



European  
Knee  
Society

## **Travelling Fellowship 2024**

Elliot Sappey-Marinier – France

Hideki Ueyama – Japan

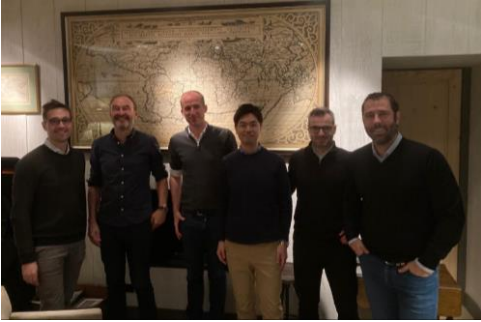
Enejd Veizi – Turkey

William Colyn – Belgium

## Stop 1: Lyon, November 17<sup>th</sup> – 19<sup>th</sup>, 2024

Our trip couldn't have started better in Lyon. Without knowing each other, we played an escape room game with Professor Sébastien Lustig and had to escape from a prison. What a way to bond immediately. This first entertainment was a great introduction for us, the fellows: Enejd (from Turkey), Hideki (the first Japanese EKS fellow), William from Belgium and Elliot from France.

We realized immediately that our group had been well chosen, the four of us were a great team.



After being released from prison without bail, we went straight to the house of Professor Michel Bonnin where we immersed ourselves in our first scientific session, which was particularly rich. We had an overview of the different topics that will be discussed during our OR sessions in Lyon, namely robotic surgery with functional alignment and personalized total knee arthroplasty with custom-made implants. We enjoyed a rich buffet with all the members of the Lyon Knee School, where we got to know each other.

On Monday, we had our first OR session as guests of Professor Sébastien Lustig, who emphasized the need to adapt the implant position to the patient's anatomy thanks to the Mako Robotic Arm and software. After a busy day, we continued with a high quality discussion on several difficult knee cases. Finally, we had dinner at one of the famous "Paul Bocuse Brasserie", where Elliot and the other French guys "advised" us to try the snails, and snails it was! It surely tasted better than it looked 😊.



On Tuesday we got up early to be in the operating theatre at 6.45am with Professor Michel Bonnin for his first two cases. We adopted a different strategy from the day before. In fact, we saw how to reproduce the patient's anatomy thanks to a custom-made cruciate-retaining total knee arthroplasty.

During these first two days in Lyon, we particularly appreciated the eagerness of the Lyon Knee School to share their scientific and surgical knowledge with us. We also appreciated the kindness of our hosts.



**Stop 2: Marseille, November 19<sup>th</sup> – 20<sup>th</sup>, 2024**



After the morning session in Professor Michel Bonnin's operating theatre, we took the train to Marseille. We were welcomed by Professor Jean Noel Argenson and went straight to the operating theatre to observe robotic surgery. We then continued with a carefully organized scientific meeting in a lively atmosphere, ideal for exchanges.

Afterwards, we met Professor Jean Noel Argenson at the one-star Michelin restaurant "L'épuisette" by the sea. The atmosphere was ideal for discussing scientific and surgical issues. We also benefited from the experience of Professor Argenson, who emphasized the need for a balanced life between work and family/friends/extra-curricular activities.



The next day, starting in the recovery room, Professor Argenson showed us how important the patient experience is to him. Right after, in the next OR, the esteemed "ninja sawblade" surgeon, Professor Matthieu Ollivier, showed us a special tibial osteotomy to correct the tibial slope. We had the opportunity to practice immediately afterwards thanks to the sawbones workshop organized by his team.



After a small but congested scientific talk by Prof. Ollivier, we ended our trip in Marseille by picking up our rental car to reach Turin. The old and dusty Citroen van refused to start so we had to 'settle' for a Volvo SUV. The small sacrifices we sometimes have to make ...



### Stop 3: Turin, November 21<sup>st</sup> – 22<sup>nd</sup>, 2024

Just before we left Marseille, a message, sent on a newly created WhatsApp group, said: “Dear EKS Fellows are you ready for the Italian *tour de force*?”. Our new hosts were determined to give us a ‘hard time’ and were letting us know in advance.



After a long and pleasant drive in our luckily obtained vehicle, and after exploring some of the hidden dark roads of some unknown alpine village in northern Italy, we managed to arrive in Turin on the night of the 20<sup>th</sup> of November. Federica Rosso was waiting for us and made sure we didn't go to bed hungry that night.



