

# APSS-DEPUY SYNTHES TRAVELLING FELLOWSHIP 2017

## GROUP 1 REPORT

(AUGUST 30 — SEPTEMBER 20, 2017)

### FELLOWS:

#### 1) DR. RALPH SCHERNBERGER (GERMANY)

SENIOR SPINE SURGEON  
EVANGELISCHES WALDKRANKENHAUS SPANDAU  
BERLIN, GERMANY

#### 2) DR. RAJAT MAHAJAN (INDIA)

SPINE SURGEON  
INDIAN SPINAL INJURIES CENTRE  
NEW DELHI, INDIA

#### 3) DR. MUHAMMAD ZAHID KHAN (PAKISTAN)

SPINE SURGEON  
HAYATABAD MEDICAL COMPLEX  
PESHAWAR, KP, PAKISTAN

#### 4) DR. JESSE JERUS ALEM GABRIELI JOSON (PHILIPPINES)

SPINE FELLOW  
EAST AVENUE MEDICAL CENTER  
QUEZON CITY, PHILIPPINES



(L-R): Dr. Schernberger, Dr. Mahajan, Dr. Khan and Dr. Joson

## 1<sup>ST</sup> SPINE CENTER:

KEIO UNIVERSITY HOSPITAL, DEPARTMENT OF ORTHOPEDICS, SECTION OF SPINE SURGERY  
TOKYO, JAPAN

HOST: PROFESSOR MORIO MATSUMOTO

1<sup>st</sup> Day: August 30, 2017

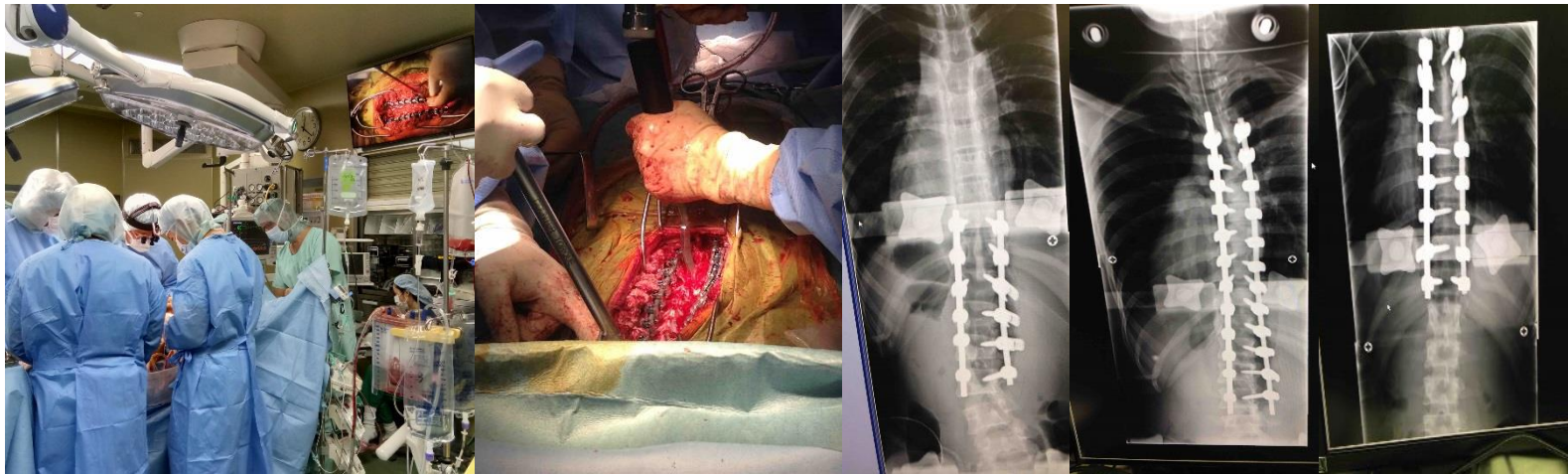
The members of Group 1 APSS-Depuy Synthes Travelling Fellowship met for the first time in Tokyo. Our hosts provided us a stay at the Hotel Wing International-Yotsuya near the hospital. But before that Dr. Kota Watanabe, the Chief of the Spine Team at Keio University Hospital had already sent us a detailed schedule for our week in Japan.

After our arrival in Tokyo, we were picked up at the hotel and was invited for a special dinner in a nearby restaurant. Professor Morio Matsumoto and Dr. Kota Watanabe were the hosts of the evening. We had the opportunity to introduce ourselves to the Spine Team including the fellows and residents.



