

# **ESSKA-Smith&Nephew scholarship**

## **Scholarship report**

**Dr. Viatcheslav Monakhov, St Petersburg, Russia**

**Supervising Consultant: Prof. Romain Seil**

**Period of scholarship: one month (1/3/2011-31/3/2011)**

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### **Introduction**

In 2006 I was lucky to attend scholarship training in arthroscopy at the EITS (European Institute of TeleSurgery) in Strasbourg, France, organized by the French Arthroscopic Society and ESSKA. There I met skilled professionals and leading specialists in knee surgery, particularly my instructor, Prof. Espregueira Mendes from Portugal. At that time I had a 12-years clinical and scientific expertise in arthroscopic surgery and been practicing at the department of the leading Russian Clinic for Traumatology and Orthopaedics in Saint-Petersburg (Russian Clinical and Research Institute of Traumatology & Orthopaedics named by RR Vreden). There I wrote a thesis on arthroscopic treatment of osteochondritis dissecans of the knee.

In the ESSKA congresses in Porto 2008 and Oslo 2010, I got a chance to know and implement many new methods and share new experiences with Russian colleagues. There I got inspired to get involved not only with sports traumatology, but also with new prevention issues. Because I felt a deep interest in active integration and experience exchange in arthroscopic surgery, as well as the desire to participate in the activities of a scientific society to gain new knowledge and to communicate with colleagues I applied for an ESSKA scholarship.

After the ESSKA congress in Oslo, I was lucky to be selected for a 4-weeks-scholarship training in march 2011. My host was Prof. Romain Seil from the Department of Orthopaedic Surgery and the Luxembourg Olympic Medical Centre at the Centre Hospitalier de Luxembourg-Clinique d'Eich. The Clinique d'Eich is situated in the northern part of Luxembourg City in one of the oldest districts. It was founded in 1854 and merged with the Centre Hospitalier Luxembourg in 2003. The Luxembourg Olympic Medical Centre is located in its buildings as well as the headquarters of ESSKA. It unites the departments of orthopaedics, traumatology, sports medicine, rheumatology, physiotherapy and physical medicine and is recognized as ESSKA and ISAKOS teaching centre.

## **Surgical training**

The main part of my training was held at the operating theatre where I could actively participate in the everyday activity of the department's physicians. This allowed me to gain valuable experience in organization, treatment strategies, surgical techniques and an individualized approach in the surgical treatment of each patient.

I was able to watch every kind of surgery on the knee, hip, shoulder and ankle joints. These were primary and revision knee and hip arthroplasties, unicondylar knee arthroplasty, reconstructive foot surgery as well as unique methods of high tibial and distal femoral osteotomies. But my special attention was given to all kinds of arthroscopic procedures according to the most modern standards of care like hip arthroscopy, arthroscopic rotator cuff reconstructions, partial ACL reconstructions, autologous chondrocyte implantation in a non active as well as an athletic population. I did also feel a special interest in operations on arthroscopic treatments of stiff knees, as well as pain syndromes after knee arthroplasty. It was the first time in my life that I saw such surgical procedures. I could address many rare pathologies and treatments like partial ACL reconstructions, posterolateral knee instabilities, cartilage preservation procedures as well as the theoretical algorithms behind them. Every day I could gain valuable experience while participating in operations with the leading surgeons of the department, conducted on different joints and for various pathologies. It was great to see that all patients got qualified help and that I did not observe any postoperative complications, which was a result of a very laborious and highly professional job of all the people involved in the patients' treatments. Besides the training at the operating theatre I got a deep insight of the postoperative care, organization of outpatient clinics as well as planning of surgery.

## **Work at national sports school**

I did also get the opportunity to visit the National Sports Institute and its medical centre where I could see injury prevention initiatives for the sake of young athletes and their regular medical check ups. The newest software for injury surveillance and immediate notification to all involved healthcare professionals is used there. I can say that such a thorough monitoring of acute and chronic injuries as well as immediate intervention of healthcare experts at different stages allows to generate and to develop algorithms of action on treatment and rehabilitation of athletes in the shortest terms after injury.

## **Functional evaluations in the rehabilitation and physiotherapy department**

I got acquainted with the work of the rehabilitation and physiotherapy department, where patients and athletes of high rank can recover in the shortest terms. Furthermore the newest techniques of functional evaluations with different hop tests, video analysis, muscle strength and isokinetic testing are conducted, static and dynamic balance indexes are checked (Balance Master Equitest) and systematic knee joint laxity measurements are performed on the highest level. All these techniques allow analyzing and implementing newest methods of treatment into medical practice. Also, the scientific and research work in the rehabilitation and physiotherapy department was of the highest level of professionalism.

