

**FESSH Travel Award - Institut Kaplan Barcelona 16.09.2019 -
04.10.2019**

Tomasz Zacharias-Nalichowski



Kaplan
hand Institute

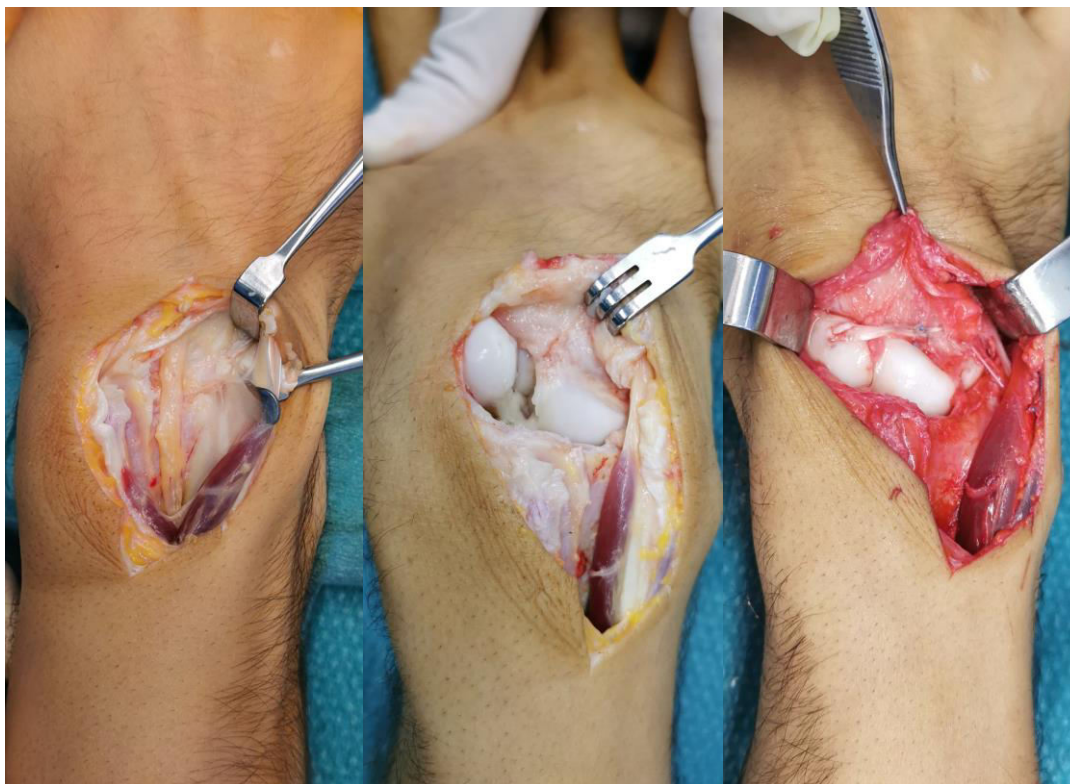
My main goal of the visit to the Kaplan Institute was to acquire practical knowledge in the field of hand surgery - above all concerning wrist instability and its consequences.

At the beginning of my visit, I met with a warm welcome from the whole team - at the Institut there is an atmosphere that favors the exchange of knowledge. I appreciate not only the opportunity to observe the Kaplan specialists while working in the operating theater and the outpatient clinic, but also the numerous constructive discussions that I managed to have - special thanks to Dr. A. Carreno and Dr. A. Ferreres.

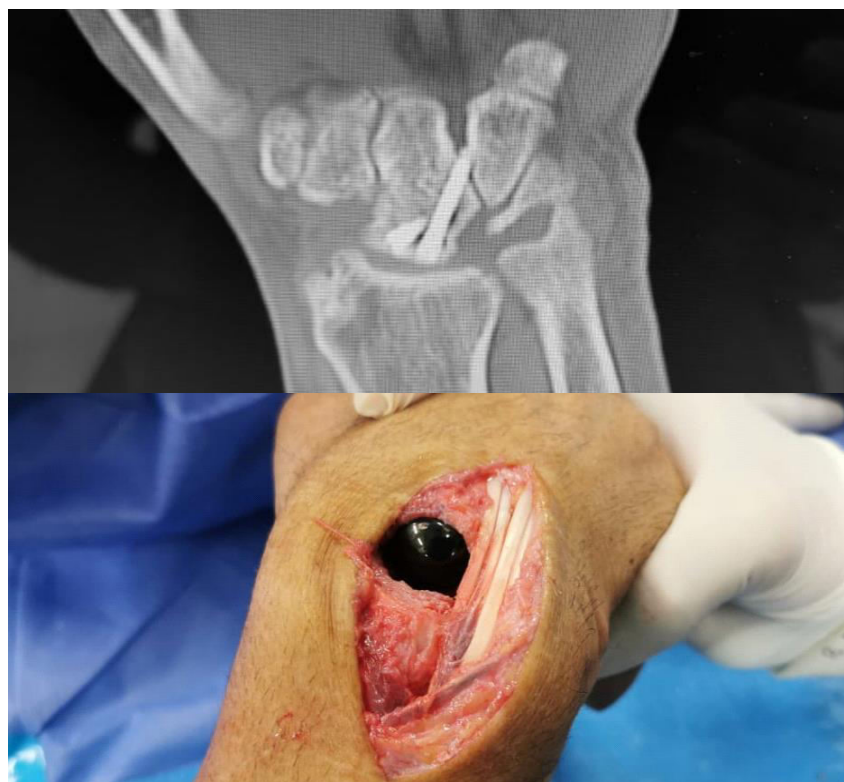
During my entire stay there were 3 other fellows. A valuable experience was a lecture on wrist instability given to all fellows from prof. Marc Garcia-Elias, as well as the preparation of the upper limb at the Anatomy Department of UAB Barcelona.

