

# Report - EFORT Travelling Fellowship

France  
01 – 07 April 2012

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Everything started off with a very pleasant and warm welcome. **Prof. Jean-Noel Argenson** arrived with his motorcycle helmet in hand and big smile in his face. All the fellows met each other and got acquainted with a cocktail overlooking the pool. Prof. Argenson informed us thoroughly about the details of accommodations and transports and the aims of the fellowship in Marseille. We continued with our welcome drinks and learned about Kir. When Prof. Argenson left, the night was young, so we all went out for a Marseille inspired dinner.



After a quick breakfast the next morning, it was the time to go to “Chirurgie Orthopédique” at the “Assistance Publique Hôpitaux de Marseille”. There we met **Xavier Flecher** and some of the residents and staff. It was amazing to see how organized everything was. Every lecture was conducted as per the previously notified order, and timing was exceptional. Live surgeries were cleverly interspersed in-between the lectures. The food reflected traditional French cuisine, which was a discovery for some and without doubt, delicious for all. Coffee and lunch breaks witnessed interesting conversations between staff and fellows alike.

On the first day, we realized that, in our various departments of across Europe, half of us preferred the anterolateral approach for total hip replacement, and the other half used the posterior approach. We learned why and how pre-op 3D planning and a custom made cementless stem were used by Prof. Argenson and his team. It was fascinating to see how

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every choice and decision in the department was scientifically based. For almost every question about Sports in THA, techniques used for hip arthroscopy, acetabular and femoral revisions, impaction grafting etc, the answer would come in the form of a study conducted at the unit.

When the training session of the first day was over, we went out for a cocktail dinner with the speakers, residents and fellows. Numerous glasses of French wine were drunk overlooking the old harbor in Marseille.



On the second day the knee was the theme. In the morning we met **Sebastian Paratte**. As the lectures went on, we realized that the scientific based approach of this team to the knee was no different than their approach to the hip. We discussed high flexion designs, UKA, sports after TKA and TKA for post-traumatic arthritis. It was interesting to learn that they abandoned using tourniquet in TKA surgery. The reason for that was a local departmental study, where they found that global bleeding complications were higher with the use of tourniquet! Studies on 3D kinematics of normal knee, UKA and TKA were also remarkable. Paratte made us all laugh when he explained how deceptive an AP view way of thinking could be and made us think when he said that patient attitude is as important as aptitude after major joint replacements. After another very nice lunch we had our first group photo taken!



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In the afternoon, we met **Prof. Philippe Neyret, Prof. Elvire Servien and Victoria Duthon** from Lyon. Osteotomies around the knee were discussed in-depth and Prof. Neyret made the presentation on behalf of EFORT. The training went on with the local monthly conference and case discussions attended by other local surgeons from the area. That evening we had an unusual dinner and inspiring dinner at the L'épousette Michelin star restaurant thanks to the innovative chef.

The third day started early again, which we had all already got used to! Prof. Neyret saluted us with his talk on the contribution of the French surgeons to the orthopaedic world. The day went on with lectures on meniscus, cartilage and ligaments of the knee. Bi-cruciate and multi-ligament injuries were also an interesting topic. Another important incident of the day was to have the honor to meet **Prof. Aubaniac**.

All 14 fellows each had a presentation to make. We all talked about our backgrounds, the structure of orthopedic training in our respective countries and about each country in general. We were from Macedonia, Malta, Holland, Poland, Portugal, Romania, Russia (two fellows), Slovakia, Slovenia, Switzerland, Turkey, United Kingdom and Kosovo. With these presentations we got a chance to realize both how alike and how different we all are. Colorful presentations were extremely interesting to appreciate each other's backgrounds, cultures and working conditions.

The afternoon sessions were about HTO + ACL reconstruction, trochlear dysplasia and patella alta. The lectures finished quite early when compared to the first two days to allow for prompt departure to Nice. We were all very thankful for the great experience and were unable to find the right words to thank enough the Marseille team for their hospitality, warmth and scientific presentations. Off course, we didn't leave without having a nice group photo taken.

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We started our coach journey to Nice, but had to do apart from sleep and sample the Slovakian fellow's special national homebrew, which he duly shared amongst everyone. When we arrived at our beautifully located hotel on the Promenade d'Anglais we had the pleasure of meeting with **Prof. Christophe Trojani**. After introduction's and details of accommodations and transport, we had a quick dinner to allow more time for everyone to explore the nightlife of Nice!





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Day four of the fellowship, and the first day in Nice, was probably the most interesting from an educational perspective. Shoulder day! On the days of the hip and the knee, we all had some experience to share, comments to make and ideas to discuss. On the shoulder, however, especially when the trainer was **Prof. Pascal Boileau**, we all absorbed every bit of his knowledge and experience. It was a pleasure to listen to him lecture on the reverse shoulder, the instability severity index score, the algorithmic approach to anterior instability among all others.

That evening Prof. Trojani took us to Monaco to make this an even more unforgettable day! This was truly the peak of our travelling fellowship.



On day five things started to slow down a little bit. The blues of departure started to become apparent. This did not mean however that P. Boileau and C. Trojani were slow as well! From eight in the morning until three in the afternoon, they performed two hip and two knee replacements, a bilateral hip and a bilateral knee replacement, while moving back and forth to the meeting room for the lectures and discussion! Afterwards, a nice group photo was of course taken.

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Overall, it was a great pleasure and honor to be a part of this fellowship. Both EFORT and SOFCOT were welcoming hosts. Their hospitality when combined with the scientific and surgical skills formed a triangle. We have all made new friends and will no doubt be keeping in contact and meeting in the future.

12.04.2012

Caglar YILGOR – Turkey

George PAVLOU – United Kingdom