REPORT OF THE FIRST JAPAN SHOULDER SOCIETY/EUROPEAN SOCIETY FOR SURGERY OF THE SHOULDER AND ELBOW TRAVELLING FELLOW.

Jens O. Søjbjerg, MD,
Shoulder and Elbow Clinic
Department Orthopaedic Surgery
University Hospital in Aarhus
Aarhus, Denmark

It was a great honour to be chosen the first representative of the European Society for Surgery of Shoulder and Elbow travelling in Japan being invited by the Japan Shoulder Society. This fellowship was founded to promote the exchange of shoulder surgery and culture between the Asian and European continents and to provide a better understanding of the Asian approach to the shoulder in Europe and also to promote European shoulder in Japan.

During my 5 weeks touring in Japan I visited 11 centres on three of the main islands of Japan. I will give a short summary of my experience in the following.

22nd Congress of the Japan Shoulder Society (October 21-22) and 4th Japanese-Scandinavian Congress of the Shoulder (October 23-25), Nara.

I arrived in the new Kansai international Airport and was greeted by the staff of Dr. Jiro Ozaki, president of the Japan Shoulder Society, and a few hours later attended the presidents dinner. Later that night I was introduced to the true Japanese hospitality and I had an excellent introduction to Japanese karaoke around the midnight hour.

For a representative of young shoulder society it was very impressive to attend the annual meeting of the worlds oldest and biggest shoulder society. Although the main language was japanese all abstracts were in english and most of the paper presenters had slides in english, and therefore it was possibly for me to follow the congress. Dr. Ozaki and his staff had organized an impressive scientific and social program. There was more than 120 papers, guest lectures and symposias, all with a very high academic level. Dr. Itoi reported from his tour in Europe in 1994 and presented an invited paper in the same session. It was an excellent way for me to start the tour, because this allowed me to be introduced to all my hosts of the travelling fellowship.

Professor Yamamoto was the president of the 4th Japanese-Scandinavian Shoulder Congress. He and his staff had organized an outstanding meeting regarding the scientific as well as the social aspects. The congress was placed in the new Nara City Hall, so beautiful located in the green areas of Nara and with all the deer passing close to the congress areas. All of the participants enjoyed professor Yamamoto and his families, including his

Address: Shoulder and Elbow Clinic Department of Orthopaedic Surgery University Hospital in Aarhus Randersvej 1
DK-8200 Aarhus N Denmark.
two grandchildren, hospitality.

Nobuhara Hospital and Institute for Biomechanics, (October 26-30), Haze, Hyogo.

After the two congresses I went by car to Hyogo to visit the famous Nobuhara Hospital. Dr. Nobuhara was the host in five days of surgery, outpatient clinics and most of all discussions of biomechanics of the shoulder. I was hosted in the Nobuhara Hospital Guest House in close vicinity to the hospital and joined all the activities of the hospital. Dr. Nobuhara spend several hours together with me discussing the zero position of the shoulder, the rotator interval lesions and the contact area of the glenoid. All of his arguments was supported by his excellent work coming from his biomechanics laboratory. Dr. Jun Hashimoto and his staff from the biomechanics laboratory organized the most enjoyable weekend programme for me including visiting the Ohashi bridges, the bridges of the 21th anniversary.

Department of Orthopaedic Surgery, University of Fukuoka, (October 31-November 1), Fukuoka.

I left Tatsuno by The Shinkansen(The new train) and arrived in Fukuoka after a few hours of sight seeing from the train. Dr. Shibata, the secretary of the Japan Shoulder Society and the successor of professor Takagishi, was my host in Fukuoka. He was the prime organizer of the travelling fellowship and I joined him in the clinic and to several of his excellent surgeries on the rotator cuff. He demonstrated the Walor plate in the treatment of AC dislocations and expert arthroscopy together with Dr. Midorikawa. Finally we had a delicious on top of the new Fukuoka close to the Hawks Dome, a very impressive baseball stadium.

Department of Orthopaedic Surgery, University of Nagasaki, (November 2-4), Nagasaki.

Professor Ito and his staff greeted me in Nagasaki after arrival by the express train connecting Fukuoka and Nagasaki.

Professor introduced me to his excellent laboratory and we spend several hours discussion severe shoulder problems of course most of them being loose shoulders whatever the etiology. I joined the morning round with Dr. Ito and his staff of the orthopaedic department and saw many highly specialized orthopaedic cases, including severe tumour cases. These cases of cause 50 years after the Nagasaki atomic disaster had a severe and special impact on me. Again I was enjoyed by the most extraordinary social program set up by Drs. Eto and Rabbi. I enjoyed the active volcano in the Unzen area, and the hot sulphureous springs boiling my lunch eggs in the hot steams. Finally I was introduced to traditional Japanese living, visiting Dr. Itos parents, in their traditional Japanese house including the Japanese garden with both bonsai and fish ponds.

Department of Orthopaedic Surgery, University of Sapporo, (November 4-7), Sapporo.

From the south island of Kyushu I went up north to Hokaido, a two hours flight.

Professor Ishis staff picked me up in the airport of Sapporo and invited me to a most delicious welcome in a traditional Japanese restaurant. The Social program was very intense and I saw the Hokkaido area in 14 hours, including the Olympic area, the hokkaido brown bears and was taught bathing the hot springs. Finally all of the staff did their outmost to introduce me to the world famous Sapporo beer.

