APKASS TRAVELLING FELLOWSHIP 2018

FELLOWS:  Atul Mahajan (India), Hongyun Li (China),
Saseendar Shanmugasundaram (India)

GODFATHER: John Matheson (New Zealand)

Day 1 : Wednesday 15 August : Fellows and Godfather arrive at Sao Paulo airport at various
times and are warmly welcomed by residents and transported to a very comfortable hotel in
anticipation of an exciting tour.

Day 2 : Thursday 16 August : The three Fellows and Godfather meet up and are taken to
Albert Einstein Hospital by Residents at 6.30am. Traffic was difficult and security was tight.
We spent the morning observing surgeries with Professor Dr Moises Cohen.

Our first day of the fellowship with Dr Moises Cohen and Dr Gustavo Arliani

The first case was a Primary Total Knee Replacement and the next was a patient who had a
medial femoral condyle cartilage lesion with mild varus, for which an Autologous matrix-
induced chondrogenesis (with collagen membrane) and medial open wedge high-tibial
osteotomy was done with Puddu plate and autologous bone graft.

This was a followed by an arthroscopic ACL reconstruction with autologous hamstring graft.
A 4-stand hamstring graft with some intact muscle fibres was used. A suture brace was used in
addition to the graft.
We then had rounds with Dr Moises Cohen to visit his postoperative patients. The hospital was very equipped and is supposedly the biggest hospital in Latin America.

Sumptuous lunch was served at the Viena in the hospital premises.

**Lunch at the Viena with Dr Bruno**

We then had a ride to the Cohen Institute. The institute was adorned with consulting rooms, well-equipped physiotherapy centre, a large pool with trainers, and pictures of famous sportsmen with signed jerseys. Professor Cohen was very hospitable. He had been President of ISAKOS and is the next President of the Brazilian Orthopaedic Society. He had a great family following with two daughters who were Orthopaedic Surgeons too.

**Arthroscopy simulation centre at the Cohen institute**
After a brief repose at the hotel, we left for dinner at an interesting Restaurant called ‘Figueira Rubaiyat’ named after a huge fig tree that was sheltering the place.

We were hosted by Dr Gustavo Arliani, Dr Diego Astur and 2 other past SLARD fellows.

**Day 3: Friday 17 August:**

We are picked up early at the hotel by residents and taken to the Sports Medicine Department of Federal University of Sao Paulo. The pleasant cold weather and drizzling rain greeted us. We were shown around the Sao Paulo Federal University and the neighbourhood. The University had one tall building with lots of little departments dotted in the vicinity, with private residences and businesses interspersed.

Though the constructions and the functioning of the departments appeared to be orthodox, lot of commendable clinical and research work were being done.

We visited the medical students’ campus. There were good social and sports facilities with lot of importance given to Campus Sports and fitness activities.

![At the Sao Paula Federal university Sports Campus](image)

We then visited the physiotherapy department and sports medicine unit. Though the consultants worked in Private, they also spent time in the Federal clinics and laboratories treating sports
injuries and doing research. Public clinics were busy. The clinics also supported 2nd tier football teams, while most of the specialists were also involved in high profile sports and served as physicians for World football cups and Olympic games.

A scientific session was held at the Lecture Hall of the Sao Paulo Federal University. Dr Atul talked on SLAP II shoulder injuries, Dr Saseendar spoke on on Cell-based treatment options for cartilage injuries, Dr Li delivered on Arthroscopic treatment for tears of the lateral ligaments of the ankle and Dr John soke on Bilateral versus Unilateral TKR. The talks were well received.

Dr Benno Ejnisman, Dr Gustavo Arliani and others took us to lunch at a popular steakhouse at Jardins, Sao Paulo, where we were pampered with classic Brazilian food.