### **What impressed me:**

- The unique and individualized approach to knee joint pathologies and their surgical treatment, reaching from nonoperative treatment to cartilage surgery, osteotomies, uni – or total knee arthroplasty, depending on the localization and degree of the pathology.
- The unique minimally invasive osteotomy techniques, both for athletes and for common patients, allowing patients to return to their professional activities and to avoid arthroplasty for many years.
- Arthroscopic debridement in patients with dysfunction and pain in a total knee arthroplasty.
- Hip arthroscopies with fast treatment results and a rapid recovery.
- Arthroscopic subscapularis reconstructions.
- Shoulder replacement.
- Biomechanical and kinetic evaluations as well as rehabilitation of various pathologies (especially around the shoulder: scapular dyskinesis, external impingement).
- Injury surveillance and prevention in teenage athletes from the national sports school.
- Technical details in arthroscopy.
- Preoperative osteotomy planning.
- Multi – and interdisciplinary work.
- The unique combination of clinical, educational, research and scientific work under one roof.

### **History of Luxembourg:**

I could write a lot about the highlights of Luxembourg, but even 1 months spent there was not enough to observe and visit all the cultural and historical places. Luxembourg is called the heart of

Europe as it is situated at 188 km from Brussels, 289 km from Paris, 190 km from Cologne. Luxemburg city is situated in the southern part of the Luxemburg Plateau, at altitudes from 200 to 400 m, at the junction of Uelzecht and Péitruss rivers<sup>1</sup>. It is certainly one of the most beautiful cities in the world. The first references on Luxemburg are dated back in 963. It was a little trading settlement that arose near the castle Lucilinburhuc owned by count Siegfried I, situated in a way from Reims to Trier. Its suitable geographic position promoted its active growth and soon it converted into real city. The city obtained the status and rights of a city only in 1244. In 1815 in accordance with the decision of the Vienna Congress, the Grand Duchy of Luxembourg was founded. Today Luxemburg is known by many not only for its business and banking center, but also because of the famous Schengen Agreements on the cancellation of passport control in Europe. It was signed in 1985 in a tiny Luxemburg town of Schengen situated on the boundary of France and Germany. In old times all Europe consisted of little principalities and kingdoms. Centuries passed by and they united into big states. But little Luxembourg preserved its independence till today and has its own charm. With the assistance of the head of the training course, I could make a visit to the unique village of Schengen, to see the beauty of Luxemburg.

### **Conclusions:**

Certainly, each doctor has his own vision of treatment based on his own experience and standards and many have new (advanced) methods in their armamentarium. If such a vision is based on the improvement of our treatment results and the decrease of surgical complications then we achieve our goal. We strive for making medicine more accessible; improve quality and safety in order to allow our patients to return to life, work and sports. The activity of such a team of experts and professionals strongly impressed me and I was amazed by the unity and mutual understanding of all team members operating under the coordination of Prof. R. Seil. Of course, not all my questions could be answered in such a short 4-weeks period, but I can say that this scholarship can help tremendously to improve one's expertise and knowledge.

I want to express my special thanks to all doctors of Department of Orthopaedic Surgery and Sport Medicine/Luxembourg Olympic Centre for their assistance and the teaching on techniques and newest methods of surgical treatment. I really gained great experience and knowledge which I can apply in my further practice in orthopaedics, sport traumatology and arthroscopic surgery.

I express my special thanks to the organizers and sponsors of the ESSKA – Smith & Nephew Scholarship, ESSKA Board Members, ESSKA Office Team, Senior Manager and Administration, the ESSKA Executive Office Luxembourg, and all Medical Personnel of the clinic for their kind assistance and the unique possibility to be trained there.

I want to say my sincere words of gratitude to the head of scholarship – Professor Romain SEIL, Doctors Dietrich Pape, Nicolien Van Giffen, M. Roland Krecke and many others.

I think that such educational programmes and scholarship will let young specialists to upgrade their professional level and to implement the newest achievements in Medicine (Orthopedics) as we all seek for the best results in treatment and healing of our patients in our desire to bring them back to active life and sports as soon as possible.

Yours Sincerely.

Dr. Viacheslav Monakhov

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