

2017 Arthroscopy Association of North America Report of the Traveling Fellowship

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It was an honor to be selected to participate in the 2017 Arthroscopy Association of North America Advanced Arthroscopy Traveling Fellowship. This year's group included Michael J. Alaia, MD, Assistant Professor and Associate Sports Medicine Fellowship Director at NYU Hospital for Joint Diseases, Nathan K. Endres, MD, Assistant Professor and Team Physician at the University of Vermont, LCDR Patrick W. Joyner, MD, Assistant Professor at Naval Medical Center Portsmouth and Head Physician East Coast Navy Seals, and LTC Christopher J. Tucker, MD, Assistant Professor at the Uniformed Services University and Chief of Sports at Fort Belvoir Community Hospital. This year, we were honored to have a true pioneer in sports medicine and arthroscopic surgery, Dr. Jack M. Bert, MD, former President of AANA and Adjunct Clinical Professor at the University of Minnesota, serve as Godfather.

The first stop on the trip was to the University of Connecticut, where we were graciously hosted by Drs. Robert Arciero and Cory Edgar. We arrived to a fantastic barbecue dinner at the West Hartford home of Dr. Edgar, where we spent time with his lovely family, other staff physicians, residents, and fellows from the UConn program. This was a wonderful first evening of bonding, professional knowledge exchange and sharing of personal stories that set the tone for the remainder of the trip.

The following morning, the academic portions of the fellowship commenced with a debate-style journal club featuring the residents and fellows of the program. The first matched Dr. Ziegler against Dr. Wiley (resident vs. fellow, slightly unfair) regarding the usage and clinical indications of platelet-rich plasma. Following that, a second debate (Dr. Kumar vs. Dr. Wilson, both fellows at UConn) was held regarding the infamous anterolateral ligament. These resulted in outstanding philosophical and scientific debates amongst the UConn staff and our group of fellows. Following this, we transitioned to the operating room.

The first day in the operating room was a whirlwind of patellofemoral pain and instability cases. We began by observing the master of the anteromedialization osteotomy, Dr. John Fulkerson, perform his famous osteotomy as well as an MQTFL reconstruction using allograft. Following that, we observed Dr. Edgar in a similar case of tibial tubercle osteotomy with medial patellofemoral ligament reconstruction. This was a fantastic experience to not only understand thought processes and gain tips and tricks from leaders in the patellofemoral field, but also exchange ideas regarding indications, pre-operative workup, patient counseling, and intra-operative decision making. We followed this by observing Dr. Katherine Coyner expertly perform a hip arthroscopy and explain her indications and techniques for this evolving procedure.

After this, we took our talents to the racetrack for an afternoon of high-speed Go-Karting, which, after long thought and reflection, may not have been the best idea for a group of orthopaedic surgeons. After about 5 minutes of respect for one another on the track, the competitive juices began to flow, which resulted in chaos, aggression, and the complete disregard for our health, which may have been what was intended all along. After much

competition, laughs, and high-speed crashes, Dr. Endres truly proved to be Ricky Bobby (just ahead of Dr. Tucker, much to his chagrin), scoring first place in virtually every heat, while leaving Drs. Arciero and Bert both physically and emotionally injured, with Drs. Alaia and Joyner being most directly responsible for the mayhem. Joking aside, this was an unbelievable beginning to the fellowship. After this, we were escorted to J. Timothy's Taverne, where we shared laughs and stories from the past over some of the best wings in the Northeast.

The next morning commenced with a shoulder instability indications conference which was led by the fellows. As such, we shared ideas regarding indications and treatment options in complex shoulder instability cases. We then transitioned back to the operating room, where we observed Dr. Gus Mazzocca and Dr. Arciero. In one room, Dr. Mazzocca skillfully performed a superior capsule reconstruction. In the other, Dr. Arciero took us through his pearls of ACL reconstruction, including his use of the 70-degree arthroscope and fixation strategies. After that, he performed a Latarjet procedure in a case of recurrent glenohumeral instability. Following this, we moved to the cadaver lab, in which we performed MQTFL and MPFL reconstructions with Drs. Fulkerson and Edgar, as well as posterolateral corner reconstructions and open glenohumeral capsular shifts with Dr. Arciero. The day finished with a trip to the old ball field for more food, beer, and laughs, where we were spectators for the Hartford Yard Goats baseball game.

The next morning, the traveling fellows gave presentations to the sports medicine division. Dr. Tucker spoke eloquently about glenohumeral arthritis in the young, active population, a particularly difficult pathology to treat, especially in a military population. Dr. Alaia discussed the trials and tribulations as well as his division's research regarding posteromedial meniscus root avulsions. Dr. Joyner discussed the intricacies of ulnar collateral ligament reconstruction as well as his own research in the topic, and Dr. Endres spoke about quadriceps tendon autograft for ACL reconstruction, a topic which has started to develop a significant amount of attention and has once again picked up steam. Finally, Dr. Bert gave a fantastic talk to the group about practice management, especially geared towards the residents and fellows who are so close to starting their own clinical practices. The day concluded by observing Dr. Arciero in the office and Dr. Kevin Shea in the operating room perform an Eden-Lange procedure for scapular winging. After a wonderful three days in Farmington, our time to depart had come, and we were transported to the airport for our next destination: Chicago. However, we could not leave until Dr. Bert imparted his expert advice to Dr. Joyner, in the form of the Brooks Brothers, 3-for-\$200 non-iron shirt, for which Dr. Joyner (and likely his wife) will be eternally grateful.