We went on a much needed walk in the park after the heavy meal. After a short refreshing nap in the hotel, it was time for food again! This time we went to an Italian restaurant with Dr Gustavo. The food was luscious and the ambience was calmer and more pleasant with a superb jazz band playing on the background. It was a wonderful end to a long day.
Day 4: Saturday 18 August:

The day started with a 11am hotel pick up by Dr Gustavo Arliani and Dr Alberto Pohini and a 90 minute drive to the Country. We were visiting the family of Dr Diego Astur at his countryside house.

We were greeted by Dr Diego’s father, Dr Nelson, a retired Foot and Ankle surgeon and his wife. We were joined by most of his colleagues and family and the residents. The countryside house. It was a magnificent house with a swimming pool and playing area on the terrace, overlooking the valley and the family corn farm. We enjoyed an excellent barbecue made by Dr Cohen’s don-in-law. We marvelled at how well everyone conversed in English.

Dr Diego surprised us with a large aviary with a large number of exotic birds including varieties of cockatoos. He also had a very well-constructed and decorated man cave. A friendly game of football followed. After a lot of wishes and greetings, we called it a day and returned early to our hotel rooms to reflect on a very pleasurable day.

Day 5: Sunday 19 August:

It was a leisurely start to the day. We went for a walk to the central city and a stroll along Av Paulista, which is the most happening street in Sao Paulo. Needless to say, it was Sunday and it was closed to traffic. It was a pleasant experience strolling down the streets, listening to the bands, watching at the magic shows and pacing up to the bicycle riders.

Dr Gustavo and 2 younger colleagues then took us for a long lunch as a prelude to a football match at the Stadium. There was an energetic crowd of 40,000 singing and cheering for the teams. Sao Paulo were playing with Chapecoense, the team that had all but 2 players killed in a plane crash in 2016 on way to Columbia. One of the survivors played the match that day. We were in a VIP box with a great view and wonderful treat. We left the stadium with the cheer song still ringing in our ears.

Day 6: Monday 20 August:

We left the hotel early next morning at 2.30am for Bogota and then to Cali. Dr Li left directly to Peru one day later due to logistic issues in entering Columbia. The rest of the team carried on with the trip to Coulumbia.
We have had a wonderful stay in Sao Paulo. We had been looked after extremely well by a very fine group of surgeons and residents and their families.

We could not have wished better and left Brazil with a lot of affection and happy memories. The flight to Bogota was 6 hours. We were met by Dr Manuel Mosquera (Mosco) who was a very energetic and enthusiastic person. We had until evening to fly to Cali and decided to ride around the city. We went to the Museo Botero, where a Colombian painter has donated his unique collection to the City.

**Botero knew how to make fat look beautiful!**

We walked down the streets, looking at awe at the rich Spanish culture that was still very evident in the capital city.

**Bogota was rich with European culture and a breathtaking view!**
Bolevar square in Bogota – a symbol of many struggles in the city!

We took the funicular train to the top of the mountain Monserrate (almost 3000m). The view from the top was breathtaking.

The Godfathers Dr John and Dr Mosco
View from Monserrate. The scenery looked like out of heaven.

We returned down by a gondola and went off to a remarkable restaurant for some typical Colombian food. We were joined at lunch by Dr Alfredo Moreno, a knee surgeon and his wife Dr Ana, a hand surgeon, along with Dr Mosco.

Lunch at Bogota with Dr Mosco, Dr Alfredo and Dr Ana

A quick rush to the airport and a short flight to Cali followed. Our accommodation at Club Campestre de Cali, a country club with golf course and other luxurious amenities was pleasant one.

Day 7: Tuesday 21 August:

We had an early start with breakfast at 6.30 and off to the Imbanaco Clinic. This was a very modern multispeciality hospital with state of the art theatres. We were greeted at the entrance by Dr Mario Figueroa. Two of us scrubbed in for a primary TKR that he was doing and this
was followed by an arthroscopic Supraspinatus repair. We had very interesting discussions on multiligament knee injuries and different methods and individual experiences on Anterolateral ligament reconstruction.

