



American Shoulder and Elbow Surgeons



ASES/SECEC Travelling Fellowship 2022

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European Society for Surgery of the Shoulder and the Elbow

Being elected as the SECEC/US travelling fellows for 2020 was a great honor for us. After being postponed due to the pandemic we were able to go on the fellowship from September 25th to October 23th 2022. We had a wonderful time meeting the most esteemed shoulder and elbow surgeons, their fellows and residents, their staff from OR, clinics and labs, and, not to forget, their families. We collected surgical peels, discussed scientific publications, and had a wonderful time with social events and dinners. The fellowship was a once-in-a-life-time experience and we cordially thank everyone who were involved in the fellowship.



New York, Mount Sinai



First stop of our fellowship was New York. We arrived in the Upper West side of Manhattan in the late afternoon just to find out that our prebooked hotel did not exist – the former lobby was full of construction workers. The hotel had the perfect location very close to the Mount Sinai Hospital in the Upper East Side of Manhattan just on the other side of Central Park. Nevertheless, we were transferred to another hotel in lower Manhattan near the Theater District, miles away from the Hospital in the Upper East Side of Manhattan. Fortunately, it turned out that we were visiting the Shoulder and Elbow Unit located at the West Mount Sinai Hospital just a few minutes' walk from the new hotel.

We spend the weekend in Manhattan going sightseeing. Cycling in Central Park around the very beautiful ponds, visiting the Strawberry field memorial just a stone throw from the Dakota Building where John Lennon was assonated 40 years ago. Continuing sightseeing on Sunday starting at the Top of the Rock then a short walk to time square before taking the train from Grand central Station to southern Manhattan to visit the Liberty Island and Ellis Island. Hatting back to have New York -style pizzas in Soho together with

fellows and residents from Mount Sinai Hospital.

Our first day in the OR was with Dr. Galatz before having Italian-style lunch at Marea overlooking central park and Columbus Circle. Dr Galatz shared her experiences with day surgery for arthroplasty patients. In addition to general anesthesia the arthroplasty patients at Mount Sinai will have a Scalene pump for 3 days. Not only does this make day surgery possible, but it also reduces the use of pain medicine including morphine.

Heading back to Mount Sinai for scientific presentations and discussions before dinner with the Faculty at Maaseria Dei Vini. Dr. Flatow, now the president of Mount Sinai West, told us interesting stories about the hospital and his career including his time with Dr. Charles Neer II.



We spend the next day in the OR with Dr. Cagle having a nice discussion about approaches to the subscapularis in arthroplasty surgery, the routine use of tranexamic acid, and longitudinal small cuts to increase the contact area and to refresh the tendon when reinserting the distal biceps tendon.

Philadelphia, Rothman Institute

We took the train from Penn Station in New York for a 1.5-hour trip til Philadelphia. However, due to a courtyard fire next to the railroad we spend an additional 2.5 hour in the train. Arriving in Philadelphia late in the evening we were picked up by fellow Corey Schiffman.

Meeting next day with the Rothman fellows for a very interesting city tour around the old quarter starting with a cup of coffee in the very lovely neighborhood. The tour guide of the day took us to Benjamin Franklyn's House or what was left of it, the independence hall, the Liberty Bell and the war museum of independence. One thing we learned that day was that "an apple a day keeps the doctor away". After that we went for lunch at Angelo's Pizzeria to have the famous Philadelphia cheesesteak which was fantastic. Practicing football on our way to see the collection of medical history at the royal college of physicians before going for a drink at the Ambassador overlooking the city including the Art Museum and the stairs from the movie Rocky. We had dinner with the entire faculty at Del Friscos Double Eagle Steakhouse.



Spending next day in the OR with Dr. Getz. We discussed the consequences of sever osteophytes, bone loss and medialization in anatomical shoulder arthroplasty and also the use of augmented glenoid component in reverse shoulder arthroplasty.



We spend the evening at the Rothman Institute conference facilities. Our host, Dr. Lazarus, introduced us to the Rothman Institute and welcomed everyone. Dr. Namdari gave a lecture on how to diagnose periprosthetic joint infection and the advantages and limitations of the Philadelphia Criteria. Looking into the future we might be able to use RNA-sequencing to compare tissue samples from the primary and the revision procedures as a measure of a true periprosthetic joint infection. Former AAOS president Dr. Gerald Williams Jr gave an inspiring talk about leadership and how to succeed in your professional life.

Atlanta, Emory

We started our stay at Emory University Hospital on the 3rd of October. Hosts of the visit were Dr. Gottschalk and Dr. Karas. We got a guided tour through these brand-new facilities. Emory Orthopedics & Spine Center was opened less than one year ago. The architecture of the building is beautiful, and the theatres are on the cutting edge of technology. During surgeries we were able to follow the surgery on a huge screen in the OR. All procedures performed at this hospital were out-patient procedures.



