



FESSH Travelling Award 2015

Petros Mikalef

Supervisor: Dr Caroline Leclercq, Institut de la Main, Paris



Objectives: To expand my exposure in the treatment of Upper Limb Spasticity

My Travelling Award took place in the Institut de la Main in Paris from 5/1/2015 to 29/1/2015, under the supervision of Dr Caroline Leclercq whose work in Upper Limb Spasticity is world known and recognized

My training in Upper Limb Spasticity included:

1. Tutorials in Upper Limb Spasticity
2. Visits to Rehabilitation Centres. All the patients were assessed in multidisciplinary consultations in paediatric and adult Rehabilitation centres. I have been lucky enough to visit 3 different rehabilitation centres
 - I. Team approach to the treatment of upper limb spasticity was fully demonstrated. The team includes Rehabilitation Doctors, Physiotherapists, carers and family, Hand surgeon, Neurologist, paediatrician and psychologist. Key points of the use of team approach were highlighted
 - II. Preoperative assessment with the use of botox was discussed and fully demonstrated
 - III. Patients were examined and discussed in length. Important points of history taking were fully highlighted. Patients were discussed, indications for procedures were discussed, short and long term results were observed and discussed. Focus on individualizing treatment and results of this treatments were discussed in full length
 - IV. The importance of data collection was emphasized. I had the opportunity to observe the system that was in use. Various classification methods were discussed, regarding their importance and reproducibility
3. Additional targeted visits were organized for me to maximize the effect of the visit and to achieve full exposure to all aspects of treatment of Upper Limb Spasticity
4. Surgery for upper limb spasticity – fractional lengthenings, z-lengthenings, hyperselective neurectomies, tenotomies, tendon releases, tendon transfers
5. Shared with me a large part of her published work in Upper limb spasticity





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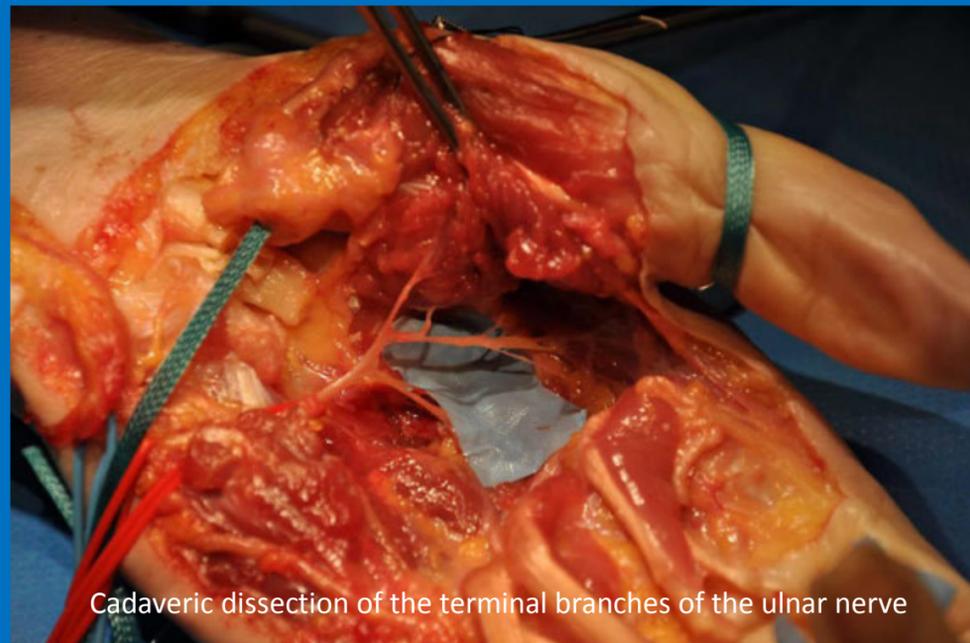
Supervisor: Dr Caroline Leclercq, Institut de la Main, Paris



The Institut de la Main is an institution very well reputed in the International Hand Surgery Society. I was fortunate to be able to observe the whole of Dr Leclercq's practice and get very useful experience in the treatment of a large variety of hand conditions. I also had useful experience observing other world reputed members of the Institut who very kindly let me observe their practice in the operating theatre

I observed part of Dr Leclercq's practice as follows

1. Endoscopic Carpal tunnel release
2. Collagenase injection (Xiapex) for Dupuytren's contracture performed in the clinic
3. Surgery for the upper limb in tetraplegic patients
4. Trapeziectomy basal thumb arthritis and stabilization using the mini tightrope technique
5. Surgical treatment after isolated or complex peripheral nerve injuries
6. Cadaveric dissections of hand in the in anatomy lab
7. Clinics for burns in Hands/upper limb in a specialist centre



Cadaveric dissection of the terminal branches of the ulnar nerve

I was also fortunate to observe:

1. Arthroscopic techniques for wrist arthroscopy performed by professor Christophe Mathoulin
2. Nerve transfers for obstetric brachial plexus injuries performed by professor Alain Gilbert
3. Dr Thierry Dubert during his theatre lists and discussed about distal radius and coexisting injuries of the TFCC
4. Some cases in professor Dominique Le Viet's lists

I had the chance to be introduced to some basics of the French Healthcare System

I would like to thank Dr Caroline Leclercq for sharing with me her knowledge and vast experience in the treatment of Upper Limb Spasticity patients. I need to emphasize to the amazing kindness and hospitality for all the time I was in Paris



Petros Mikalef
Consultant Hand Surgeon



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CERTIFICATE

Whom it may concern, this is to certify that **Dr Petros MIKALEF** was a visitor at l'Institut de la Main from **January 5th until January 29th 2015**, as part of a FESSH fellowship. He was a full time visitor during that period, and had access to the operating theatre, and to the consultations, with a special focus on the treatment of spastic upper limbs, both in adults and in children.

Paris, January 29th, 2015

Dr Caroline LECLERCQ

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