Dr Mosco, Dr John, Dr Sassy, Dr Figueroa, Dr Atul at the Imbanaco Clinic

We had lunch in the Clinic along with the talks - Sassy presented his experience on Arthroscopic release in Frozen shoulder, Atul on PCL reconstructions – to do or not to do and John on his experience on bilateral single-stage knee replacements.

Dr Sassy, Dr Atul, Dr Mosco, Dr John and Dr Alfredo at the Imbanaco
We then caught a cab to the Cali professional Football club where we met the team doctor, physiotherapist and had a tour of the club, especially the medical facilities.

At the Cali professional Football club

We came back to the Club Campestre, for a short break. Then there was a meeting, led by Dr Paulo Llinas, to finalise arrangements for the live surgery course that was to follow the next 2 days. All the faculty were present and we were warmly welcomed by Dr Paulo and Dr Mosco. We were eager to meet new people and learn more the next day.

Day 8: Wednesday 22 August:

The day started early at 6.30 am. We travelled to Clinic Fundacion Valle del Lilli to attend the scientific programme. Dr Paulo Llinas introduced the programme outlining the schedule of Live Surgery, lectures and discussion. The first 2 live cases were arthroscopic Rotator Cuff repairs with emphasis on techniques especially of double row repair. Lectures on Rotator cuff repair were given by Dr Nester Palacios, Dr Guido Fierro and Dr Juan Jaramillo. A lively discussion followed. Though the presentations and discussions were in Spanish, assistance by fellows and Dr Paulo’s daughter Lourdes and her friend Gabriela made learning both Orthopaedics and Spanish interesting.

The second session was on shoulder instability. There was live surgery on an arthroscopic Bankart repair and an arthroscopic Latarjet procedure. Dr Rodrigo Lopes talked on complications of Arthroscopic Bankart repair, decision making in managing osseous defects and Dr Nester Palacios talked on tips and pearls of Remplissage.
In the afternoon session the focus shifted to the knee. There was live surgery on meniscal repair, chondral defect and ACL reconstruction, another live surgery on ACL and anterolateral ligament augmentation. There was a symposium on ACL instability of the knee, including techniques in children by Dr Adolfo de los Rios, anterolateral augmentation by Dr Carlos Stierling from Chile and strategies in revision ACL surgery by our host Dr Mosco.

There followed live surgery on treating osteochondral lesions with Hyalofast, a technique new to us, and patellofemoral ligament reconstruction using hamstring grafting. Dr Saseendar also gave an excellent talk on cartilage reconstruction, which was well received.

The long day finished at 7 pm and we went to Dinner at a Country club, hosted by Dr Paulo and his wife. This was in a very picturesque setting with excellent food and wine. It was a late return to the hotel and we welcomed a sleep with another early start beckoning.
Day 9: Thursday 23 August:

Another early breakfast and the programme started at 7.00 am. The 2 live surgeries were an arthroscopic trochleoplasty by Dr Mosco and an arthroscopic osteochondral inlay graft on the mid patella by Dr Carlos Stierling and Dr Paulo Llinas.

There was an intercurrent symposium on patellar instability with a discussion of Dejour classification and implications for surgery, osteotomies for patellofemoral dysplasias, followed by an excellent talk on trochleoplasty by Dr Atul.

In the next session, Dr Cesar Rocha gave a very good talk on the value of Registries, there was a talk on comparisons of tibial osteotomy and unicompartmental knee replacement for medial compartment osteoarthritis and our Godfather, Dr John Matheson gave a talk on his personal experience on opening wedge tibial osteotomy for medial compartment OA knee.

The afternoon session had live total and unilateral medial knee replacement surgeries, followed by a live surgery on insertion of a subacromial balloon for massive rotator cuff disease and superior capsule reconstruction and papers on this surgery, grafting for massive rotator cuff tears and an overview by Paulo on this topic.

This was an appropriate end to a very impressive two-day friendly meeting which ran without any apparent hitches.