Next to difficult cases with shoulder pathology, we were able to observe elbow and hand cases. Between surgeries we discussed cases including double plating of acromion fracture after reverse shoulder arthroplasty, the use of an inlay glenoid component in young and heavy-lifting patients and lower trapezius tendon transfer for rotator cuff insufficiency. Dr Karas took us to a wonderful dinner at a local restaurant (Arnette's). It was an awesome stay at Emory University Hospital, amazing faculty and exceptional hospitality

ASES Annual meeting in Atlanta

The annual meeting of the American Shoulder and Elbow Society (ASES) in Atlanta was a great event. It started on October 6th with a welcome reception in the evening. We had the opportunity to meet our new American friends and European colleagues. The following days were full of intensive and diverse presentations. The instructional courses started early at 6:45 with case-based discussions lead by a panel of American and European experts. There were a lot of interesting discussions including the middle age elbow and how to manage complications after reverse shoulder arthroplasty. Spain was well-represented as guest nation and during the symposium of shoulder instability there was an intense discussion about the Latarjet procedure including the sling effect, if a bone-block alone was sufficient and whether Latarjet should be performed as open or arthroscopic surgery. Raul Laakso gave the Guest Nation Lecture and Even Flatow the Neer Lecture. The Wine, cheese and poster session in the afternoon was great and very popular (in contrast to having e-posters).



The highlight Saturday was the ASES presidential address given by Dr. Duralde and gavel passing to the next president Dr. MacDonald and the Morrey lecture held by Dr. Shawn O’Driscoll. The Codman lecture given by Dr. Satcher, orthopedic surgeon and astronaut, who spent over 259 hours in space and participated in two spacewalks. Finally, but not least, our SECEC president, Dr. Collin, spoke about his life and how he became an orthopedic surgeon. One highlight of the congress was the social event in the main hall of the Georgia Aquarium. Thanks to the Spanish delectation it was an amazing evening.

We had a great time in Atlanta and was fortunate to meet so many colleagues, not only ASES members but also old friends from SECEC.



October 6-9, 2022
Marriott Marquis Atlanta

New Orleans

Starting from the 9th till the 12th of October we visited Tulane University, where Dr. Savoie and Dr. O'Brien welcomed us. Our hotel was close to the well-known and famous Bourbon Street in the French Quarter. The daily routine of our stay was well organized. Beginning from the early morning (at 6 o'clock) we had the opportunity to observe several surgical procedures of the shoulder and elbow. A surgical highlight was an arthroscopic procedure of the elbow performed by Dr. Savoie. We also had the opportunity to follow Dr. Savoie in the out-patient clinic where we discussed different test and examination techniques for different shoulder pathologies including instability.



In the afternoon we had the opportunity to explore New Orleans. The swamp tour, where we watched alligators (6-footers) swimming very close to the boat was memorable. Later in the afternoon we went to the Mardi Gras world museum to learn about the parade and to watch the costumes and the float designs. Locals are paying thousand of dollars for being part of this very popular event. In the evening, we had a great dinner together with Dr. Savoie, Dr. O'Brien and the staff at the Chemin à la Mer at the Four Season Hotel. The local food was delicious and, the view of the Mississippi River was impressive.



On Tuesday we presented our talks in the lecture hall of the University of Tulane. They lead to great discussions afterwards. On the last day of our visit, we went to the medical department of Tulane College Campus for a tour around the stadium and the rehabilitating facilities for athletes coming from primarily football, baseball, and basketball.

The whole team with Dr. Savoie and Dr. O'Brien put a lot of effort into this very well-organized stay in New Orleans. We discussed difficult cases and learned a lot. Many thanks to the entire team for the excellent and outstanding hospitality, it was great!

Cleveland

After some delay in the airport, we arrived very late in the evening. The hotel was located within the Cleveland Clinic campus just few hundred meters from the Orthopaedic clinic. We spend the first day in OR with Dr Jason Ho who did an inlay glenoid component in anatomical shoulder arthroplasty in a heavy weightlifting young patient. Scientific discussion in the afternoon about the use of augmented glenoid components in anatomical shoulder arthroplasty and the effect of 3D planning without PSI. Dr. Ricchetti took us for dinner in a nice authentic Italian restaurant in lovely Little Italy.

The next day started with a lecture of non-operative treatment of osteoarthritis including limited effect of paracetamol and morphine, the effect of training for knee pain/osteoarthritis and the use of injections which is very common in US. We learned that weight loss, exercise etc. in the early stages of osteoarthritis are very important. We spend the day in the OR with Dr. Ricchetti who did a case with reverse shoulder arthroplasty and repair of a large deltoid rupture and another case with severe glenoid bone loss after loosening of a glenoid component with use of a large iliac crest bone graft. We had Dinner with the faculty at the Blue Point restaurant.



