

HKOA Spine Chapter Travelling Fellowship
Strasbourg, France
26 – 30 October 2014

The EuroSpine Foundation was founded by the EuroSpine Society and the European Spine Journal. Its aim is to foster excellence in spinal care by funding and implementing education, research and quality assessment. The European Spine Course Diploma organized by EuroSpine Foundation delivers consistent educational programs to future spine specialists and it consists of five modules 1) Basic Comprehensive Course 2) Degenerative Challenges 3) Spinal Deformities 4) Trauma 5) Tumors, Infections and Systemic disease.

Through the support of HKOA Spine Chapter Travelling Fellowship, I attended three modules in five days: Basic comprehensive, spinal deformities and tumours, infection and systemic disease with renowned surgeons in Europe as speakers.

It is held in IRCAD lab in Strasbourg, France. In the basic comprehensive reviewed the basic approach to spine patients from history, physical examination, imaging and operation. In the spinal deformity module, it comprises of both the paediatrics and adult scoliosis. It focuses a lot on spine's saggital balance which is the current hot topic and various fixation and fusion method for the spine. In the tumour, infections and systemic disease module, I am particularly interested in the management of spinal metastasis which is common and important to our daily practice. These modules are not spoon feeding lectures, but also involve a lot of case discussion. I really appreciated that participants are always active in discussion and their level of spine knowledge.

The part I enjoyed most is the cadaveric workshop. The course includes four sessions of cadaver workshop 1) hands on practice of thoracolumbar approach for vertebrectomy as anterior decompression 2) Insertion of sublaminar hooks/wire, transverse process hook as a method of scoliosis correction as well as salvage after failed pedicle screw purchase. 3) Insertion of thoracic pedicle screw according to anatomical landmarks 3) Insertion of Iliac screw and S1 screw. I enjoyed participating in surgery with a group of European surgeons who have the common goal to spine advancement.

I made a lot of friends from all over the Europe and we exchanged contacts of each other. I hope in future, we could still maintain a good knowledge exchange. Once

again, I would like to thank for the HKOA Spine Chapter for the support of my course.



Strasbourg is a beautiful town and Petit France is a famous tourist spot where there are a lot of French restaurants.



(Left) Dinner with a German young doctor and Dr Andrew Yip in Petit France after the first day course



(Right) Cadaveric workshop: Thoracolumbar approach



(Left) Spine surgeon from Belgium
(Right) Spine surgeon from Germany



Spine Surgeons from Italy and Spain