2<sup>nd</sup> Day: August 31, 2017

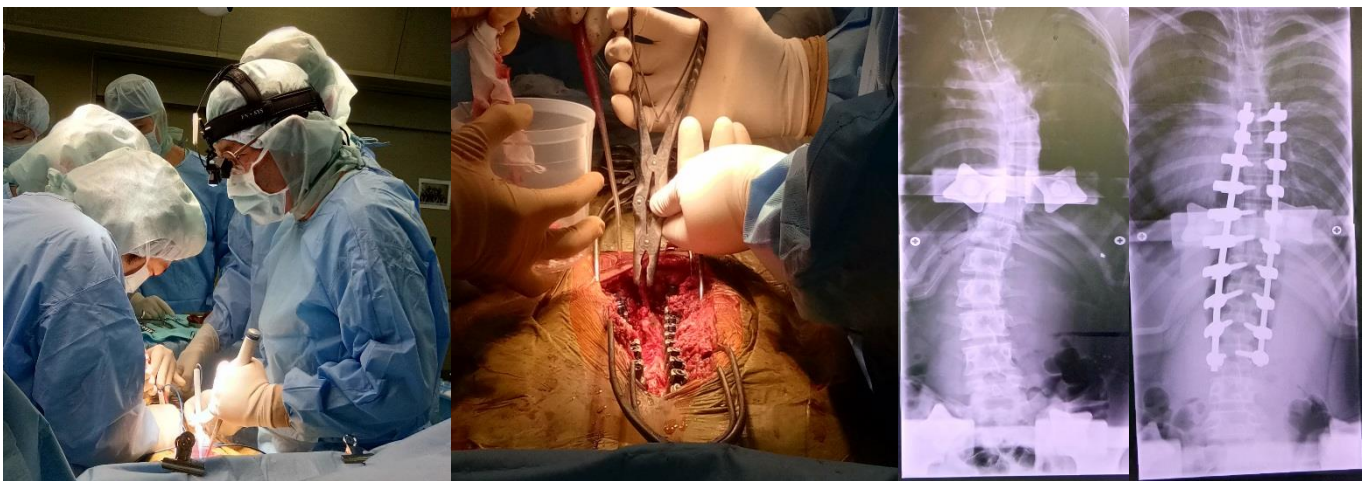
The next morning, we were picked up early at the lobby and were brought to Keio University. There we took part at the Spine conference with breakfast included. We saw several interesting cases but the main focus of the team is on deformity of the spine, especially AIS. After the discussion, we went to the OR where we were able to observe and take part in several AIS cases. The whole setup in the OR was just perfect. The precision and speed of the operations were very impressive for us.



For lunch, Professor Matsumoto invited us to the hospital restaurant and for dinner we were invited again to a great tempura restaurant in a high rise building with the team of Professor Matsumoto and Dr. Watanabe.

3<sup>rd</sup> Day: September 1, 2017

Dr. Watanabe gave us a tour around the hospital and also the research laboratories. We learned a lot about the ongoing researches about the spine and spinal cord. We went to the OR again for more Scoliosis surgeries. In the afternoon, we had the opportunity to present the talks we had prepared. We ended the day with a dinner from a special chicken restaurant together with the rest of the spine team.



4<sup>th</sup> Day: September 2, 2017

Because it's a holiday, we were treated by our hosts at Keio University Hospital with a Day Tour to Mt. Fuji. We were also brought to an Ice Cave at the foot of the mountain and the last part was a grape picking activity which we all enjoyed.



5<sup>th</sup> Day: September 3, 2017

Dr. Watanabe together with Dr. Eijiro Okada gave us an interesting sightseeing tour around Tokyo. We visited the Asakusa temple and had a sensational view of Tokyo from the Skytree Tower. Then we visited the Edo museum which was a really interesting experience to learn Japan's history.

For dinner, we were invited to a special dinner at Professor Matsumoto's house together with Dr. Mitsuru Yagi, Dr. Nobuyuki Fujita and Dr. Okada. There we were treated by a wide range of Japanese Cuisine specially prepared by Mrs. Matsumoto. Luckily, we also saw a presentation about the development of laminoplasty techniques from Professor Matsumoto and had a really good discussion about this.



6<sup>th</sup> Day: September 4, 2017

This time, we were brought to the International University of Health and Welfare. Our host there was Professor Ken Ishii, a former Spine Chief from Keio University Hospital. Prof. Ishii told us about his advanced concept of minimally invasive spine surgery. We were also able to observe and take part in several operations including OLIF, MIS TLIF, and Laminoplasty.