There followed an illustrated lecture on the “salsa” which included live demonstrations by a female and male who showed great skill and enthusiasm. It was an appropriate conclusion to the day.

We then were taken to a restaurant for dinner with Dr Paulo, his wife and other members of the Faculty. It was a late return to the hotel with knowledge that we could sleep in a little before our afternoon flights to Bogota and Lima.
Day 10: Friday 24 August:

The day was a travel day.

We packed and were driven to the Cali airport amongst a heavy traffic.

We had a short flight to Bogota and several hours wait before we flew 3 hours to Lima arriving at about 9.30pm.

We were met by Mr Israel Mendoza, Operation room assistant to Dr David Torres. He drove us to a very nice hotel (Sol de Oro) in the central city. We went straight to prepare for an early start the next day.

Day 11: Saturday 25 August:

We reunited with Li who had been enjoying Lima.

Our hosts Dr David Torres and Dr Christian Lozano met us at the Hotel at 5.30am. We had a day that was planned for fun. With a fellow and resident we drove in a minivan south along the sea front on a new highway. The contrasts were the huge hills of sand extending from the beach way inland to greener hills. There was dense cloud cover as was the norm for winter days
especially in the mornings. Apparently there is very little rain in Lima with mist in the mornings. In the Summer there is generally clearer weather. After a 90 minute ride, we stopped at a roadside restaurant for breakfast. We were greeted with vegetable chips, pork, egg and bread with excellent juice and coffee.

We continued on to Paracas Bay and on to a boat where we ventured out into the sea to observe an island with “la Crucifixion” an aid to mariners and the Islas Ballestas, a national park with penguins, seals, sea lions and millions of birds. It was a great spectacle.

We then had a delightful fish lunch in Paracas. We had the chance to enjoy the Peruvian Ceviche (a raw seafood dish cured in citrus juices) and Pisco sour (a cocktail classic from Peru). On the way back we drove to the Adren Arena and had fun with a desert ride and sand surfing.

Then there was a long 260km trip back in the van.
Day 12: Sunday 26 August:

We had our breakfast at the hotel and were later met by Dr Diego Maticorena, a 3rd year Orthopaedic resident who was our host for the day. We spent the morning on a minor city tour and trip through Pachcamac, an Inca settlement which is being slowly restored by Archeologists. We learnt a lot about the history of Lima.

Pachacamac, the Inca God for whom many a life sacrifice had been done

and artefacts in the museum!

We had an excellent lunch at a fish restaurant and then a visit to the Peruvian Weapons and Gold museum, which was very worthwhile seeing.

David and Christian then met us and we had dinner at a chicken restaurant ready for a day in theatre on Monday.
Day 13: Monday 27 August:

The day started quiet early. We were ready at 5.45am for our transfer to Clinica Anglo Americana.

Surgery started at 6.00am. We had surgeries by Dr Torres and Dr Lozano, including an arthroscopic rotator cuff repair, knee meniscal repair and balloon arthroplasty surgery for a massive rotator cuff tears. The concepts and technique of balloon arthroplasty were of special interest.

Arthroscopic rotator cuff repair of the right shoulder in lateral decubitus position

We toured the clinics in the hospital.

We also visited the Rehabilitation Unit, which was very well equipped. We could test run on an Anti-gravity treadmill which allowed very early rehabilitation for post-operative patients with minimal weight-bearing.
The fellows trying the rehab equipments

We then had a very nice lunch at a local restaurant, then went sight-seeing and refreshment at Mamacona, before halting at at Cena Chifa How Wha Chinese restaurant.

**Day 14: Tuesday 28 August:**

Later start after breakfast as we were then transported to Daniel Alcides Carrion National Hospital, a public hospital where Dr Torres had been trained.

We toured the hospital, and understood the functioning of public hospitals in Peru.

The Fellows gave talks to the Orthopaedic department.

