



FESSH

Federation of
European Societies for
Surgery of the Hand

FESSH TRAVEL AWARD 2023

Dr. Victor RUTKA, FRANCE

From 01/02/2023 to 30/05/2023

Hospital Universitario HM Monteprincipe, Unidad de Cirugia
de Mano

Boadilla del Monte, Madrid

Dr. Pedro J. Delgado



From 01/06/2023 to 30/08/2023

TraumaUnit,

Barcelona

Dr. Joaquim S. Casañas

"I Firstly would like to thank the FESSH and the FESSH Council to have awarded me this grant that made this fellowship possible. This fellowship was really a unique learning and practice exchange experience. It made me know incredible surgeons but also men that I am happy to count among my friends from now on. "





Hospital Universitario HM Montepríncipe, Madrid

Dr. Pedro J. Delgado

I came to see Dr. P. DELGADO with the objective of expanding my knowledge in hand surgery and specifically in Wrist Arthroscopy.

The fellowship was driven by Dr. DELGADO but his team was formed by other young skilled hand surgeon, Dr PRADA and Dr. TRIVIÑO. The week was organized as it follows:

-2 days of consultation, during which I really learn a lot about wrist and above all **carpal ligamentous specific examination**.

-3 days of OR a week, during which I scrubbed on almost every surgery. Among the variety of hand and upper member procedures I assisted on, I had the chance to assist a lot of **wrist arthroscopy procedures: CMC and STT arthroplasty, TFCC repair with various technique, SL dorsal and anterior repair, capsulodesis or ligamentous reconstruction, LT repair, waffer procedure, Scaphoid fracture fixation and pseudarthrosis management, distal radius articular malunion management, distal radius arthroplasty and interposition for chondral defect, wrist arthrolysis...** but also elbow arthroscopy, CMC prosthesis...



Lunate drilling during all-Arthroscopic 360° SL reconstruction



Performing an all-Arthroscopic 360° SL reconstruction

During my fellow I also had the chance to be invited to the **Madrid Wrist Arthroscopy course** which is a very high level masterclass course and to the Fessh Congress in Remini.

Dr Delgado is truly a master in wrist arthroscopy but also a very good wrist clinician. I really thank him to have teach me so many things. More than a teacher Pedro is also an incredible and kind person and I know personally consider has a friend.

I would highly recommend anyone who is willing to learn more about wrist arthroscopy to visit him.



The Montepríncipe Team at the Madrid Wrist Course 2023



TraumaUnit, Barcelona, Dr. Joaquim S. Casañas

I came to visit Dr. Casañas and his team to learn more about peripheral nerve and plexus surgery.

My tutors among the TraumaUnit team were Dr. Casañas and Dr. Osornio but I also had the chance to rotate with the three other experienced hand surgeon of the team.

I attended every week **one day of consultation with Dr Casañas** or another surgeon of the team. **The rest of the week I attended surgeries** that took place in different hospitals within Barcelona.

Dr. Casanas is a world expert in **per-operative nerve monitoring** and I feel really lucky to had the chance to learn from him about this technique that a really consider know as a game changer in peripheral nerve surgery.

I assisted **various nerve surgeries as neurotisations (triceps to axillary, ulnar to biceps, accesory nerve), sciatic exploration, gluteal nerve transfert, various nerve graft and release...** But also **microsurgical procedure as free gracilis flap** for restauration of elbow flexion.

One morning was dedicated to the **POPB consultation**. This is a field I really didn't know about and I am very glad to had the opportunity to learn about it.

And finally a lot of other hand and wrist procedure were driven by Dr Casanas and his team as **wrist arthroscopy (CMC arthroplasty, TFCC, SL reconstruction, scaphoide malunion, articular distal radius fracture...), CMC prosthesis...**

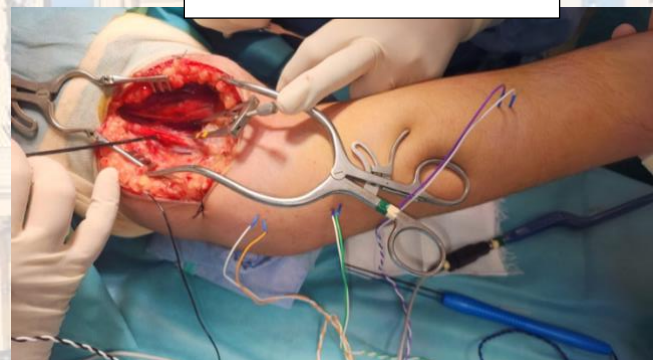
I was invited to the **Valence Wrist Arthroscopy course** and this was again an unique opportunity to learn more skills in wrist arthroscopy.



With my friend and tutor Dr. P. Lopez Osornio



Doing nerve monitoring



I really thank the whole team of TraumaUnit for their warm welcome in Barcelona. Here again I meet wonderfull persons that I know call friends. I really learned new concepts that I hope I will be able to bring back to my department in France.

I would highly recommend this fellowship for any hand surgeon looking to specialize in nerve surgery but moreover who want to find about peroperative nerve monitoring, but also to any hand surgeon who want to be exposed to a wide broad of hand and wrist procedures operated with the latest up to date techniques.



Through this letter, we certify that Dr. **VICTOR RUTKA**, has high satisfactorily completed his period training of our fellowship program in our hand unit in TRAUMAUNIT- Centro Medico Teknon for the concerning 06/01/2023 till 08/30/2023 .

He has shown to have high knowledge of hand surgery procedures and pathology, as well as a perfect integration in the team and level of spanish language.

Sincerely

Barcelona, 09/01/2023

Director Traumaunit

Dr. Joaquim Casañas Sintés

Chief Education Department

Dr. Pau Lopez-Osornio de Vega

Teknon Clinics



Unidad de Cirugía de la Mano y Microcirugía
Hospital Universitario HM Montepíncipe. HM Hospitales

Dr. Victor Rutka

Ha completado satisfactoriamente el Fellowship de Cirugía de la Mano,
Muñeca y Miembro Superior, desde el periodo comprendido
entre el 1/2/2023 al 31/5/2023.

Firmado,

Dr. Pedro J. Delgado Serrano

Jefe de Unidad de Cirugía de la Mano y Microcirugía
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