

April – June 2019

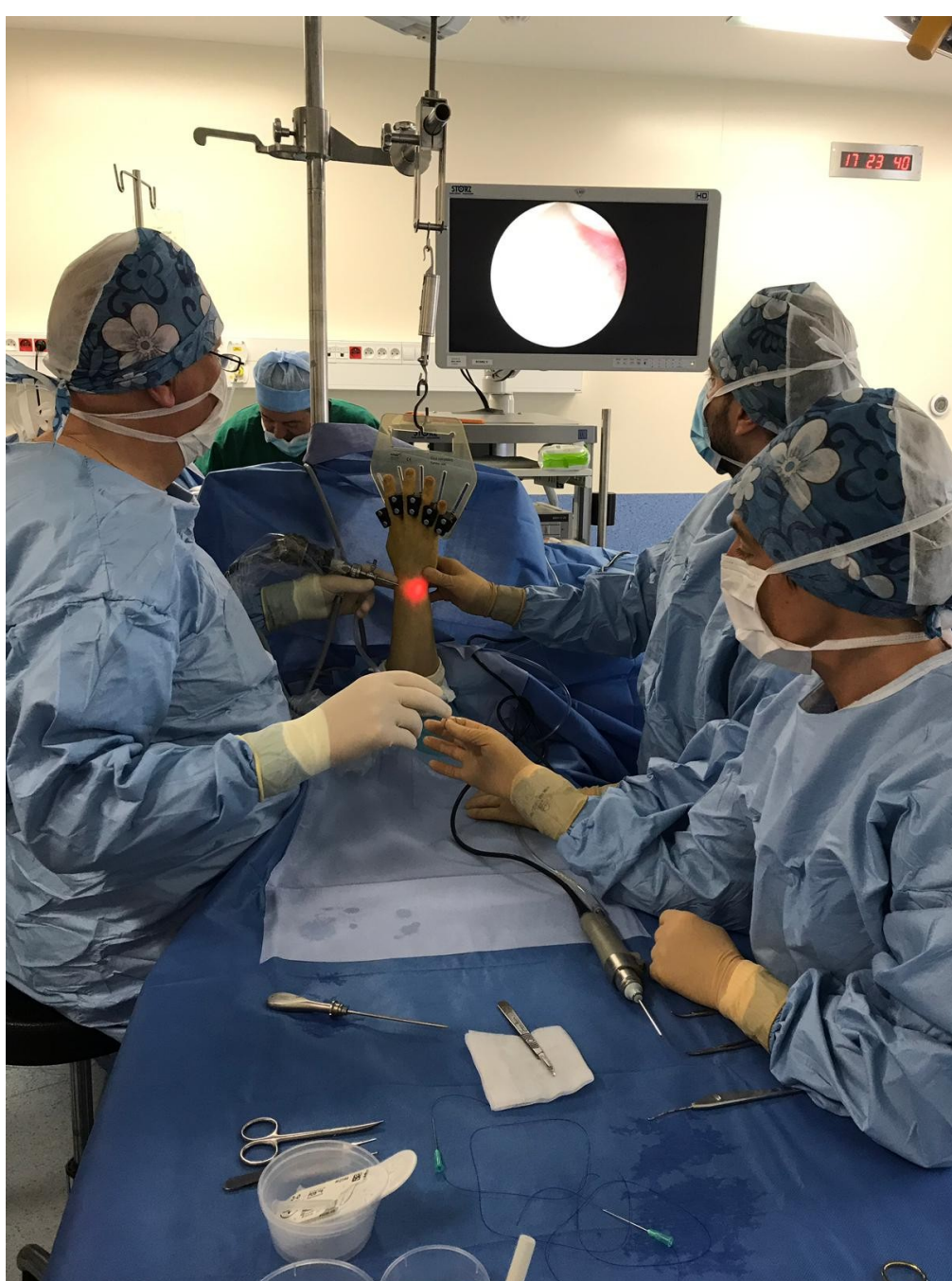
Supervisor: Prof. Christophe Mathoulin

Awardee:

Ali Cavit, MD.

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As part of my fellowship and training, I had the pleasure of visiting one of the leading hand surgery centres in Europe—**Institut De La Main, Paris**. My objectives for this fellowship were to obtain more experience in wrist arthroscopy, improve my understanding regarding its indications and techniques and observe different approaches in hand and wrist problems. The majority of my time during this visit was spent with **Prof. Christophe Mathoulin**, and it was my great honour to observe all his arthroscopic surgeries and assist him.