Drs Okamura, Usui, Ako and Fukusima introduced me to a very well organized department being able to take care of shoulders and elbows but also being experts in hand surgery and reimplantation surgery of the upper extremity. I joined Dr. Okamura during arthroscopic surgery, and saw his expertise technique for stabilization of the shoulder and he also demonstrated the mini open repair of the rotator cuff.

Department of Orthopaedic Surgery, Shakai-Hoken General Hospital, (November 7-9) Sapporo.
The second part of my stay in Sapporo was organized by Dr. Kimitaka Fukuda. He had set up a very tight operative program to me including a total shoulder arthroplasty, performed with a Japanese implant with a ceramic head.

Dr. Fukuda has a keen interest in sports injuries and is the team doctor of the Japanese icehockey team and he showed me several sports shoulders in his outpatient clinic.

In Sapporo I presented several of my papers and enjoyed a lot of good discussions.

I was invited to stay in Dr. Fukuda's private home and his wife learned me the correct way to use the futon and how to live the Japanese style.

I left Sapporo in the first snow storm of the season heading to the Tokyo area.

Department of Orthopaedic Surgery, Nihon University, (November 9-11), Tokyo.

I arrived in Haneda airport, as usual on schedule, an was picked up by Dr. Koh Maruyama from the Nihon University. We went directly to the hospital joining the outpatient clinic. We saw several patients with severe the rotator cuff lesions, all treated conservatively and with an excellent result concerning pain relief. I also joined Professor Sano, now the president of the Japanese Shoulder Society in his morning clinic the following day.

Department of Orthopaedic Surgery, Fujigaoka Hospital, Showa University, (November 11-14), Yokohama.

Dr. Maruyama followed me to Yokohama to the Rehabilitation Hospital. We were greeted by Dr. Tsutsui and all his staff working intensely this saturday evening. We discussed and saw his famous Cuff-Y exercise Program and the enthusiasm so obviously seen in his patients were convincing.

Later that night I was introduced to the Roppongi area in Tokyo by the "Young Lions" of Japanese shoulder surgery, Drs Tsutsui, Takagishi and Ogawa (We missed Dr Ito). Socializing is an important part of a travelling fellowship and many new ideas and cooperations were planned that night.

On my last day in Yokohama I joined professor Yamamoto in his special shoulder clinic. Dr. Yamamoto has a keen interest in the unstable Shoulder and described his personal operative treatment several years. I saw a lot of his patients treated by his method and all of them demonstrated excellent results.

Department of Orthopaedic Surgery, Tokai University Hospital, (November 14-18), Kanagawa, Ishihara.

Professor Fukuda and his staff had prepared four well organized days at the Shoulder and elbow clinic, at Tokai University. Professor Fukuda has been travelling all over the world and know that these travelling fellowships can be rather exhausting. Therefore he and his wife had included one day for sightseeing in the city of Kamakura, one of the most beautiful and well preserved classic Japanese cities I saw. Mrs. Fukuda spend the whole day with me explaining and teaching me about the temples, the Great Buddha and much more.

In the clinic I joined Dr. Tamada in his surgeries, one being an expert release of a stiff shoulder, and I also joined professor Fukuda in a repair of a partial rotator cuff tear. Dr. Fukuda and his staff has been doing research on the rotator cuff for several years, and they presented some of their excellent papers in an afternoon session also allowing me to present some of my research.

Department of Orthopaedic Surgery, Keio University, (November 18), Tokyo.

Dr Kiyohisa Ogawa is a personal friend of mine for several years and I was very happy to visit him in his laboratory for the first time. At the Keio university, I saw the most impressive biomechanics laboratory and I met several of his coworkers.

The orthopaedic department of the Keio University is organizing this years Meeting of the Japanese Orthopaedic Association and everybody are of course very busy arranging this big event. I was
kindly invited to join their congress this April and I look very much forward to go back there.

Department of Orthopaedic Surgery, Tokyo Metropolitan Hospital, (November 18-19), Tokyo.

Dr. Fumio Kato was my last host of my travelling fellowship. He knew that now was the time to leave Japan. We had a clinical conference at his hospital, serving 50,000 Tokyo policemen and their families. Dr. Kato is treating the shoulders of the policemen injured during wrestling, judo etc. and furthermore has treated several of the professional sumo wrestlers and has a great experience. I was accommodated in shinjyuku-the new Tokyo City—and spend my last day in Japan listening to Johns passion by J.S. Bach in the Arkhill operahouse together with Dr. Kato and his wife.

Conclusion
This travelling fellowship was very well organized and I am deeply thankful to all of my Japanese colleagues arranging this tour so excellent. The hospitality so extraordinary shown to me, was very impressing, for an European.

I have been introduced to a new approach to shoulder surgery, taking into consideration a lot conservative methods.

I have only one few minor suggestions for an even better travelling fellowship program.

The start participating in the Japanese shoulder meeting was excellent, thereby being introduced to all my host, and I will suggest that SECEC should do it the same way, inviting our japanese travelling to the SECE meeting and allowing him to present one of his papers.

Some times during my stay in Japan in needed a more detailed program including addresses and faxes of my accommodation, mainly due to my family.

However these 5 weeks in Japan were one of the highlights of my professional career as shoulder surgeon, and I hope this exchange between our continents will continue and grow even stronger. I am sure that next year even more Europeans will apply for this excellent travelling fellowship.