The next morning, we visited the Mauriziano Umberto Hospital, where we met our hosts Prof. Roberto Rossi, Federica Rosso and Matteo Bruzzone. The day started with the preparation and discussion of some manual unicompartmental and total knees. In between ORs, the discussions were focused on the accuracy of manual vs robotic surgery during total knee replacement and the tips and tricks that Roberto had on determining the rotational alignment of the femoral component. Of course, these discussions were always held under the shadow of good Italian coffee.



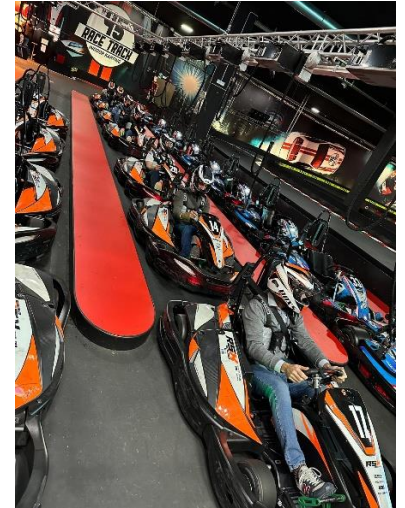
The first OR day was followed by the scientific session being held in the oldest section of the hospital, a splendor of the 17<sup>th</sup> century. The hosts briefed us on their latest research topics and discussions followed the case presentations.

The night of the first day was concluded in a fantastic Piemontese restaurant, where the sudden rain made sure we were the only guests that night. Roberto, a food and wine expert, made sure we had a meal to remember. His advice on how to manage a marital relationship and how to enjoy life were among the notes our scribe, William, took and shared with us later on.



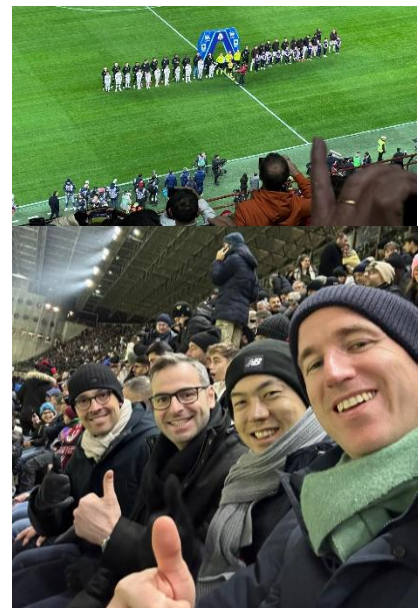


The second day in Turin was characterized by revision surgeries, among which a cementless total knee. Roberto was kind enough to share with us his tips and tricks on how to speed up a revision procedure by preparing the tibia and femur at the same time. The usage of anatomically designed cones was also a highlight of the day. OR was followed by a city tour by Federica where she made sure we got our fair share of luck in Turin by stepping on the bull's balls. During the evening the hosts had a surprise for us. We were led to an indoors carting circuit where the heavy weights of Turin carting, Roberto and Chicco, were going to let the fellows hope for a smooth ride. It was an unforgettable experience with guaranteed fun and real G-force.



The night was concluded with a wine-tasting session where we deepened our knowledge of the Nebiolo, Barbaresco and the Barolo. Even Elliot, our French gourmet, liked some of the wines. After the right amount of wine and vitello tonnato, everyone had a night to remember. Our visit in Turin was concluded with a guided tour of the FIAT museum on the morning of the 23<sup>rd</sup>, accompanied by Federica. The kindness and warmth of the team in Turin would accompany us throughout the rest of the fellowship.

As all this was not enough, Roberto, our Knee Friend, was kind enough to make sure we were able to get some tickets for one of the highly anticipated matches of the Serie A that was going to be played that weekend; Milan – Juventus. For us it was an unforgettable experience. After the final whistle, we headed for Brescia, where Stefano, while running, texted us and let us know that he was waiting for us the next morning...



#### Stop 4: Brescia, November 23<sup>rd</sup> – 26<sup>th</sup>, 2024

After arriving in Brescia on the night of the 23<sup>rd</sup>, we fellows decided to explore the small piazza and the local cuisine around the historic center, on the advice of Stefano Rossi and Rudi Sangaletti. Though the piazza was filled with ‘gna-gnas’, Rudi was nowhere to be found that night.