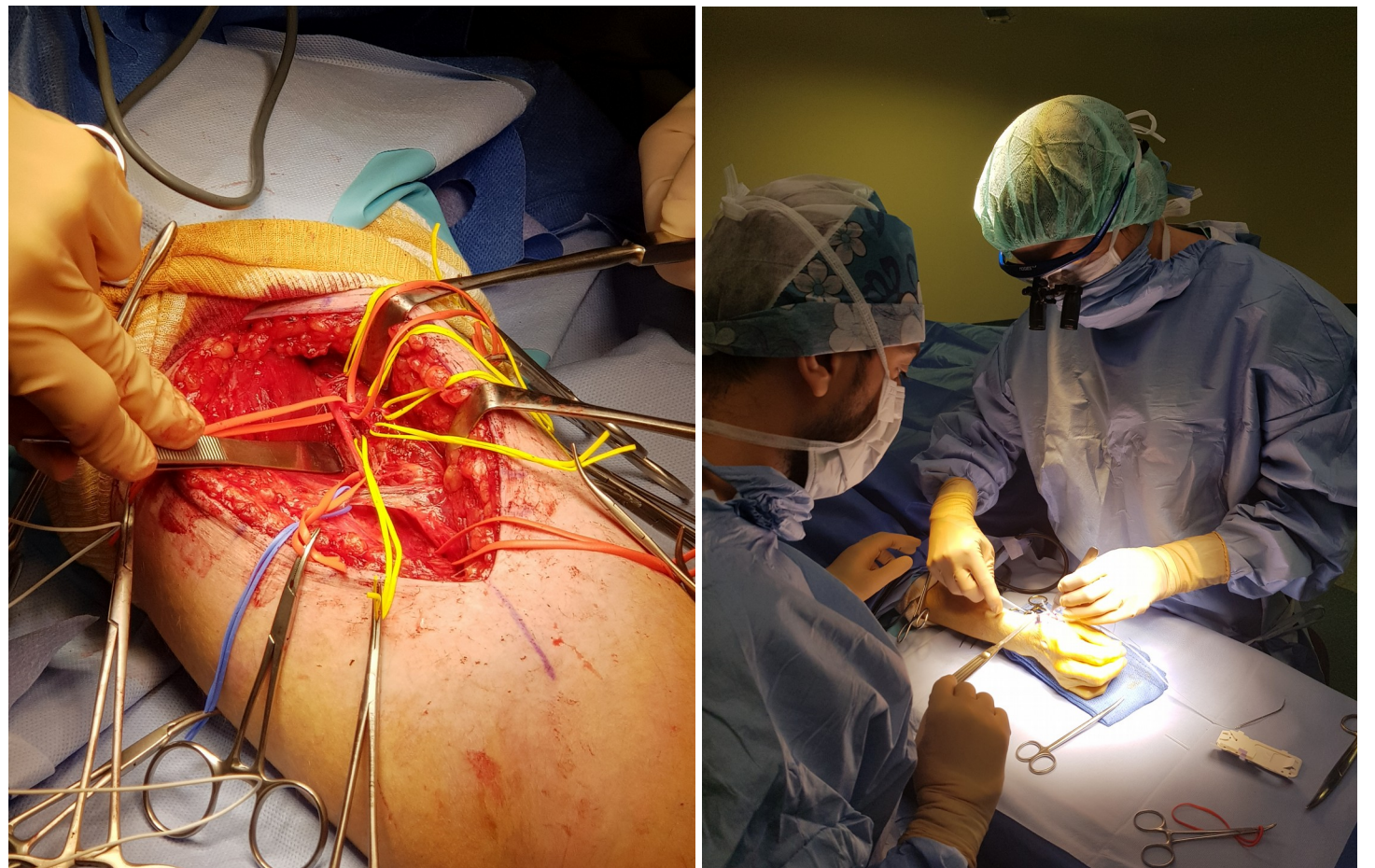
Prof. Mathoulin performed approximately 12–15 wrist arthroscopies per week, and I had the opportunity to observe several sophisticated arthroscopic procedures, including scapholunate ligament repair, foveal and peripheral TFCC tear repair, scaphoid nonunion, lunate bone cysts, scapholunate advanced collapse (SNAC) wrist management and STT arthrosis. **Prof. Mathoulin** also demonstrated some tips and tricks of the techniques that he described in scapholunate ligament repair and SNAC wrist management.



I was also able to observe and participate in several spastic and paralysed upper limb procedures with **Madame Caroline Leclercq**, such as hyperselective neurectomies, tendon transfers, tendon lengthening, tenodesis and arthrodesis.

