

2014 APKASS to AOSSM Travelling Fellowship

In 2013, Asia-Pacific Knee, Arthroscopy and Sports Medicine Society (APKASS) became part of the sports medicine traveling fellowship exchange program which began in 1985 as a scientific and cultural exchange. In Jun. 2014, the APKASS sent its group of three fellows to the United States; they were Deepak Goyal from Ahmedabad, India, Michael Rosenfeldt from Auckland, New Zealand and Dai Xuesong from Hangzhou, China. Dr. Chen Shiyi from Shanghai, China, served as the Godfather for that trip. Seven hosts and their cities were chosen, they were Tripler Medical Center, Honolulu, Hawaii; Midwest Orthopaedics at Rush, Chicago, Illinois; The Cleveland Clinic Sports Health Center, Cleveland, Ohio; University of Iowa Sports Medicine, Iowa City, Iowa; TRIA Orthopaedic Center, Minneapolis, Minnesota; Mayo Clinic, Rochester, Minnesota and University of Washington Orthopaedics & Sports Medicine, Seattle, Washington. The purpose of the Fellowship is to develop academic leadership within the field of sports medicine. Each host attempted to achieve the goal by organizing a combination of scientific meetings with paper presentations, observation of various surgical procedures, visits to hospital and athletic facilities, and social and recreational activities. The trip was supposed to end in Seattle, Washington, where the AOSSM Annual Meeting was to be held on Jul 9th, 2014, and all the fellows were allowed to participate in all the activities.

All group members were met by Dr. Craig Bottoni and got to know each other at the airport of Honolulu after a long flight from their own countries; the exhausted fellows were refreshed by the host with a Hawaii-style seaside dinner and a stunning sunset, hence announcing the beginning of this APKASS-AOSSM traveling fellow program.

At each stop there would be an academic exchange sessions with presentations from both the fellows and hosts. The host choice of the Godfather's presentations included: Sports medicine and arthroscopy development in China, ACLR with synthetic ligament in China—controversy and our experience, Anterior shoulder instability with Hill-Sachs Lesion: modified Remplissage Technique, Massive rotator cuff repair: controversy and my preference; Dr. Goyal's: MPFL reconstruction using the superficial quad technique, Evidence based medicine review of microfracture—A systematic review, Combined bony reconstruction and ACI for extra-large cartilage lesions of the knee joint, Overlay ACI technique for extra-large osteochondral lesions of the knee joint; Dr. Rosenfeldt's: Anterior cruciate ligament graft rupture: a comparison of graft type and age, Arthroscopic treatment

of anterior ankle impingement—A prospective study with 5 yr follow-up, Injury severity and return to play after shoulder surgery in professional rugby union players, Age related differences in ACL graft rupture; Dr. Dai's: Mobile-bearing UKR treating medial compartmental osteoarthritis, Trans-tibial technique for an anatomical ACL reconstruction, MACI for chondral defect in adolescents, Using biceps tendon in bridging immobile massive rotator cuff defect. The hosts also gave presentations in their own fields, and it's great honor to have the masters of sports medicine, some of them are listed in the Hall of Fame, giving lectures, such as Dr. John Albright, Dr. John Bergfeld, etc. The share of expertise and experiences, the exchange of mutual opinions have been a true benefit to all. These sessions were extremely educational. The trip ended up in Seattle, where all the traveling fellows attended the AOSSM meeting held at the Washington State Convention Center in downtown, Dr. Chen, the Godfather, gave Traveling Fellowship Presentation and Dr. Deepak Goyal gave his Scientific Presentation as well.

Hosts at the seven medical centers, demonstrated surgical cases to the traveling fellows, explained procedures in detail, showed the fellows laboratories and various athlete facilities. The more important thing to the fellows from other parts of the world was to know how they work with patients, collaborate with colleagues, auxiliaries, and have daily work done nicely. The highly professional and efficient medical operating has been very impressive.

The hosts at each center also entertained the fellows with all the beautiful sceneries and local delicacies, the fellows and the Godfather also enjoyed various recreational activities, some of which have never been heard of before, lots of fun indeed. Social events were planned to allow us to get to know the hosts, their staff and, often, their families, the doctors showed the other side of their lives other than work, their nice personalities and versatility. There were a lot of unforgettable moments, Dr. Bergfeld taking great pains to teach the fellows how to handle a rifle without discharging accidentally; Dr. Wolf doing water-skiing like a pro; Dr. Braman's zest for fancy cars and the breath-taking racing at midnight; Dr. Levy playing guitar and the folks sat down around the fire humming to the music, etc.

This was really an once-in-a-lifetime opportunity for us, not only to travel, to exchange, but to experience, to enjoy. Thanks to all people who have been working hard behind the scene. The travel itinerary of the group was well arranged by them all along; we flew mostly in business class, we were accommodated in excellent hotels and ate in the finest restaurants. Now we started to miss the people we met with, and we sent emails of memories and gratefulness with photos to each

other. We surly will meet again somewhere in the future, not as counterparts, but old friends. We thank APKASS and AOSSM for giving such a wonderful opportunity, thank DJO for their generosity to make the trip come true, we also thank all of our hosts for the time and efforts, we were so much impressed with their great achievements, dedication, hospitality and the love for sports medicine, they are no wonder the role model to follow.

Prepared by

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