After the procedures, we had the opportunity to give a talk in front of the Spine Team and also the Rehabilitation Team. We ended the day with a special dinner together with Professor Ishii and the rest of the Spine team.



7<sup>th</sup> Day: September 5, 2017

On our last day, we were allowed to have a day off from the hospital and we did some sightseeing, dining and shopping. For our last dinner, we were invited for a special dinner with Dr. Eijiro Okada, Dr. Narihito Nagoshi and Dr. Osahiko Tsuji.

Departure Day: September 6, 2017

Dr. Tsuji picked us from the hotel and brought us to the bus station going to Narita Airport.

2ND SPINE CENTER:

XIJING ORTHOPAEDIC HOSPITAL – THE FOURTH MILITARY MEDICAL UNIVERSITY

XI' AN, CHINA

HOST: PROFESSOR LUO ZHUOJING

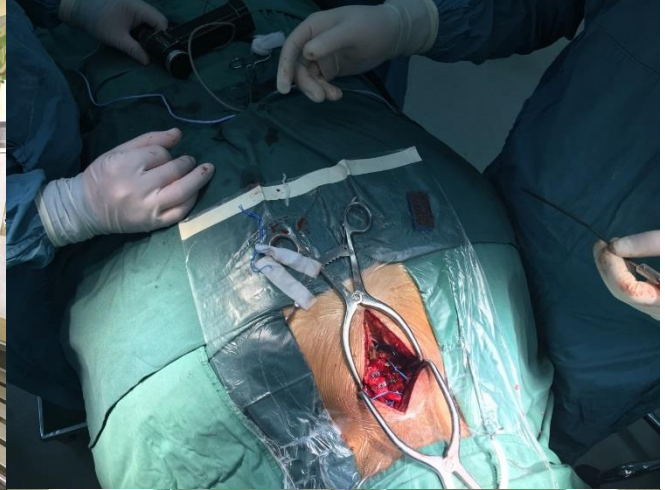
Arrival Day: September 6, 2017

We arrived at the Xian International Airport and was welcomed by Dr. Huang Liang. We were brought to the Wyndham Hotel which was around 10 minutes walking distance from the hospital.

1<sup>st</sup> Day: September 7, 2017

When we arrived to the hospital, Professor Luo was on leave till Monday but we were greeted by other Professors and Dr. Xue Yu Hu. Dr. Hu took us along for a brief tour around the Orthopaedic Department and showed us their OR, basic research lab, and other places around the hospital. After that, we were able to observe a few surgeries on that day like Cervical Laminoplasty and Minimal invasive TLIF.

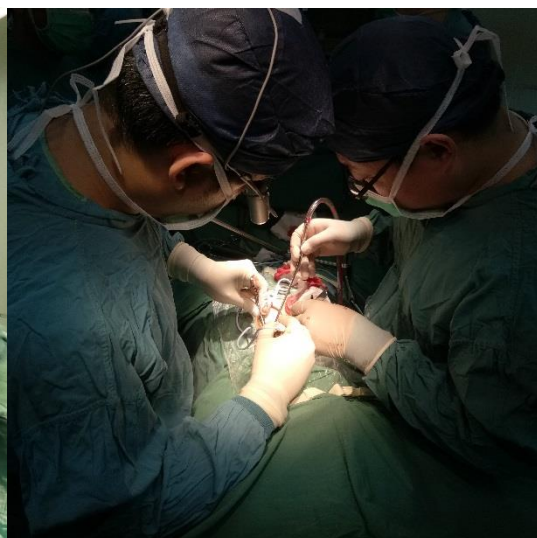




(Clockwise from Upper Left: Together with Dr. Xue Yu Hu, Case of Cervical Laminoplasty, Localizing Incision in MIS TLIF)

2<sup>nd</sup> Day: September 8, 2017

We went directly to the OR as instructed and we observed some cases like ACDF and an Open TLIF surgery. We got an opportunity to scrub in the cases as well. In the evening we were free on our own and we spent the time exploring the city. We went to again to the City Wall and saw the Drum Tower.



3<sup>rd</sup> and 4<sup>th</sup> Days: September 9-10, 2017

The weekend was a holiday and so we spent them exploring Xi'an. We were suggested to see the Terracotta Warriors Museum. We also went to the Pagoda Tower.



5<sup>th</sup> Day: September 11, 2017

This was the first time we met Professor Luo Zhuojing. He was very warm and welcoming. He even gifted us with a traditional Chinese tea and also a souvenir pin with a logo of the Xijing Hospital. We then followed him to his outpatient clinic in the hospital where we watched him examine his patients and learned a few tricks from him. In the afternoon, we went to the OR with him to observe him doing surgery.