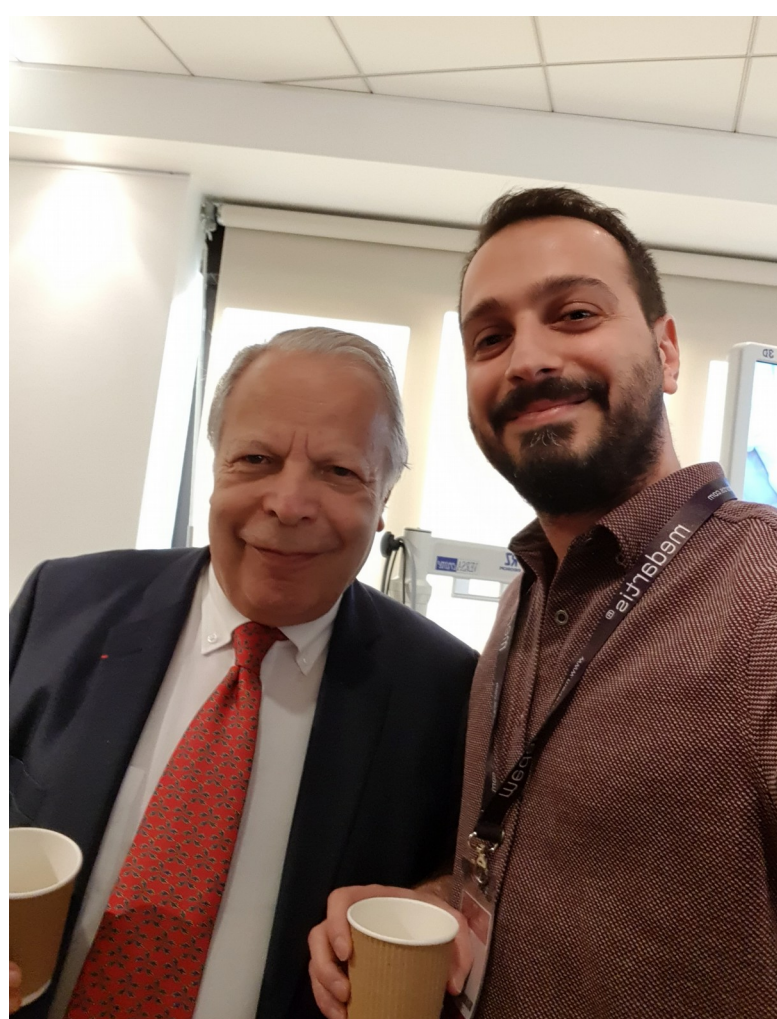
During my 3-month training, I spent every day of the week in operating theatres. I also attended different types of hand and upper extremity surgeries with **Dr. Mathilde Gras**, **Dr. Ahlam Arnaout** and **Dr. Stephane Guero**. Some of these surgeries were as follows:

- Compressive neuropathies
- Tenolysis and pulley reconstructions
- LRTI for treatment of first CMC arthritis
- Hand and forearm fractures
- Congenital hand problems



Moreover, I formed invaluable friendships with other residents and fellows coming from every part of the world. In my spare time during the weekends, I had the chance to explore Paris, which is the centre of fashion, cuisine, art and architecture, and learn about the French culture.

One of the highlights of my visit was attending a symposium on peripheral nerve reconstruction. The symposium was chaired by **Prof. Alain Gilbert**, the former president of Institut De La Main. At the end of my training, I attended the **14th IFSSH Congress** in Berlin, which provided a theoretical reinforcement of my experience in Paris.





In conclusion, this fellowship was a wonderful opportunity to learn new techniques and different approaches for various hand and wrist problems. I acquired invaluable experience, particularly in wrist arthroscopy, and I look forward to applying these skills in my practice.

I am grateful to **FESSH** for supporting my continuing professional development. I would like to thank **Prof. Christophe Mathoulin** for allowing me to learn at Institut De La Main and for the hospitality and support during my visit. I am also grateful to **Madame Leclercq** and **Dr. Guero** for sharing their experience with me. I would specially like to thank **Dr. Gras** and **Dr. Arnaout** for their kind friendship and hospitality and making me feel as though we had been working together for a long time.





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INTERNATIONAL WRIST CENTER

www.cliniquedupoignet.fr

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Paris, 15th June 2019

I hereby certify that Dr. Ali CAVIT was fellow at the Institut de la Main (Hand Institute of PARIS) from 1st April to 15th June 2019. He followed a specific training in the unit of surgery of the upper limb. He could profit from a complete training in the field of the surgery of the hand, wrist, and elbow. He especially learned the current techniques for microsurgery, plexus brachial palsy, congenital deformities, endoscopic carpal tunnel release and wrist arthroscopy. He was a surgeon serious, effective and present. His surgical level is excellent, as well practices as theoretical. He has a great knowledge in the surgery of the upper limb. Moreover he is a pleasant and hard-working man with whom we never had relational problems.

Prof. Christophe MATHOULIN

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14/10/2019

Dear Mr. Matrai,

Please find the detailed expense report of my visit to Institut De La Main, Paris between April – June 2019.

1) Travel costs:

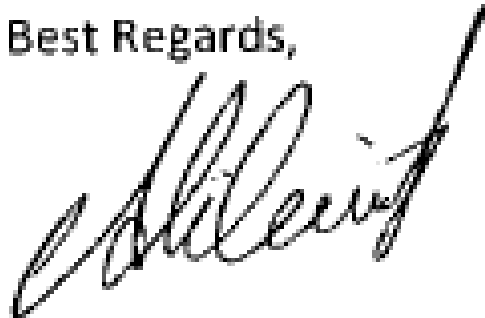
- Flight from Istanbul to Paris (31/03/2019) : 345,18 €
- Flight from Paris to Berlin (17/06/2019) : 127,10 €
- Flight from Berlin to Istanbul (21/06/2019): 331,36 €

2) Accomodation: 1500 €

3) Travel within Paris: 140 €

Total costs: 2443,64 €

Best Regards,



Dr. Ali CAVIT

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