

AIRCAST/DONJOY-SIGASCOT Fellowship 2009

*“Centre de l'Appareil Locomoteur, de Medecine du Sport et de Prevention”
Centre Hospitalier du Luxembourg – Clinique d'Eich
October 5th-17th, 2009*

*Head of Department and Fellowship Godfather: Prof Dr Romain Seil
Fellows: Dr Silvana De Giorgi (Bari), Dr Pietro Spennacchio (Milano)*

report by Dr Silvana De Giorgi and Dr Pietro Spennacchio

Thanks to the Sigascot Sports Medicine Fellowship Program, during October 2009 we had the possibility to spend 2 weeks in the Orthopaedic Department of the Centre Hospitalier Luxembourg, an academic Hospital, directed by Prof Dr Romain Seil in Luxembourg.

This department has been recently included in the Luxembourg Olympic Medical Centre, structure created in 2008 in order to harmonize and improve sports medicine care in athletes of all levels in Luxembourg in close cooperation with the National Sport Federation.

Since our arrival on Sunday the 4th of October, we could appreciate the warm welcome of Prof. Seil's staff and the hospitality of this little nation, where the multilingual environment allowed us an easy adaptation.

During our attendance at the “Centre de l'Appareil Locomoteur, de Médecine du Sport et de Prévention” of the Luxembourg Hospital Centre we have been allowed to follow closely the different activities of the department directed by Prof. Seil. We could assist several surgical procedures about different topics (knee, shoulder, hip, foot and ankle), and actively attend the outpatient clinics. Our clinical experience has been completed by the visit to the biomechanical laboratory, the physiological laboratory and the rehabilitative department, located in the **Hospital Centre**.

Prof. Seil brought us to the Sports National Centre *Coque*, where we have been explained about current studies on the athletes' physiology. He organized for us a visit to the *Sportlycée* of Luxembourg, a specialized high-school, for the most promising national athletes in different disciplines, where the headmaster showed us

the structures and explained us the specific scholar and sportive educational programs of these young athletes (12 years to 18 years).

The opportunity was precious to see all the different steps of an athlete's care, from injury preventions to treatments (whether surgical or conservative) as well as the rehabilitative phase. Furthermore we could understand how the Luxembourg Olympic Medical Centre realizes the goal to cover a broad range of aspects in sports medicine from a clinical, scientific and educational perspective.

Another significant moment of knowledge exchange were the lectures that Prof. Seil asked us to present to his staff. A constructive debate among orthopaedic surgeons, physiotherapists and medical residents followed our presentations about arthroscopic shoulder instability revision surgery (Dr S. De Giorgi), and current indications of hindfoot endoscopy (Dr P.Spennacchio).

Prof. Seil enriched our fellowship program with two more precious experiences.

From 8 to 10 October 2009, we have been invited in *Mondorf-les-Bains* (Luxembourg) to assist to the closed ESSKA meeting: "The subchondral bone in articular cartilage repair". During this conference, a group of researchers and physicians met to review and summarize the current state and potential future research directions of the subchondral bone in articular cartilage repair.

Then, we had the opportunity to attend a knee athroscopic surgery course at the IRCAD/EITS in *Strasbourg* (France), really helping us to improve our skills in this fundamental orthopaedic surgery field.

We are grateful to the SIGASCOT society and his current president Dr Matteo Denti, Prof. Seil and the DJO support for the great opportunity we have been given. At the end of this intense and motivating fellowship we turned home enriched both on professional and human point of view, with contacts which will last.

Besides we sincerely want to thank Dr D. Pape, Dr N.Van Giffen and the kind secretaries for their contribution in making our stay in Luxembourg such a pleasant and constructive experience.