

REPORT ON THE

ISAKOS

Patellofemoral Traveling Fellowship

June and September 2012

Hosts:

*John Fulkerson, Hartford, Connecticut
Elizabeth Arendt, Minneapolis, Minnesota
Ronald Grelsamer, New York, New York
Scott Dye, San Francisco, California
Philippe Neyret, Lyon, France
David Dejour, Lyon, France
Simon Donell, Norwich, UK
Andrew Amis, London, UK*

Fellow: Dr. Ashraf Abdelkafy, Ismailia, Egypt



First of all, I would like to express my deep gratitude to the Patellofemoral Foundation and ISAKOS for selecting me to participate in this highly valuable fellowship. Also, I would like to thank my hosts; Profs John Fulkerson, Elizabeth Arendt, Ronald Grelsamer, Scott Dye, Philippe Neyret, David Dejour, Simon Donell and Andrew Amis for their great efforts to teach me about the secrets of patellofemoral joint.

Fellowship Planning:

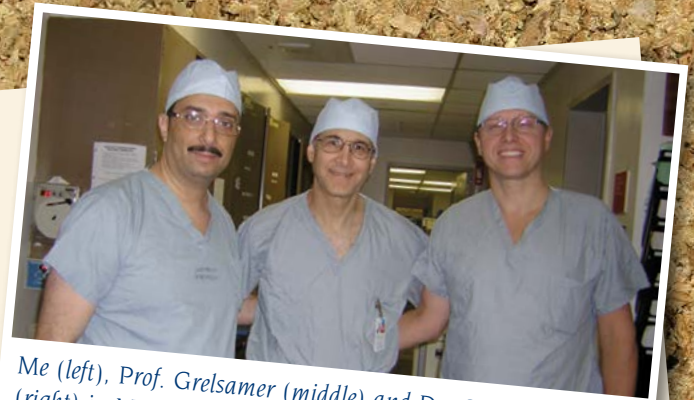
Planning started early after receiving the good news regarding my selection to participate in this fellowship. Dr. Geraldo Schuck (the other winner of the ISAKOS PF Fellowship from Brazil) and I started long discussions regarding whom we should visit in the USA and Europe to get the most beneficial experience. We also asked Prof. Fulkerson to give us some advices. Finally, we decided to divide our visit into two halves USA in June Europe in September, and we made up our minds to visit the previously mentioned professors. Afterwards, we started contacting them and asking about their suitable dates in June and September. At that point I would like to thank Prof. Fulkerson because he helped us a lot in making the contacts. Successfully, we managed to finalize the itinerary and we informed every one with it. Then we booked plane tickets and hotels.

FELLOWSHIP PROGRAM

Fellowship Program:

1ST
STOP

The visit started by meeting **Prof. Grelsamer** in **New York**. Dr. Schuck and I arrived in NY on June 3rd and we spent 2 days there. Prof. Grelsamer picked us up on the 1st day and we went to Mount Sinai Hospital and he took us for a tour to visit the hospital and the medical school, library.... etc. Then we directly went to the operation room where we had the chance to observe a case of MPFL reconstruction, tibial tub. osteotomy and ACI done by Prof. Gladstone and Prof. Grelsamer. At that night we enjoyed a very nice dinner in an Italian restaurant near my place where we had the chance to discuss many things regarding patellofemoral joint. Dr. Gladstone was there also. Next day we watched a case of ACL reconstruction done by Prof. Grelsamer.



Me (left), Prof. Grelsamer (middle) and Dr. Geraldo Schuck (right) in Mount Sinai Hospital New York, New York

2ND
STOP

Second stop was **Hartford, Connecticut** where we traveled by train from New York. The train from NY to Hartford was very convenient. It took us about 3 hours. In Hartford, we met **Prof. Fulkerson** and we were very excited about that. Prof. Fulkerson is considered a true legend in patellofemoral surgery. But after meeting him and talking to him we found him to be a very kind and modest person and this encouraged us to have long talks and discussions with him. Prof. Fulkerson prepared 6 cases of patellofemoral surgery to us to observe and this was really very beneficial. The cases were variable as Tibial tub osteotomies, MPFL reconstructions, lateral retinacular reconstruction...etc. We had a nice dinner with long conversations with Prof. Fulkerson in an Italian restaurant. Next day we attended out-patient clinic with him.



With Prof. Fulkerson Hartford, Connecticut.



FELLOWSHIP PROGRAM

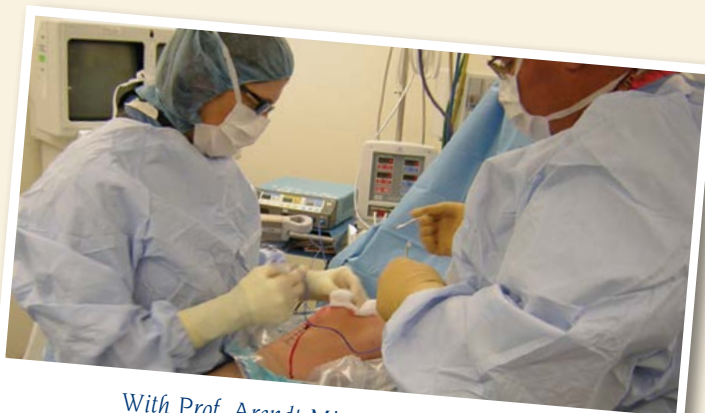


With Prof. Arendt Minneapolis, Minnesota.