Surgical procedures take place at the Clinic Creu Blanca and the Hospital de Barcelona - both places are 15 minutes away from each other by walking. Below there is a list of selected procedures in which I had the opportunity to participate:

- elbow stabilization for chronic posterior dislocation using bone graft from iliac crest
- acute luno-triquetral instability treated with L-T K-wire pinning and volar wrist capsule repair
- chronic scapho-lunate instability treated with spiral tenodesis

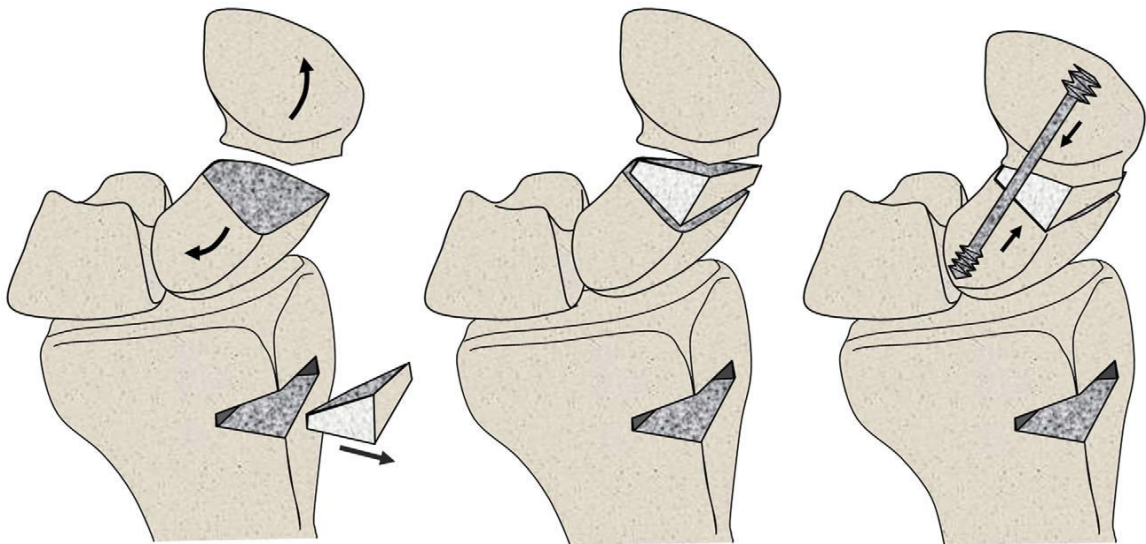


- radiocarpal arthritis after scapho-capitate fusion treated with pyrocarbon resurfacing implant for capitate



- hook of hamate nonunion

- old proximal interphalangeal joint dorsal fracture-dislocation treated with osteotomy and tenolysis
- scaphoid pseudoarthrosis treated with structural cortico-cancellous bone graft from distal radius



Anterolateral Corner of the Radial Metaphysis as a Source of Bone Graft for the Treatment of Scaphoid Nonunion (Luis Aguilera, MD, PhD, Marc Garcia-Elias, MD, PhD)

I highly recommend a visit to the Kaplan Institute to anyone who is interested in wrist pathology.



CERTIFICATE
IN
HAND AND UPPER EXTREMITY SURGERY

5th October 2019

This is to certify that Dr. **Tomasz ZACHARIAS NALICHOWSKI** has observed and participated in most Hand and Upper Extremity surgical procedures, as well as teaching activities at our institution, from September 16 to October 4, 2019.

Very truly yours,

Sincerely,

Dr. Alberto Lluch



Dr. Marc Garcia-Elias



Dr. Àngel Ferreres



Dr. Àlex Lluch



Dra. Anna Carreño