After a long-awaited late and good Sunday breakfast, on the morning of the 24<sup>th</sup>, Stefano Rossi led us to a paddle game. He and Luca Matascioli won, but they had to fight hard for it.



The fellows were not an easy bite, so Stefano decided to water it down with some wine and took us for a wine tasting session. The local Frecciacorta, a sparkling wine, was the main star of the afternoon. We were given a guided tour of where and how it was produced and the history behind it. The night continued with a dinner at a local typical restaurant and ended with a visit



at one of the local clubs, where we almost ‘lost’ one of us to a Negroni. The mistake was never to be repeated again.



The next morning started with a meeting with at the office of Prof. Francesco Benazzo at the Fondazione Poliambulanza Istituto Ospedaliero, where we discussed the plan for the day. A busy OR day followed where we got chance to see the ROSA in action. Prof. Benazzo showed us how the ROSA could be optimally used intra-operatively and how to check the accuracy of our cuts. We also had the chance to observe the CORI surgical system in action for a unicompartamental knee

arthroplasty. Stefano was kind enough to point out the advantages of such a system in evaluating intraoperatively the implant’s stability and the gap throughout the range of motion. Our scribe from Belgium kept notes, while the others preferred to scrub in.



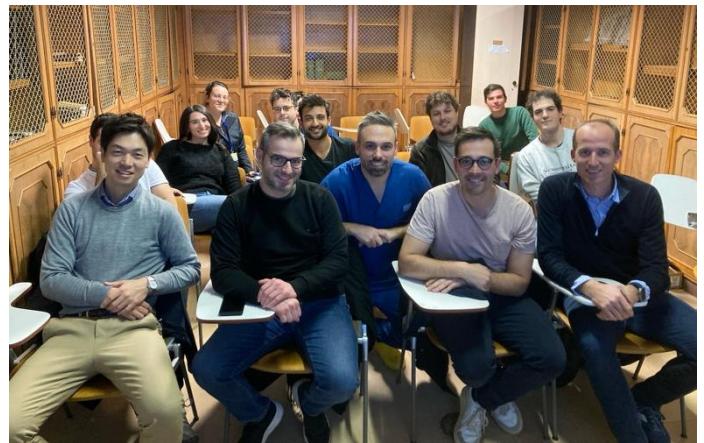


The OR was followed by the ritual scientific session where the fellows and the host team exchanged ideas and suggestions on how to improve each other's research topics. In the afternoon, the fellows had a very traditional dinner at a local restaurant with Prof. Benazzo and Rudi.

The morning of the 26<sup>th</sup>, we attended the first case at the OR with Prof. Benazzo and after the operation we set sail for Modena, where Dr. Catani and Dr. Zambianchi were waiting for us.

### Stop 5: Modena, November 26<sup>th</sup> – 27<sup>th</sup>, 2024

On Tuesday, we arrived in Modena at around noon. After checking into the hotel close to the hospital, we had lunch and then met our first hosts, Dr Zambianchi. Afterwards, we moved to the meeting room and had a scientific session moderated by him. We were given a video lecture on the concept of functional alignment using MAKO, and then we gave our own presentations. During the scientific session, questions were also asked by the participating residents, and as we were able to have an interactive and active discussion.



In the evening of the same day, we visited the Enzo Ferrari Museum. We were given a guided tour of the museum with emphasis on the city of Modena as well as the Ferrari brand and family. It was exciting to be able to see the actual supercars on display up close. The museum guide suggested we buy one, but we had to politely refuse, due to the fact that our return tickets had already been booked 😊.

The next day, on the 27<sup>th</sup> November, we entered the operating theatre in the morning with Prof. Fabio Catani and observed robotic assisted knee surgeries (TKA and UKA) using MAKO. We were given a briefing on the preoperative planning using MAKO, and we fellows also tried to make our own preoperative plans. Afterwards, an interesting experiment to check whether the actual intraoperative soft tissue balance was corresponded to the preplanning was conducted,





and Professor Catani taught us the differences between preplanning and the actual data. After leaving the OR, we were welcomed at a local Italian restaurant and had a delicious meal (especially the tortellini in brodo) and wine. It was a very valuable experience as Professor Catani talked about his approach to surgery and food, among other things. After that, we rested and prepared for the next stop, Florence.