Dr John Matheson spoke on Surgical treatment of Achilles tendinopathy,

Dr Li on arthroscopic surgical treatment of lateral ligament of ankle injuries,

Dr Saseendar on arthroscopic surgery for Frozen shoulder and Dr Atul on trochleoplasty of the knee.
The fellows and hosts with other members of the Orthopaedic department

After the scientific session where we also met residents and students along with consultants, we were driven through the town with street markets to the port where we had a delicious meal.

We had the latter part of the afternoon free prior to a walk in the city, with some mall shopping, and an evening dinner meeting in the hotel where we presented papers to another group of Orthopaedic surgeons.

We were presented with gifts by Drs Torres and Lozano.
The function formally ended a very happy visit to Peru.

**Day 15: Wednesday 29 August:**

It was a travel day. We started from the hotel at 6am and went through the very busy traffic to Peru International airport.

Our flight to Santiago was for 3.5 hours. We were met at the airport by Mrs Loreta, Dr David Figueroa’s wife. We were transported to our hotel, Atton Vitacura in a very nice part East in the city.

Santiago had a European feeling about it with wide streets, and cleanliness and top market fashion shops evident.

We settled down and at 8pm attended dinner with Dr Figueroa and his colleagues at a rooftop restaurant where we met other Orthopaedic surgeons, most of whom had been on Fellowships. An excellent introductory evening was enjoyed.
Day 16: Thursday 30 August:

This morning we were picked up by Dr Cristan Fontbote, who took us to the Sports Medicine MEDS clinic. We saw an ACL reconstruction and hip arthroscopy. This hospital was only 2 years old. It was a very modern and spacious facility.

We were back in the hotel at 2pm, an opportunity in the afternoon to get orientated in the city and prepare talks for a scientific session that night.

With Dr Figueroa, we attended a meeting of the Chilean Society of Sports Medicine and Arthroscopy at Clinica UC San Carlos. This was attended by Fellows and residents as well as Orthopaedic Sports medicine surgeons.

We presented papers on tibial osteotomy (John Matheson), trochleoplasty (Atul), ankle arthroscopy (Li) and articular cartilage reconstruction (Saseendar).

We then had dinner at a very impressive restaurant and Francisco, David’s son and Orthopaedic surgeon who had done a fellowship in Sydney, took us back to the hotel at the end of a busy day.

Day 17: Friday 31 August:

We were transported at 7.30 to the Hospital Clinico Universidad Catolica in the central city. We were hosted by Dr Sebastian Irarrazaval and Dr Luis Irribarra and attended grand rounds in the orthopaedic department. John Matheson was asked to give a talk on Work Life balance in Orthopaedics and Li an abbreviated talk because of time constraints on ankle ligament arthroscopic repairs.
We then toured the research department and were given an address on simulated surgery, visited the simulation laboratory and the anatomy laboratory where cadaveric surgery was undertaken.

Dr Sebastian, was into mountaineering and had conquered the Mount Everest a couple of years back. He shared his thrilling experience of the climb to the peak of Mount Everest. We met undergraduate students and looked around the University buildings. This was a top Chilean University with 130 years tradition.

We then toured the inner city and had lunch at a beautiful restaurant situated in a recently refurbished fine house. Many of the original features had been preserved. The food and ambience were great.

In the afternoon we travelled to the Clinica Alemana de Santiago, a very smart private hospital and clinic, where Dr David Figueroa worked. Dr David gave us a tour of the clinic and we then had a clinical session, presented by staff, in which many interesting and complicated cases of shoulder and knee injuries were presented and discussions were held with the Fellows. This was most enjoyable.

Dr Francisco then took us to the National Stadium where we watched The Universidad team play football. They won 2 to 1. The crowd chanted incessantly during the game. It was a fast moving game seen at ground level and we were privileged to be invited to the dressing room after the game to meet some of the players and coaches and managers and owner of the club. We enjoyed pizza in the changing shed.

