

IBRA SCHOLARSHIP REPORT

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RESIDENCY PROGRAM: Instituto Nacional de Rehabilitación, Mexico city, Mexico

TRAINING CENTER: Swiss Ortho Center – Schmerzklinik Basel, Switzerland

FELLOWSHIP DIRECTOR: Prof. Dr. Med. Dr. Phil Victor Valderrabano MD, PhD

IBRA SCHOLARSHIP TYPE: Program B

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Actually I am coursing my last year of Orthopaedic Surgery at National Rehabilitation Institute at Mexico city, in this year we are allowed to go to a clinical residential visit to a foreign institution. I am really interested in foot and ankle surgery and that is the fellowship I want to follow after finishing my Orthopaedic training in march next year and that is the reason I looked for IBRA scholarship in order to help me to improve my knowledge in this area. I am going to transmit my fruitful experience at Swiss Ortho Center with Professor Valderrabano.

Swiss Ortho Center is located in the city of Basel – Switzerland, which is a very particular city because it is the border of three countries: Switzerland, Germany and France. Patients from all over Europe and even South America come to Professor Valderrabano, most of them with multiple foot and ankle surgeries, looking for a revision surgery to their pathology.

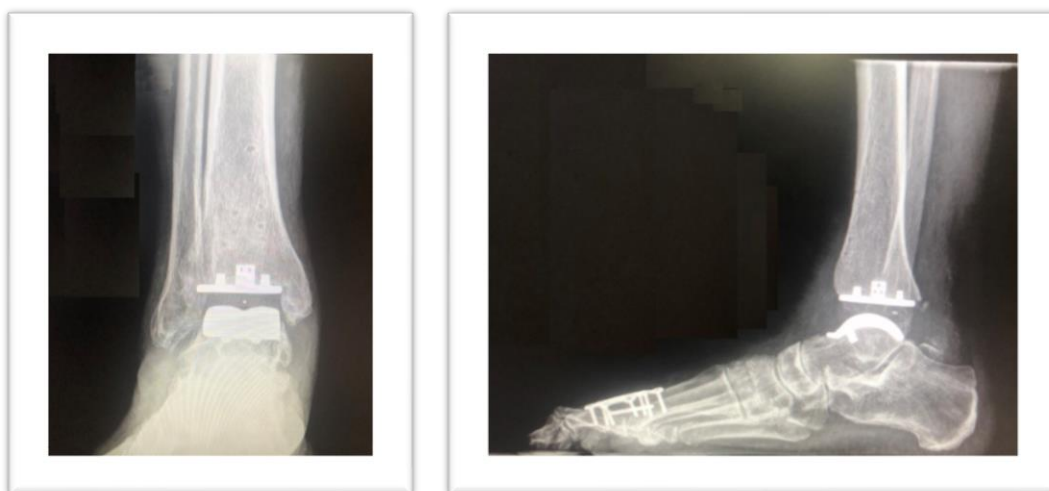


TINGUELY BRUNNEN – BASEL, SWITZERLAND

I stayed for four weeks with Professor Valderrabano and his team, we started every week at the clinic, all fellows stayed in a room checking for the operating cases of the week and also reviewing different researches for writing chapters for Professor Valderrabano's book that will be published next year. Professor came to us in several times to show as different cases of patients, we saw flat foot secondary to tibialis posterior insufficiency, plantar fasciitis, tarsal coalition, non unions, ankle, hind and midfoot osteoarthritis, Müller Weiss syndrome between others.

Weekly we had one surgical day, and one week we had two, every surgical day was very busy with 9 to 12 cases that started very early in the morning in the Obach Privatklinik in Solothurn, Switzerland at one hour from Basel, Professor Valderrabano picked us and took into the clinic every week and finishing between 10 to 11 at night. We were allowed to scrub in almost all cases, we saw his point of view in biomechanics that makes interesting the way of deciding why to perform a specific surgery for each patient.

I had special interest in the total ankle arthroplasty that is a procedure that we don't perform in our hospital because they say ankle prosthesis has a lot of failures and is not worth it between relation cost benefit for patients, however Professor Valderrabano showed us the technique of the prosthesis in which he participated in the design, is the VANTAGE ankle prosthesis, exposing the differences in the design and the correction of the details that made previous prosthesis fail.



Case with a VANTAGE Total Ankle Arthroplasty and a Hallux-Arthrodesis

Moreover, I also saw his Lapidus technique for hallux valgus severe deformities, for hallux valgus revision surgery and for TMT joint instability, he taught us the biomechanical view of the disease and how must be the surgical approach and technique for the patient in order to correct instability in different axes, for me was very interesting to understand the correct indications to perform this surgery and the dorsomedial MEDARTIS plate is the one that he uses for this purpose, is different design than what we use in my hospital and I think is good think to start implementing for us.



LAPIDUS SURGICAL TECHNIQUE

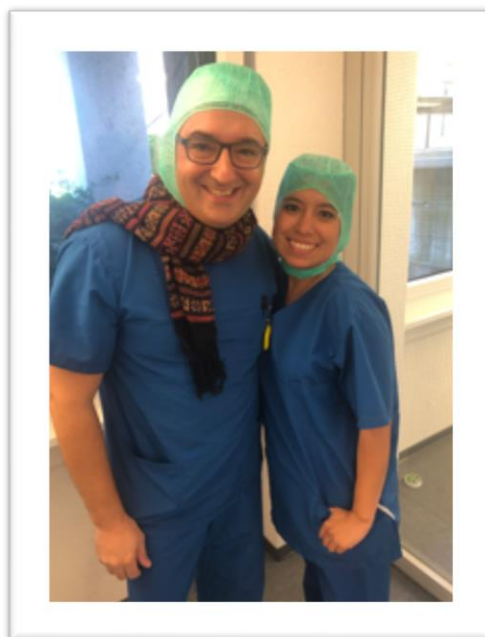
Furthermore, I think we have many foot cases that are similar to what I see in my hospital back home, but the approaches and he explanations of why and what to do in every case is the difference that must be learned and applied.

We were invited to MEDARTIS facilities one day in order to see how they manufactured the screws and plates that we use for our surgeries, is amazing the quantity of titanium they use in order to make just one plate and the precision of the machines and hand workers to make the holes with the trilock and trilock plus system that helps us to different kinds of performing our surgical techniques.



DORSOMEDIAL TMT PLATE (LAPIDUS PLATE) - MEDARTIS

We were also invited to visit Dr. Martin Wiewiorski at Kantonsspital in Winterthur, at one hour from Basel, we were took by Marco Portmann, Medartis international market manager to the hospital to see surgical cases with Dr. Wiewiorski where we were able to participate and scrub with him and learn from his surgical technique and performance.



Finally, my experience with Professor Valderrabano and his team was unforgettable, I was able to write my own chapters for the book about Moberg's osteotomy and plantar approach for Morton's neuroma, and also I helped professor's fellow Dr. Faisal Alsayel with a case report of Müller Weiss syndrome. I think that not only for the great amount of knowledge I acquired but also the quality of person that is Professor Valderrabano I am really thankful to him and to IBRA for the opportunity to know such a beautiful person and to especially learning from him, I really encourage for future foot and ankle surgeons to come, I would definitely repeat the experience.