### **Stop 6: Florence, November 28<sup>th</sup> – 30<sup>th</sup>, 2024**

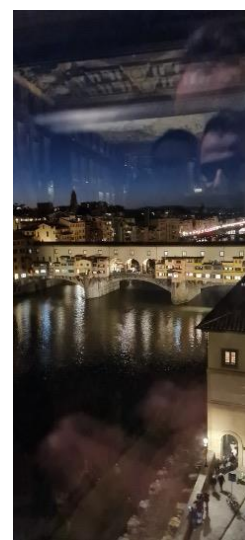
We arrived in Florence at around 2pm by a car and went straight into the OR at the hospital. The case in the afternoon was, lo and behold, a revision TKA on a post-PJI knee. In Florence, we were able to learn about various types of complex revision surgeries from our host, Dr. Andrea Baldini. It seems that there are average of 15 arthroplasties per day, and we were also able to see efficient operating room management. The revision surgery that day involved a failed extensor mechanism, so an artificial ligament was used to reconstruct the patellar tendon, and a RHK was used. After also seeing other revision TKA cases, we moved to the meeting room in the evening, where the cases of the next day were discussed.



That evening, we were given a warm welcome at an Italian restaurant in the center of Florence, where we enjoyed the 4-finger-thick ‘Fiorentina’ and some delicious wine.

On Friday 29th November, we went into the OR in the

morning and witnessed 10 cases. Speed, standardization, systematic approach and a little magic – the recipe of Dr. Baldini. In particular, the case that made a strong impression on us all was a revision case with a huge bone defect. We were impressed by Dr Baldini's approach to tackling difficult cases by drawing on his knowledge and experience. After a long day, we all went out of the OR and had dinner at Dr. Baldini's house. We were warmly welcomed by Dr Baldini and his family and had a good time.







On the next day, we went buggy riding on the hills around Florence. It was an exciting driving experience on the unpaved off-road, but we were also able to see some very beautiful scenery. After Enejd nearly broke his ankle and almost fell with Hideki on the mud, we all enjoyed having another Fiorentina at a nearby restaurant. It was delicious. We were sure that the owner had whispered some Divine Comedy to the beef, but we could not prove it.

In the evening, we explored downtown Florence and had a wonderful time in the Uffizi Gallery. A must-see for everyone visiting Florence. So it was, that our Italian tour-de-force was over and with a heavy heart we headed for the airport to travel to Germany.



**Stop 7: Berlin – Sommerfeld, December 1<sup>st</sup> – 4<sup>th</sup>, 2024**

After a flight from Florence to Berlin with a stop in Amsterdam, we arrived at around 6 pm in Berlin airport. Prof. Andreas Hadler was awaiting us, and he gave us our first Berliner present: a bottle opener. We could ‘use it during our transfer’ – he said. A few minutes later, we were stunned to see that a Hummer limousine would



transport us to Sommerfeld. We cannot talk about everything that was awaiting us in the limousine, but suffice to know that it was a very, very enjoyable ride ☺. Among other things, Prof Hadler and Dr Daniel Schrednitzki talked about their experiences as fellows and their work in the Sana Hospital for arthroplasty Sommerfeld, where they perform more than 5000 arthroplasties per year.

After an hour drive, we arrived at the Hotel & Spa Sommerfeld. A delicious dinner was offered to us and Dr Christoph Horn presented the cases of the following day.

On Monday, December 2nd, we were picked up at 7.30am to arrive at a fairytale hospital, which used to serve as a sanatorium. The day's cases were discussed in front of the entire staff. Afterwards, we went to the operating theatre where we could follow along in two rooms. Prof Hadler did a

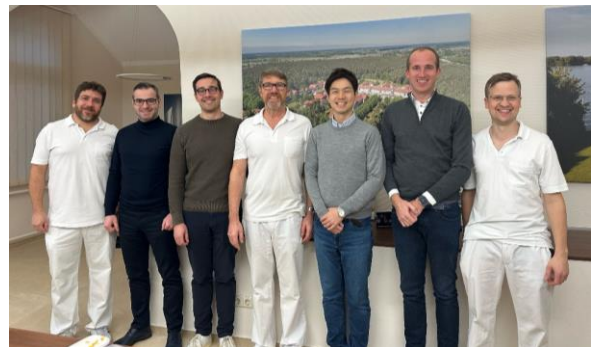
revision for stiffness and 2 UKRs. Dr Schrednitzki did a revision, a TKR and a robotic assisted TKR in the other theatre. Post-op Rx's were discussed after lunch, as well as the cases for the next day. In the evening, a sports event was scheduled, for which we could relax in our hotel's sauna beforehand. For the sportive event 'the sky was the limit'.



