



FESSH Travel Award 2019

Institut de la Main, Paris  
Supervisor: Dr Caroline Leclercq



# INSTITUT DE LA MAIN

**OBJECTIVES:**

- Observe hand surgery practiced in a world leading hand centre
- Exposure to surgical management of upper limb spasticity
- Attend symposium on peripheral nerve reconstruction
- Foster new friendships and collaborative links

**FELLOWSHIP PERIOD:**21<sup>ST</sup> March – 14<sup>th</sup> April 2019**LOCATION:**

Clinique Bizet, Institut de la Main, Paris

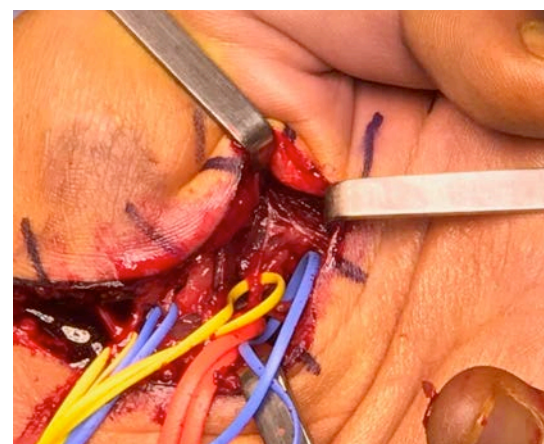
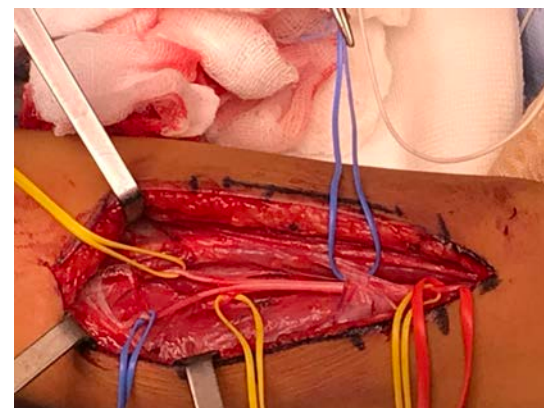
**SURGEONS:**

Dr Caroline Leclercq  
Prof. Christophe Mathoulin  
Dr Mathilde Gras  
Dr Stephane Guero

I had the privilege to visit the Institut de la Main, one of the leading centres for complex hand surgery in the world. Established in 1972 by Professor Tubiana, the Institut was the first European centre dedicated to hand surgery. In 2016 the hospital moved to its new location at the Bizet Clinic, and is currently led by Madame Caroline Leclercq, past-president of the French Hand Society and a world expert on upper limb hand and spasticity surgery.

The majority of my visit was spent observing Madame Leclercq in outpatients and in theatres. I learnt her management of general hand pathologies (osteoarthritis, Dupuytren's disease, entrapment neuropathies etc.), and her assessment of spastic and paralysed upper limbs. In theatre I saw her approach to spastic and paralysed upper limbs, including hyperselective neurectomies, tenodesis, tendon transfers, fractional and step lengthening of tendons. Madame Leclercq shared her long term results from her hyperselective neurectomies and her decision making process for tendon transfers in spastic upper limbs.

I also observed the efficiency of a theatre system dedicated to hand surgery.







**MR. DAVID IZADI**  
Plastic Surgery Registrar  
Royal Devon and Exeter Hospital  
Foundation Trust

**ACKNOWLEDGEMENTS**

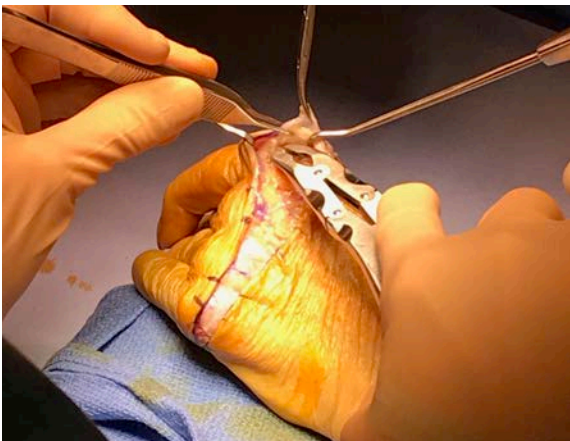
I am most grateful to Madame Leclercq for accepting and supporting my visit to the Institut de la Main. She is a master of her trade and a world class expert. I am also grateful to Madame Gras and Monsieur Guero for sharing their expertise and knowledge with me. This fellowship would not have been possible without the generous support from the FESSH Travelling Bursary. I thank FESSH for the opportunity to continue my professional development.

With Madame Leclercq and Madame Gras, I attended a local paediatric neuro-rehabilitation hospital. I had the opportunity to discuss their rationale for hyperselective neurectomies in spastic upper limbs, in preference to other techniques. I observed detailed assessments of new patients presenting with spasticity and the role of physiotherapy and Botox to aid surgical decision making.

Furthermore, I had the privilege to join Monsieur Guero in theatre, assisting him with a paediatric brachial plexus neurolysis, complex syndactyly release, surgical correction of a cleft hand and other congenital hand cases. Unfortunately my schedule did not enable me to visit Professor Mathoulin, a world expert wrist arthroscopic surgeon.

**Epilogue**

Visiting France, the home of many greats in hand surgery has always been a goal of mine. The Institut de la Main is continuing this French tradition under the leadership of Madame Leclercq to push surgical boundaries and advance the management of complex hand and nerve conditions. I had the opportunity to reflect on the differences between the practice of hand surgery back in the UK and will take forward new philosophies which will undoubtedly improve the care I will provide to my patients.





# INSTITUT DE LA MAIN

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## F.E.S.S.H. Travelling Fellowship Attendance Certificate

This is to certify that Dr David Izadi was present at the Institut de la Main from 21<sup>st</sup> March – 13<sup>th</sup> April 2019 for his F.E.S.S.H. Travelling Fellowship. During this time he also attended the International Symposium on Peripheral Nerve Surgery, hosted by the Institut de la Main, on the 12<sup>th</sup> and 13<sup>th</sup> April 2019.

Sincerely,

Dr Caroline Leclercq

  
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