Savoie's beautiful home and the guy's night out with the fellows from Japan which included bull riding and one or the other cocktail.

From New Orleans, we took the plane to Cleveland, Ohio to visit Dr. Iannotti and Dr. Ricchetti and their team at the Cleveland Clinic. The highlight of their impeccably organized clinical practice was a research meeting we were allowed to attend. It was truly impressive to see the high standard at which this well-organized team is conducting research. The OR days were packed with large numbers of arthroplasty cases, which were executed with highest precision. The Italian descent of our hosts was put to display during the evening program where we enjoyed large amounts of appetizing food and lots of laughter. Our own German side came through once again when we visited the local brewery. Jokingly, Dr. Iannotti said goodbye using the words: Well, even if we did not teach you anything, we certainly fed you well! The first statement being completely wrong and the second more than true.

A couple of pounds heavier, we left Cleveland and took the plane to Rochester Minnesota to visit Dr. Sanchez-Sotelo and the large Shoulder and Elbow team at the Mayo Clinic. The Mayo Clinic was truly a special place. It is an incredibly large collection of experts all working together to treat a huge amount of patients at the highest standard of care. No matter what kind of shoulder or elbow pathology one may have, you will find the right expert at the Mayo Clinic.

Everybody is working incredibly hard and dedicating a lot of passion to their profession. With little nightlife to be found on weekdays in Rochester, we took the chance to regenerate from the long walks at this huge hospital area. With lots of new thoughts and ideas, we left our hosts that could easily be called the dream-team of shoulder surgery.

We left Rochester around noon to arrive in New York for dinner, but unfortunately we had some turbulences on the flight and had to land in Washington D.C. .Finally, we arrived at our hotel in NY at 4am and were picked up to go to Columbia University Hospital at 6am. Columbia University is very famous for being a pioneer institution in shoulder surgery. Our main host, Dr. Levine, scheduled 10 interesting cases in his OR. We saw the full spectrum of shoulder surgery with perfect execution by Dr. Levine. We spent the next day with Dr. Charles Jobin who performed a large amount of arthroplasty cases with his team. After a scientific session we had a fantastic dinner at Carmines with the legendary "Titanic" – which is a desert large enough to feed more than 20 people. While in NY, we had two days off and thus, had an opportunity for cultural activities in this great city.

The next stop was Chicago where we met the shoulder team of Rush University. It was an honour to meet Dr. Cole, Dr. Nicholson, Dr. Verma and the rest of the team. These are names well known to us, because of their incredible research output and reputation. The broad variety of their clinical practice and packed OR days left nothing else to desire and we saw and learned a lot of things we hopefully will be able to implement in our own clinical practices. Highlights were, of course, the beautiful skyline of Chicago, the largest pizza we have ever seen, and the courtside seats during a Chicago Bulls game which highlighted the fact that our hosts take care of some of the best athletes in the world.

The ASES congress took place in Chicago and we were invited to participate. This was an outstanding meeting and a perfect mixture between ICL's, overview presentations, and scientific paper presentations. Dr. Romeo – former president of the ASES - organized a wonderful meeting. Finally we became members of the ASES – a big honor for us.

Our next stop was Dallas where Dr. Sumant "Butch" Krishnan was our host. We visited the Shoulder center at Baylor University. He is running a highly efficient unit which is very well organized. Surgery starts at 6am and 8 cases (including 6 arthroplasties) are finished by noon. We saw a huge spectrum of primary and revision arthroplasty cases including his approach to arthroscopic anchorless rotator cuff repair. All his surgeries are streamed live online and it is worth having a look at his incredibly standardized techniques. "Butch" is not only a great surgeon but also a wonderful host. Cultural highlights were the Texas Barbecue, the visit to the Sixth Floor Museum at Dealey Plaza and the awesome dinner with Dr. Krishnan and his wife.

Our final destination was Washington University in St. Louis. The University is one of the biggest in the US and the research capacities for Orthopaedics and Trauma are incredible. Both of us have never seen such a huge basic research institution for our specialty. Dr. Jay Keener, Dr. Ken Yamaguchi and Dr. Aaron Chamberlain were our hosts and took perfect care of us. We visited their in- and outpatient clinics and saw elaborately treated arthroplasty and arthroscopic cases of the shoulder. Dr. Keener and Dr. Chamberlain organized a sightseeing tour with us including a visit to the famous Budweiser brewery where we immediately felt right at home. Dr. Yamaguchi invited all of us to the St. Louis Club in the evening, a special member-only place with a perfect view of the city from a towering skyscraper. We had a wonderful (and probably very expensive) dinner and enjoyed our time having cocktails.

Finally, we would like to thank the SECEC, the ASES and all of our hosts for making these fantastic 4 weeks of travelling possible. We will never forget this fellowship and the networking opportunities we got are priceless. We would like to encourage members of the SECEC to apply for this fellowship, it is without a doubt second to none.

Questions answered by our hosts:

*1. How to treat a first-time shoulder dislocation?*

First of all, it was interesting to see that in the USA its often sports medicine-trained surgeons that take care of the shoulder instability cases. The prevalent expert opinion is that a first-time dislocator may be treated conservatively initially, while recurrent instability can be treated surgically. Of course, there are exceptions depending on a patient's age and activity level and whether there are accompanying bony defects or not. An important factor in the decision process for athletes is the question whether they are currently in-season or off-season or, more generally speaking, the timing of the surgical intervention.

*2. Which component is preferred for anatomic arthroplasty: keel or peg?*

During our fellowship we saw a lot of arthroplasty cases. Only one surgeon used cemented keeled components, while all others used cemented peg components. We noticed that no one used uncemented anatomic components.