6<sup>th</sup> Day: September 12, 2017

This time we had a scoliosis case and one of us was able to scrub in for this case. They had developed a 3D model of scoliosis which helped them in putting pedicle screws and to understand the anatomy well.



7<sup>th</sup> Day: September 13, 2017

Our last day, we had a small presentation by all fellows where we presented our work and talked about our working place. After that we went to the ward with Professor Luo and the rest of the Spine Staff including the nursing staff and took part in the clinical rounds and case discussions.



**3<sup>RD</sup> SPINE CENTER:**

**THE UNIVERSITY OF HONGKONG - QUEEN MARY HOSPITAL/ DUCHESS OF KENT CHILDREN' S HOSPITAL, DEPARTMENT OF ORTHOPEDICS, SECTION OF SPINE SURGERY**

**HOST: PROFESSOR YAT WA WONG**

**Arrival Day: September 14, 2017**

When we arrived at the Hong Kong International Airport, we were picked up by a driver from a transfer company and we took around 40 minutes to arrive to our hotel, Best Western Hotel Harbor View. After taking some rest, we were scheduled to have a welcome dinner with Professor Kenneth Cheung. At the restaurant, we were welcomed by Professor Cheung and Dr. Kenny Kwan together with their spine clinical fellows. We were delighted to meet three fellows, two of which came from Beijing, China and the other from Germany. We were treated with a delicious dinner and great interaction.



1<sup>st</sup> Day: September 15, 2017

Our host, Professor Yat Wa Wong was very kind enough to pick us himself at our hotel and took us to QMH. There we were warmly greeted by the staff of QMH. We immediately joined the Grand Rounds with Professor Cheung and Professor Wong. It was a very thorough and academic discussion with emphasis on evidence-based management. All fellows were asked about their opinions about each case.



After rounds, we had a working lunch for a Pre-op/Post-op Case Discussion Meeting. Dr. Kenny Kwan also did a presentation on Sagittal balance. Each one of us also did a short presentation.



After the meeting, we accompanied Prof. Wong to his outpatient clinic where he discussed each case he saw. We then ended the day with a special dinner at a Seafood Restaurant hosted by Professor Wong and Dr. Paul Koljonen.

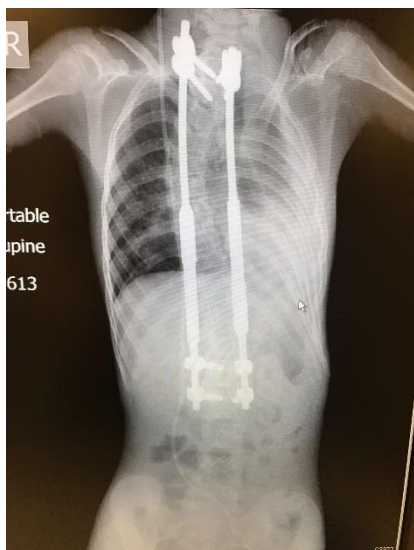


2<sup>nd</sup> and 3<sup>rd</sup> Day: September 16 and 17, 2017

The weekend was a holiday so we were able to use the time to rest and explore Hongkong.

4<sup>th</sup> Day: September 18, 2017

We were again picked up at the hotel by Prof. Wong and we went directly to the OR at QMH. Prof. Cheung and Dr. Kwan was doing a case of MAGEC Rod insertion. It was the first time for all of us to see this case so we were quite excited. Prof. Cheung explained each and every step about this procedure and about the device. We were amazed to know that he did the pioneer case of MAGEC Rod use and that this device is quite effective with excellent results. After lunch we went to the OR again and observed a case of VEPTER removal.