We soon arrived in Chicago on a rainy evening; but the weather was not indicative of our time spent at Rush. Our host, Dr. Brian Cole, truly rolled out the red carpet for the group. The evening we arrived, we were greeted by Dr. Cole and treated to a traditional Italian meal in the heart of Chicago. We met several of the Rush Fellows as well as the residents; all very kind, welcoming, future leaders of the arthroscopy world.

The next morning, our time was equally divided between Dr. Nicholson's OR; where we observed shoulder arthroplasties; Dr. Verma's OR; we watched the art of the arthroscopic biceps tenodesis; Dr. Bach's OR, where we observed a legend in the field perform his classic ACL reconstruction; and Dr. Cole's clinic, a model of efficiency in a very busy practice. That evening, we had a wonderful dinner at Dr. Cole's beautiful home with Dr. Verma, Dr. Bush-Joseph, the

fellows, and their families. The latter part of the evening was filled with games of ping pong and HORSE (basketball) - both of which were won by Dr. Bert at the expense of the Traveling Fellows.

The next day was spent in Dr. Cole's OR, which was a cornucopia of sports medicine. We observed his masterful techniques in cartilage restoration (patella and medial femoral condyle osteochondral allografts), BMAC harvest and application, superior labrum repair, tibial tubercle osteotomy and MPFL reconstruction, revision anterior cruciate ligament reconstruction, and lateral meniscus transplant. That evening, we were treated to a White Sox game in the Midwest Orthopedics box. The game and atmosphere were secondary to the company and hospitality provided by our hosts.

The next day was a day for the AANA Traveling Fellows team. We spent the morning at an academic session at the Rush University Medical Center. Dr. Joyner delivered a talk on preventing ACL graft-tunnel mismatch and Dr. Endres delivered a talk on his indications and technique for quadriceps tendon autograft in ACL reconstruction. Dr. Tucker gave a riveting talk on many of the challenges he faced working as an Army combat field surgeon while deployed to Iraq, and Dr. Alaia concluded with a talk on the trials and tribulations of knee dislocations and multi-ligament reconstructions. We then took a run on the lake with Dr. Cole on a beautiful sunny day in Chicago. We spent the remainder of the day touring the city with Dr. Bert and going on an architectural boat tour down the Chicago river with several of the Rush fellows and residents. Our day was complimented later that evening by an epic Chicago deep dish pizza and an evening of blues at a legendary bar in North Chicago.

All in all, this was a phenomenal second leg of the fellowship. Dr. Cole and the entire Rush program far exceeded all expectations. It was truly a learning opportunity none of us will ever forget and are very grateful to have experienced. We then headed to the airport for our final stop, the University of Colorado.

On arriving in Denver, we were greeted by our host, Dr. Eric McCarty. We made the short drive to Boulder, where we were given a tour of the city and the CU campus. After lunch and an afternoon respite, Dr. McCarty led us on a short hike. This was just enough exercise to work up an appetite and we were treated to a wonderful backyard BBQ hosted by Dr. McCarty and his wife Miriam. The food was only matched by Mrs. McCarty's famous "bourbon slush," the wonderful company, and a spectacular sunset.

The next day started before sunrise, but it was well worth it as we were taken on a hot air balloon ride. Those of us afraid of heights were able to conquer our fears and stop cowering long enough to enjoy the amazing landscape. One of the CU faculty, Dr. Mei-Dan, showed us a most unique way of commuting to work by skydiving out of the hot air balloon and then catching a ride back to the hospital to start his OR day.

After getting our land legs back, we were given a tour of the new sports medicine and high-performance center at CU. This is an impressive, state of the art facility which is part of the CU football stadium complex. We also toured the stadium, including the locker rooms, weight room and playing fields. We were able to practice our pass plays and field goals, and, needless to say, none of us will be invited back as walk-ons. Next, we observed Dr. Mei-Dan performing hip arthroscopy and discussed indications and technical aspects of FAI surgery. The day culminated with a group dinner at a local restaurant with many of the CU sports faculty.

The following day, we observed Dr. McCarty in the OR. We saw an interesting case of an unstable OCD lesion of the lateral trochlea, treated with open reduction and internal fixation, and a rotator cuff case, during which Dr. McCarty skillfully demonstrated his innovative technique for subpectoral biceps tenodesis. We also learned from one of the fellows (who will remain nameless to protect the innocent) an inventive way to prevent finger-cuts from arthroscopic knot tying. To his or her credit, they handled our verbal beating with pure class. It was then back to the high-performance center, where we all underwent performance testing using an innovative movement capture program. Dr. Bert demonstrated his vertical leap prowess by jumping over a credit card. That evening, we had a truly unforgettable sunset meal in a restaurant in the foothills of Boulder, overlooking the city.

On the final day, we took part in an in-depth educational session with the residents, fellows, and CU sports medicine faculty, including Drs. Armando Vidal, Jonathan Bravman, and Michelle Wolcott. The talks and subsequent discussions were both diverse and stimulating, and encompassed many controversial topics in knee and shoulder surgery. We then went in to the lab, where we essentially had free reign to try out new arthroscopic techniques for the hip, knee and shoulder. After that, it was on to Denver for the AANA Annual Meeting.

We would be remiss without saying thank you to our friend and true pioneer in arthroscopic surgery, Dr. Jack Bert, for sharing your philosophy, clinical pearls, and life lessons with our group. We will forever cherish the friendships and memories made during this trip. We would also like to thank Ms. Holly Albert and Dr. Denver Stanfield and the AANA Fellowship Committee, and the Arthroscopy Association of North America for granting us this true opportunity of a lifetime.