

## SICOT International Travelling Fellowship, 2010, Report

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After starting to work on adolescent and young adult hip problems and the introduction of the concept of Femoroacetabular Impingement (FAI) in our university hospital, I was dreaming of having part of my training at the Inselspital, Bern University Hospital, Switzerland, in which the cornerstone of these surgeries were first introduced by Prof.Dr. Reinhold Ganz followed by Prof.Dr. Klaus Siebenrock. I had the honor of being awarded the "SICOT International Travelling Fellowship" that made my dream come true.

I started my fellowship at the Inselspital on the first of March. From my first day, I sensed the great strength of this institute that was once headed by two of the giants in orthopedic surgery; Prof. Dr. Maurice E. Müller followed by Prof.Dr. Reinhold Ganz.

During my stay, I was attached to the "hip team", headed by Prof.Dr. Klaus Siebenrock. I was able to watch and assist in all types of hip surgeries especially adult "conservative" hip surgeries. I came across a lot of cases suffering from FAI that were managed by either surgical hip dislocation or hip arthroscopy. Also I had the opportunity to learn about different types of pelvic osteotomies especially the "Bernese" periacetabular osteotomy (PAO) that; to my surprise; had a turnover of 1-2 cases average per week. I saw some of the most challenging and complicated cases of hip dysplasia that were treated by Prof.Dr. Siebenrock. Moreover, I saw how he applied the "Ganz" technique of "safe" surgical hip dislocation in management of different hip problems as osteochondritis dissecans, tumors, and fractures besides the FAI. I also shared in arthroplasty cases including difficult revision cases managed by "Ganz" reconstruction ring.



Prof.Dr. Seibenrock while instructing the fellows about the PAO and the application of Ganz ring. From left to right; Prof.Dr. Seibenrock, Haytham Alkhateeb (Egypt), me and Alejandro Verdugo (Mexico)

Being one of the biggest referral centers for trauma in Switzerland, it allowed me to see more surgeries for treatment of difficult and elderly cases with fractures of pelvis and acetabulum.

While attending the weekly clinic, I got to understand more about the clinical and radiological assessment of young adult hip problems. I was able to learn all about the perfect "Bernese" Magnetic Resonance Arthrography (MRA).

Prof.Dr. Siebenrock is a really nice and respectable man. Although having a busy clinic with a lot of fellows from all over the world (average 24/year), he paid special attention to each one of us. He was always keen on thoroughly explaining every step regarding the management of the cases. He made things easier by his simple and well illustrated explanations of the most complicated and difficult technical aspects.



Prof.Dr. Seibenrock and I at his house during the fellows dinner

Although I was attached to the hip team, I was welcomed to share with other teams their operation and activities.

The surgical experience that I gained in Bern is unparalleled. I am really proud of having part of my training at the Inselspital as I believe that I was able to develop a new understanding regarding the management of young adult hip problems that I hope I would be able to convey to my colleagues in Egypt.

I would like to thank Prof.Dr. Siebenrock for his great care and teaching. Also special thanks to Dr. Lorenz Büchler and Dr. Mark Kleinschmidt (Senior Physicians - hip team) as well as PD Dr. Stefan Eggli (knee team leader), Dr. Richard Nyffeler (upper limb team leader), PD Dr. Martin Weber (foot team leader), Prof.Dr.

Marius Keel (consultant of trauma surgery) and Dr. Theddy Slongo (consultant of pediatric orthopedics) for their help, explanation and support.

Lastly, I owe a very special thanks to Dr. Hatem Said, Young Surgeons Committee Chairman, for his great support and care that extended from my first day we met and I told him about my plan to go to Bern till the end of my fellowship.



From left to right; Dr. Slongo, me and Prof.Dr. Siebenrock at the pediatric outpatient clinic

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