MAGEC Rod



VEPTER



(L) With Professor Kenneth Cheung



(R) With Professor Yat Wa Wong

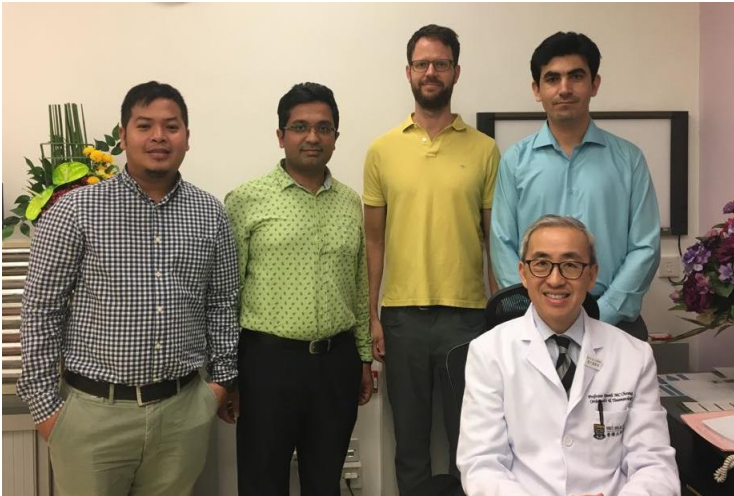
5<sup>th</sup> Day: September 19, 2017

We were again picked by Prof. Wong himself at the hotel and now he took us to DKCH where we went to the OR to see some interesting cases. Prof. Wong did a surgery for a Drop Neck Syndrome. He explained every step of the procedure and told us about the different aspects of the procedure. In the next OR, Professor Keith Luk was doing a surgery for a dorsal spine scoliosis, which was also fascinating to watch.



Prof. Wong teaching a QMH fellow during a surgery (with us observing)

After the session, we had a quick lunch and went immediately to QMH to observe Prof. Cheung at his private clinic doing some MAGEC Rod distraction. Prof. Cheung discussed the different aspects of the treatment as well as the monitoring which were tailored based on the individual case.



6<sup>th</sup> Day: September 20, 2017

Today was our last day of fellowship in Hong Kong. Once again, Prof. Wong picked us at our hotel and took us to DKCH where we joined the Grand Rounds together with the whole management team of Spine cases including physiotherapists, occupational therapists, orthotics/prosthetics technician and nursing staff. All the patients were thoroughly seen and discussed. After the rounds, we went to the outpatient clinic with Prof. Wong and had an academic discussion with him about the cases.



## Conclusion of the Travelling Fellowship at the APSS-APPOS Combined Congress in Goa, India

Our 3-weeks long Travelling Fellowship ended with the participation at the Congress with Dr. Ralph Schernberger presenting the Group 1 Fellowship Report and the fellows receiving their certificates.



This Travelling Fellowship was a great experience for all of us. Thank you APSS and Depuy Synthes for this wonderful learning opportunity. Special Thanks to Prof. Morio Matsumoto and the Keio University Hospital Spine Team, Prof. Luo Zhuojing and the Xijing Hospital Spine Team, Prof. Yat Wa Wong and the rest of the HKU-QMH-DKCH Spine Team, and Ms. Jenny Wong.

## LOGBOOK OF PROCEDURES

DATE	DIAGNOSIS	PROCEDURE	SURGEON	HOSPITAL
AUG. 31, 2017	AIS	PISF	A/PROF. WATANABE	KUH
	AIS	PISF	A/PROF. WATANABE	KUH
	AIS	PISF	A/PROF. WATANABE	KUH
	LUMBAR SPINE STENOSIS	MICROSCOPIC DECOMPRESSION	A/PROF. WATANABE	KUH
SEPT.1, 2017	AIS	PISF	PROF. MATSUMOTO	KUH
	AIS	PISF	A/PROF. WATANABE	KUH
	AIS	PISF	A/PROF. WATANABE	KUH
SEPT. 4, 2017	DEGENERATIVE SCOLIOSIS LUMBAR SPINE	MIS OLIF	PROF. ISHII	IUHW
	CERVICAL SPINE STENOSIS	CERVICAL LAMINOPLASTY	PROF. ISHII	IUHW
SEPT. 7, 2017	L4-L5 DDD	MIS TLIF	DR. HU	XIJING HOSPITAL
	CERVICAL SPINE STENOSIS	CERVICAL LAMINOPLASTY	DR. HU	XIJING HOSPITAL
SEPT. 8, 2017	L4-L5 SPONDYLOLISTHESIS	OPEN TLIF	DR. HU	XIJING HOSPITAL
SEPT. 11, 2017		C5-C6, C6-C7 ACDF	PROF. LUO	XIJING HOSPITAL
SEPT. 12, 2017	AIS	PISF	DR. HU	XIJING HOSPITAL
SEPT. 18, 2017	EARLY ONSET SCOLIOSIS DORSAL SPINE	POST. INSTRUMENTATION USING MAGEC ROD	PROF. CHEUNG	QMH
	POST VAPTER INSERTION IMPLANT FAILURE	VAPTER REMOVAL	PROF. CHEUNG	QMH
SEPT. 19, 2017	DROPPED NECK SYNDROME	POSTERIOR PEDICLE SCREW FIXATION & FUSION CERVICAL + DORSAL SPINE	PROF. WONG	DKCH
	AIS	PISF	PROF. LUK	DKCH