We returned late to the hotel after a very full day.
Day 18: Saturday 1 September:

The day dawned bright and sunny and we had a later start with a pick up by Dr David and Loreta Figueroa and transport into the Casablanca Valley. The fellows enjoyed travelling in Dr David’s Aston Martin and Mrs Loreto’s Porsche 4WD. The Casablanca area was a relatively new wine growing area in Chile.

We had an informative wine tour and tasting at Vina Casas Del Bosque, followed by a delicious typical Chilean lunch and wine.

We returned to the hotel in the late afternoon. There was a carnival and trade fair in the nearby park, which was interesting to observe, with a lot of families and young people enjoying music and food.

That evening we were hosted by Dr David and Mrs Loreto at their home. We had an exceptional meal and greatly enjoyed being in the personal home to enjoy their company and beautiful surroundings.
Day 19: Sunday 2 September:

We were picked up by Dr Cristian Fontbote at 9.30 for a day of exercise. After a 30 minute drive we started climbing up Pochoco, a relatively steep mountain, height 1800m. The climb is relatively vertical with loose shale and is quite difficult. The views from the top of Santiago and surrounds are superb, particularly on a beautiful clear day. It was noticeable the cloud of smog over Santiago, which lies in a valley surrounded by mountains and has poor natural means of smog evacuation. We were very fortunate to see a Condor which is a beautiful bird, seen in the Andes. It is a very large bird which flies and soars gracefully on rising heat currents.

The trek was more demanding than anticipated especially downhill and we arrived back at the hotel later than expected. We had a quick shower and turn around before being picked up by Dr Alex Vaisman, a consultant and former travelling Fellow. Alex had been at a course in USA only arriving back this morning. He took us for a tour of an artisan village market.
Then we had dinner at his home with his wife Carolina, Dr David and his wife Loreto Figueroa and Dr Vicente Gutierrez, a former SLARD Godfather. It was a very pleasant evening and a fitting end to a wonderful stay in Santiago, Chile.

Day 20: Monday 3 September:

Another travel day. We had a leisurely morning in the hotel and left for Santiago airport at midday. We had a relatively short flight of 90 minutes to Buenos Aries. We were met by Dr Manuel Perez Zabala, a fellow who was part of a LARDS travelling fellowship to North America. He is a very nice man who speaks excellent English. The trip to our hotel was 90 minutes because of heavy traffic. We settled into the hotel and later went to a restaurant to meet with the Board of the Asociacion Argentina de Arthroscopia, Dr Horacio Rivarola Etcheto, Dr Rodrigo Maestu, Dr Juan Pablo Previgliano, Dr Facundo Gigante and Dr Ricardo Manilov, a visiting Italian fellow from Rome. We were warmly welcomed and enjoyed an excellent meal.

It was a big week for the Asociacion as they were hosting an International Conference along with AOSSM, ISAKOS and ESSKA.
Day 21: Tuesday 4 September:

We left the hotel at 7.30 and were taken to a pre meeting cadaveric course at Maimonides University. The faculty gave a lecture presentation on the cadaveric course and we then gowned up and went to the dissection and demonstration room. Using cadaveric knees, 3 operations were undertaken by participants with demonstrator instruction. Meniscal suturing, PCL reconstruction and ACL reconstruction were demonstrated.

After the cadaveric knee course, we left to lunch and a tour of River Plate football stadium and museum. We had a very enthusiastic and informative guide. That evening we had a wonderful barbecue dinner at Dr Gigante’s home. He cooked a barbecue for us and other guests on his rooftop. There were Dr Daniel Wascher and wife and Robert Schenck, both from Albuquerque, New Mexico, respected knee surgeons among others. It was also the birthday of Dr Facundo’s son. So we had his birthday celebrations and enjoyed the evening which was an excellent opportunity to get to know our hosts and families and the American visitors.
Day 22: Wednesday 5 September:

We were picked up by Marcos Meninato, Dr Etcheto’s fellow and driven to the Hilton hotel for start of the Conference. It is a very busy programme with 4 venues. English translation was available for the programmes in the main auditorium. The sessions covered ankle, knee (ACL and revision). At lunch time there were live cadaveric surgery transmission sessions. In the afternoon there followed sessions on cartilage grafting, a SLARD symposium on the ACL and a session on Rotator cuff injuries.

