



FESSH Travelling Award 2016

29th February – 31st March

Supervisor: Professor Christophe Mathoulin

Objectives:

- To ascertain the approach to wrist problems
- To get experience about wrist arthroscopy
- To observe a wide range of surgeries for the hand and wrist problems

Institut de la Main, Paris, France: This is a well-known hand institute with an international reputation which was constituted by Raoul Tubiana in 1985. Many young fellows visit this center throughout a year from different regions of the world. During my fellowship period, an average of 35 patients per day were operated for hand and upper extremity problems. The surgeries start at 08:00 a.m. and sometimes continue till 08:00 p.m. Most of the patients are operated after axillary brachial plexus block which is performed by anesthesiologists while the preceding operation was finishing already. This avoids the time loss for patient preparation.



Personal Experience: The main pleasure for me was to have the opportunity to scrub for many of the operations. However, it would be better if I could speak French a little. Although the surgeons (especially Prof. Mathoulin, Dr. Leclercq, and Dr. Kilinc) was always helpful to me in English, it was sometimes hard to communicate with the nurses and other staff.

I had the chance to observe and participate in lots of arthroscopic procedures. Arthroscopic management of scapholunate ligament injury and triangular fibrocartilage complex injury, arthroscopic volar capsulo-ligamentous repair for palmar midcarpal instability, arthroscopic interposition arthroplasty scapholunate advanced collapse, and arthroscopic management of first carpometacarpal joint (pyrocarbon implant) were some of them.



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Besides arthroscopic procedures, I enjoyed many different hand and upper extremity operations:

- Hammock ligamentoplasty for treatment of first carpometacarpal joint arthritis,
- Revascularization of lunate with volar vascularized bone graft and radial shortening osteotomy for Kienböck's disease,
- Distal radioulnar joint (DRUJ) arthroplasty for DRUJ arthritis,
- Tendon transfers and pulley reconstruction,
- Endoscopic carpal tunnel release, were some of them.



Conclusion: The fellowship was a great opportunity to observe different approaches to hand and wrist problems, and also to learn surgical tricks from several experienced hand surgeons. I improved my experience, learned a variety of new techniques, and I have already performed some of the techniques in my own practice.

Acknowledgments: I would like to thank Professor Christophe Mathoulin for his hospitality and support during my fellowship. Professor Mathoulin taught many tricks, broadened my horizon, and inspired me for minimally invasive surgery. I thank to Dr. Caroline Leclercq and Dr. Alexandre Kilinc for their kind attitude and sharing knowledge.

I would like to thank to the FESSH Training Council for this generous award. I think FESSH Traveling Award is a great opportunity and I strongly encourage colleagues to apply for FESSH award.





INSTITUT DE LA MAIN

Chirurgie de la main du coude et de l'épaule
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I undersigned, *Prof. Ch. MATHOULIN*, certified that **doctor EGEMEN AYHAN** was present in the private hospital Jouvenet, Institute of the hand, 75016 PARIS from February 29st 2016 till 31st March 2016 for observation and unpaid work experience in hand surgery.

Certificate established at the request of the interested for file administrative and sent by mail to serve and assert that of law.

Paris, on 31st march 2016

Pr. Christophe MATHOULIN

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