We went indoor skydiving: an amazing experience! Afterwards, we enjoyed a delicious schnitzel and some good German beers. Für Enejd, nur alkoholfreies Beer bitte 😊.



On Tuesday, December 3<sup>rd</sup>, the day started with the same ritual: rich breakfast, transfer to the hospital, morning staff and surgery. Today there were 4 revisions, 1 UKR and 1 Robotic assisted TKR on the 'menu'. Among other things, we were given tips & tricks on the femoral rotation during revision, the tibial position for Uni's and the adjusted mechanical alignment method for TKR. During lunch, some cases were discussed again.



After a rich scientific day, we headed back to Berlin for a traditional German dinner. The evening ended with a touch of German culture. Jesper Munk enthused us with his music.

The next day, we were met early in the morning to give our scientific presentations. Prof Hadler and his team explained their systematic approach for painful TKP, as well as the aMA. We were then taken to downtown Berlin, where we were met by a Brazilian historian who guided us past typical historic Berlin sites. As of now, Berlin has hardly any secrets from us. But before taking the plane to Munich, we were treated to a typical Berlin currywurst. Filled with gratitude for all the amazing experiences and great hospitality we were privileged to experience, we boarded the plane to Munich.



## Stop 8: Munich, December 5<sup>th</sup> – 6<sup>th</sup>, 2024



We were warmly welcomed by Prof Beckmann and his team at their daily staff meeting in their Klinik für Orthopädie Und Unfallchirurgie, the next morning. Here, too, patient files were meticulously discussed. The choice of prosthetic design was determined based on patient-specific characteristics. Since Prof. Beckmann does both hip and knee replacements, fellows who combine hip arthroplasty in their own practice were also able to follow some anterolateral hip approaches. As knee surgeons, we learned Prof Beckmann's consistent and efficient approach: 'always the same'. The whole gamma of arthroplasty procedures was even performed bilateral: TKA, Uni & patella-femoral

arthroplasty.

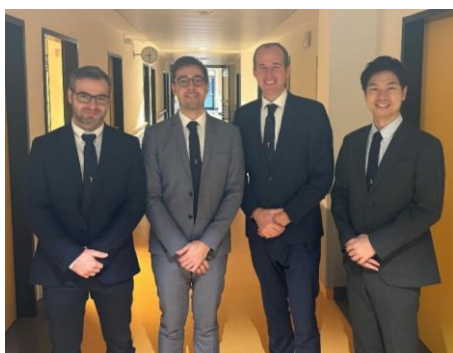
For lunch, we could enjoyed a spicy Asian dish, prepared by the wife of an OR employee, where Elliot almost became a dragon. After the right amount of surgical exposure, we took the tram towards Munich city center. Prof Beckmann had mapped out some nice places to visit for us. Our first stop was a nice Christmas market. Actually, Munich seemed to be one big sprawling Christmas market this time of the year. We sampled a local



gluhwein and a German beer before finally heading to one of Munich's most prestigious cocktail bars. We were treated to a fine evening. The local barman was happy to meet our Japanese fellow so he could also exchange some Japanese words. The man had previously lived in Japan for an extended period and brought some Japanese touches to his bar. For the first time in weeks now, Hideki felt almost home 😊



Friday, December 6<sup>th</sup> marked the start of the last day of our Fellowship. At the daily meeting, we were able to give our presentations for the last time. After this, we headed back towards the operating theatre. A conventional TKA and a bilateral Uni were the final procedures of this memorable fellowship. Feeling very satisfied, we moved back into the city center. We stopped at another typical Augustinian bar. At our last dinner, we reminisced about these 3 unforgettable weeks. Plans were forged to meet up again. Knee Friends forever :-).



This trip fulfilled more than our expectations and it was with a huge sense of gratitude that we travelled back to our families on December 7<sup>th</sup>.