Picked up in the afternoon on for a City tour with Dr Ricchetti. Visited the harbor Area with the Rock and Roll Hal of Fame Museum, the Denver Browns stadium and the eastside of the city with a very nice food market, ice cream at Michells and beers at the Riverside Brewery (famous for the Dortmund beer). Dr. Ricchetti invited us to watch the game between Cleveland Guardians and New York Yankees. With 4-5 in the ninth (final) inning to the Yankees and after two strikes there wasn't much hope for us (the Guardians). Nevertheless, the last batter hits the ball perfectly - 2 points to the Guardians. What a victory and what a fantastic evening. Go Guardians – Yankees Suck.



Tampa

We visited the Tampa General Hospital, which is a private hospital, but it also serves as a county Hospital (free of charge for citizens within the county). We were picked up by Dr. Frankle for a light breakfast before going to the OR. There were 6 arthroplasty cases lined up in 3 ORs. We discussed the lateralized design, that the tension of the reverse shoulder arthroplasty should be similar to that of anatomical total shoulder arthroplasty, and that 50% coverage of the glenoid is needed for adequate fixation of the glenoid component in primary arthroplasties. We spend the afternoon and evening in Dr Frankle's private residence.



Next day we went to the clinic with Dr. Mighell. We discussed the subscapularis sparing approach going through the rotator cuff interval. The difficulties are to get sufficient exposure of osteophytes, but this can be done using a small incision in the inferior part of the subscapularis tendon. It is, of course, much easier if you have access to mixed reality!

After the clinic we visit the five-lab facilities. The director, Peter Simon, showed us that laboratories for making prototypes of new instruments and implants, the 3-D printing facilities, and the room where medical devices are tested for FDA approval. We also saw the cadaver lab where residence and fellows practice before going to the OR. The lab is also used to host the annual courses with primary and revision arthroplasties using the lateralized reverse shoulder system. Peter Simons took us for a delicious lunch at a nearby restaurant.



We went for dinner at the Oystercatchers located a few yards from the shore overlooking the Old Tampa Bay.

We had a nice discussion with Dr. Mighell and his fellows about persistent non-union of distal humeral fractures. Dr. Mighell have, with success, treated these patients by shortening the humerus and cutting of 50% of the proximal olecranon to get full extension of the elbow joint before using stabilizing the fracture with use of medial and posterolateral plating.

Rochester, Mayo Clinic



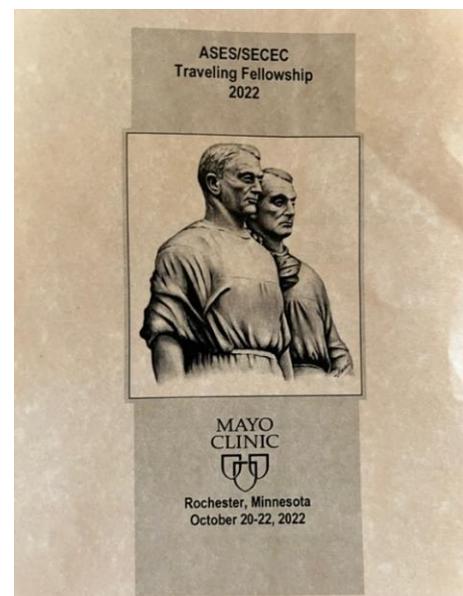
Last but not least, a real highlight of our journey! Founded by William Mayo and his two sons, William and Charles, the Mayo Clinic was already a well-known hospital in the beginning of the 19th welcoming visitors from all over Europe. In 1919, the Mayo Family donated their practice and transformed the Hospital into the not-for-profit organization which it still is today. It is said that all surgeons get the same salary!

Our hosts were Dr. Sanchez-Santelo, Dr. O'Driscoll, Dr. Morrey, Dr. Sperling and Dr. Barlow. The faculty had prepared

a very detailed and varied (printed) agenda. We started in the morning with conferences, in which very interesting cases were presented and enthusiastically discussed. During these conferences, we presented our lectures.

The surgeries were very diverse and ranged from joint replacement surgeries, fusion of the scapula, to a humerus allograft transplantation. Between surgeries, the faculty took plenty of time to discuss cases and to demonstrate examination techniques. In the afternoon there were scientific sessions with different lectures given by the faculty. We continued the discussions during nice dinners with the faculty.

Viki Gavulova, the research coordinator, had organized a Mayo Clinic- tour. The in-house museum brought us closer to the long and unique history of the institution. The histories behind scientific



achievements were displayed including the work by Dr. Kendall who in 1950 got the Nobel prize for inventing cortisone as a therapeutic agent. It was used for the first time a few years later in a patient with calcific tendinopathy of the rotator cuff. We enjoyed the architecture, the music (piano) and the old offices from the time of the Mayo brothers. The Mayo Clinic is definitely the top attraction in Rochester.



Many thanks to the entire team at Mayo Clinic for organizing our stay in Rochester, it was really amazing to visit you!