



## Instituto Canario de Ortopedia y Traumatología (ICOT)

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### Courses

The ICOT is the teaching unit for sports traumatology at the University of Las Palmas de Gran Canaria. It runs a permanent teaching program in knee problems, arthroscopic surgery, and sports traumatology at a postgraduate level. The unit includes research facilities.

Every year the ICOT awards two fellowships (with a stipend of approximately 1200 euros per month) for Spanish-speaking young orthopaedic surgeons to spend one year at the center. Fellows are completely integrated with the activities of the center, including teaching, research, patient diagnosis and treatment.

One extra visitor is also allowed every three to four months, but no stipend is provided.

Information about it can be found on [www.icot.net](http://www.icot.net)

### Center Organization

The ICOT is an institution devoted to diagnosing and treating motorium diseases. It has a department of orthopaedic and trauma, with units of rehabilitation and computerized assessment of muscle function (computerized dynamometers and surface electromyographs). It is open from 08:00h-20:00h Monday to Friday. Surgery and emergencies (24 hours a day) are carried out in a Hospital 300 meters away from the center.



The working schedule includes one hour daily for preoperative planning, and two hours a week for clinical lectures. Visits to outpatients are carried out every day, and surgery is performed four times a week. Rehabilitation, including shock wave therapy and computerized assessment for medico-legal reasons (an average of ten cases per day), is carried out every day.

### Participants Who Attended ICOT Through the ISAKOS Program

Dr Armando Martínez (México)	June 2000- August 2002
Dr Felipe García (México)	June 2001- June 2003
Dr Juan Pablo Esteve (Chile)	September-December 2001
Dr Duzan Maric (Yugolasvia)	June-September 2001

### Location

The ICOT is located at Gran Canaria, the most populated of the world-famous Canary Islands, one of the main tourist destinations in Europe.