3RD STOP

Third stop was **Minneapolis, Minnesota** where we had a great opportunity to meet things to see. First we had dinner at her house where her husband cooked a very nice local meal to us. Next day Dr. Schuck and I gave 2 presentations in front of the whole orthopedic department and then we attended 3 MPFL reconstruction surgeries with her. We were invited to watch a baseball match and this was our first one and we loved it very much and the Minnesota team won (we brought them luck). We had the opportunity to visit the MRI research center which is a huge MRI center linked to the university of Minnesota and we saw the 7-tesla great images. We also attended a cadaver lab where I had the opportunity to make an MPFL reconstruction by my self and Prof. Arendt checked it and made her comments. We also had a demonstration by Prof. Arendt performing patellofemoral arthroplasty on a model. We enjoyed many dinner invitations from Prof. Arendt.



With Prof. Arendt Minneapolis, Minnesota.

FELLOWSHIP PROGRAM

4TH STOP

Fourth stop was **San Francisco, California** where we met **Prof. Scott Dye**. He was so kind that he invited us to stay at his house during our stay in San Francisco. We enjoyed very much listening to his lectures about the knee evolution, joint homeostasis and the envelope of function. I read before meeting him about these concepts but listening to it from the master differs a lot. He also told us about his special study when he had an arthroscopy of his knee without anesthesia to personally test different areas causing pain in the knee. Prof. Dye and his wife cared a lot about us. He gave us the opportunity to visit the Sports Medicine Center of San Francisco University. Prof. Dye and his wife took us for sight seeing in many parts of San Francisco. We enjoyed a lot of dinner invitations from him.



With Prof. Dye, San Francisco, California.



5TH STOP

Fifth stop was **Lyon, France** where it started by attending the **Lyon Patella meeting** from 20-22 September 2012 and to my knowledge this was the first big congress having the theme "Patella". Then for a whole week we attended surgeries with **Prof. Philippe Neyret** and **Prof. David Dejour** and what was new for us, was watching 2 cases of trochleoplasty. We observed also different types of patellofemoral surgeries as MPFL reconstruction, tibial tuberosity osteotomies...etc. Prof. Neyret invited us with many other guests who attended the Patella Lyon meeting for lunch at his very nice house



With Profs. Neyret and Dejours, Lyon, France.

FELLOWSHIP PROGRAM



With Prof. Amis, London, UK.



6TH STOP

Sixth stop was **London, UK** where we visited **Prof. Andrew Amis** in the Imperial College of London and we had a nice opportunity to see his labs. Where many biomechanical patellofemoral studies are going on. Also, we listened to several presentations from his research fellows who are conducting researches about patellofemoral problems.



7TH STOP

Seventh stop was **Norwich, UK** where **Prof. Simon Donell** invited us to stay at his house in the very beautiful British countryside for two days and we attended several patellofemoral surgeries as trochleoplasty and MPFL reconstruction. We attended outpatient clinic and in-patient rounds. Prof. Donell and his wife invited us for dinner in a very nice restaurant where we tried a typical British food.



With Prof. Donell, Norwich, UK.



Specific Gains from this Fellowship:

Gains are numerous; first, as everyone knows that the patellofemoral joint is called the black spot even among knee surgeons and after this fellowship, the black color turned pearly white. I figured out how to accurately assess a case of patellofemoral problem, the different protocols for management; surgical vs. conservative, the surgical techniques preferred by the experts and the results they get. Second, after meeting the experts and watching them operating, I discovered that there is nearly a consensus regarding some topics and debates regarding others and I encourage them especially through the patellofemoral study group to conduct a flow chart or algorithm for treatment of patellar problems to help others in decision making. Third, I made new precious friends. Forth, I had the opportunity to visit new extremely nice places. This fellowship will greatly affect my overall performance as a knee surgeon and will have a positive influence on my future career and I'll be able to teach my colleagues more about patellofemoral joint and attract more patients with patellofemoral problems to my institute.

Finally, I would like to say that this Fellowship was more than great as I had the opportunity to meet the American and European experts in patellofemoral surgery.

Again many many thanks for the Patellofemoral Foundation, ISAKOS and the hosts for giving me such opportunity.

Dr. Ashraf Abdelkafy, MD

Consultant and Lecturer of Orthopaedic Surgery and Traumatology,
Faculty of Medicine, Suez Canal University, Circular Road 41522,
Ismailia, Egypt.
Email: ashrafkafy@hotmail.com