The formal opening ceremony followed with introduction and procession of all past presidents, playing of the Argentinian national anthem and introduction of visitors including the APKASS travelling fellows. We were been warmly welcomed despite the organisers being very committed with the conference.

There followed a cocktail party and wine tasting which were opportunities to meet and talk to visitors to the conference. We met friends who had hosted us in other countries we have visited.

Day 23: Thursday 6 September:

Dr Marco picked us up at the hotel and we returned to the Hilton hotel and conference. We attended sessions on alternative therapies such as PRP and Stem cell therapy which was an update review on the place of these therapies. The take home message was that there are no very good controlled trials on the efficacy of theses treatments. The difficulties with PRP relate to the differences in preparations and there is even evidence that high platelet containing PRP may even inhibit healing of cartilage and ligament.
A further session on knee ligament injuries and management was a very good instructional course from the world’s best including Robert La Prade, Daniel Wascher and Robert Schenck.

In the afternoon we joined a tour of Buenos Aries and had a very informative time visiting architectural highlights. The weather was beautiful and we were impressed with the large parks which afforded families especially great recreational space.

We returned to the hotel and the four of us visited a nearby shopping mall. We were surprised that the costs of clothes were greater than expected.

The evening concluded with a meal together. This was a rare opportunity for us to enjoy each other’s company alone and reflect on the tour as it nears completion.
Day 24: Friday 7 September:

We were picked up at 7.15am by Dr Tomas Vilaseca and taken to the Hilton hotel for the 2nd day of the Conference. Dr Atul was not feeling well today and had a time out. The morning included two excellent sessions on arthroscopic management of tendon conditions around the ankle with Dr Niek van Dijk a major contributor and followed by a stimulating symposium on patellofemoral disease. This included talks on cartilage injuries, limb torsion, trochleoplasty and patellofemoral replacement.

In the afternoon, Li, Saseendar and John went shopping in the Florida complex – this was a popular area for road-side shopping and bargaining. This was an interesting exercise and we enjoyed it immensely and had a successful time. We returned to the hotel to prepare for the Conference dinner.

The dinner was held in the Four Seasons hotel. This is a fine old building with some original timber panelled walls and decorative ceilings.

The dinner initially allowed opportunity to mingle and chat and then a more formal sit down dinner at which certificates were presented to local members and staff were recognised and Dr Rodrigo Maestu, outgoing President of the Argentinian Arthroscopy Association was honoured. Dr Horacio Rivarola Etcheto was formally inducted as new President. Dancing followed and the Latin Americans participated with their normal enthusiasm and passion. We had a late return to our hotel.
Day 25: Saturday 8 September:

We were met by Manuel Perez Zabala and driven into the Country where we had a wonderful day at the Cabure Polo Ranch. Rodrigo Maestu’s brother in law is a professional polo player and we watched a game, toured the stables and were given a talk by a horse vet, watched shoeing of a horse and then had a superb meal at a very long table outdoors.

The food was greatly enjoyed. There was a huge selection of dessert and other treats and the afternoon was a wonderful opportunity to spend some final time with our Argentinian hosts as well as some of the International visitors to the Conference and other Latin American country hosts, who had been so kind to us on our journey.

This was an excellent finale to the “almost” conclusion of our Fellowship. Manuel drove us back to our hotel and the evening was spent in getting prepared for our flights home tomorrow. It was also a time to reflect on a wonderful trip, with lots of learning, sharing experiences but most importantly meeting colleagues and their families in Latin America who will be enduring friends.