



Learn and Practice to Serve Better

香港中文大學
矯形外科及創傷學進修培訓中心
Orthopaedic Learning Centre
The Chinese University of Hong Kong



NEWSLETTER

Jan, 2007 Issue 10

Editor's Notes

In this issue, we have highlighted the Cervical and Lumbar Artificial Disc Replacement Workshop and the Symposiums on Vibration Therapy.

The artificial disc replacement in cervical and lumbar is a new technology in Hong Kong. The goal of artificial disc is to restore the intervertebral disc height and neuroforaminal height, while maintaining physiological motion. It is an alternative to the use of bone grafts, plats and screws in pursuit of spine fusion and we hope this new technology can improve the quality of life of the patients.

Vibration therapy has generated a lot of interest among orthopaedic surgeons, bio-engineers, and rehabilitation specialists on fracture healing and prevention of bone loss. We hope that the focused presentation, discussion, demonstration and scientific exchange can enhance the knowledge of using the vibration as in health promotion and preventive medicine.

Editorial Board

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Program Report

Cervical and Lumbar Artificial Disc Replacement Workshop (Oct 20-21, 2006)

Dr. Raymond Yip

On 20th and 21st October 2006, we held a workshop on cervical and lumbar disc arthroplasty.

Invited speakers for the event were Dr. Wicharn Yingsakmongkol and Dr. Wai Mun Yue. There were 29 participants. The audience was local and international with a large contingent from Taiwan.

Dr. Wicharn Yingsakmongkol is Assistant Professor of Orthopaedic Surgery at Faculty of Medicine, Chulalongkorn University. His main areas of interest are lumbar and cervical arthroplasty as well as spinal deformity surgery and scoliosis.

Dr. Wai Mun Yue is Consultant, Spine Service at Singapore General Hospital, Singapore. His areas of interest include cervical disc arthroplasty as well as other aspects of spine surgery.

Local Faculty was Dr. KY Fung, Dr. Raymond Yip, Dr. SW Law, Dr. KO Kwok and Dr. KY Cheung. The event was co-sponsored by Depuy Spine and Medtronic Sofamor Danek.

After a brief introduction to the faculty, the first day consisted of live surgical demonstrations with cervical disc arthroplasty performed by Dr. Wai Mun Yue in the morning, demonstrating the technique for decompression and subsequent implantation of a Prestige LP cervical disc prosthesis in a 37 year old female patient with cervical spondylotic myelopathy from a cervical disc prolapse at C4/5. The afternoon session consisted of demonstration of a lumbar disc arthroplasty with the SB Charite Lumbar disc prosthesis in a 33 year old male patient with degenerative disc disease at L5/S1 performed by Dr. Raymond Yip. The moderator and commentator was Dr. Wicharn Yingsakmongkol, who drawing on his extensive experience of over 100 lumbar disc arthroplasties, gave the audience a running commentary on his experience and tips and tricks in implanting this prosthesis.

The evening ended with the course dinner.

Day 2 began in the morning with more discussions and presentations. Technique and Indications as well as contraindications were discussed. Dr. Yingsakmongkol and Dr. Yue presented data from their patient series. The male patient with the lumbar disc replacement came to join the audience at the Orthopaedic Learning Center with significant pain improvement at only a little over 12 hours after his surgery. He was walking unaided and could demonstrate a lumbar spine flexion range already equal or more than pre-operatively. The female patient with myelopathy also experienced significant improvement in shoulder and neck pain.

After a light lunch the afternoon began with a cadaveric and sawbone workshop. The participants were able to perform surgical exposure and approach with decompression as well as implantation of artificial disc prostheses in the cervical and lumbar spine specimens. The workshop concluded in the late afternoon.

The organizers would like to thank the invited speakers for finding precious time in their busy schedules to come and share their experience and last but not least a special thanks to the OLC staff and the excellent support from the Audiovisual Team for helping to make the event run so smoothly and efficiently.



Hands-on sawbone workshop

Program Report

International Symposium on Vibration Therapy (Dec 9-10, 2006)

Prof. Louis Cheung

International Symposium on Vibration Therapy (<http://www.ort.cuhk.edu.hk/isvt2006>) was successfully held on 9-10 December, 2006 at Cho Yiu Hall, the Chinese University of Hong Kong. The Symposium was jointly organized by Department of Orthopaedics & Traumatology, CUHK; Bioengineering Department, Beihang University; Committee of Space Life Science, China Society of Space Research; the International Society for Fracture Repair and Asian Association for Dynamic Osteosynthesis.

With the sponsorship from Commence, Industry and Technology Bureau, the Government of Hong Kong Special Administrative Region, KC Wong Education Foundation, United College 50th Anniversary and commercial sponsors, 17 experts from local, regional (China) and international (USA, Germany, Switzerland, Australia) regions were invited to share their experience on vibration therapy research. The presentation topics covered various studies at molecular, cellular, animal and clinical levels, which included areas in orthopaedics, physiology, cell biology,

biomechanics, biomaterial and rehabilitation. These brought a very fruitful discussion among all speakers and participants from different specialties. The round table discussions stimulated further inter-institutional and multidisciplinary collaborations among academic institutions and industrial sectors locally, regionally and internationally. All participants also understood more on the mechanism, usage, applications, precautions and advancement of vibration therapy after the symposium.



Round table discussion

Symposium on Clinical Application of Vibration Therapy (Dec 10, 2006)

Mr. Patrick Sze

The Symposium on Clinical Application of Vibration Therapy was held at Cho Yiu Hall of the Chinese University of Hong Kong (CUHK) on 10 Dec 2006. The symposium was organised by the Department of Orthopaedics and Traumatology of the CUHK.

Vibration therapy is a non-invasive modality to provide systemic vibrational mechanical stimulation on people standing on the platform for 3-20 minutes daily. It has become one of the most popular topics in healthcare and medical science because of its wide clinical application and effectiveness in improving a variety of physiological parameters such as circulation, muscle, bone and pain relieve.

Overseas pioneers and experts on conducting vibration therapy research were invited to the symposium to share their knowledge and experience. Professor Clinton Rubin, who was a pioneer professor to study the effectiveness of vibration therapy, gave a talk titled "Can osteoporosis be treated without drugs?". In his presentation, he talked about how the bone reacted to low magnitude vibration signal and showed that this signal was important in maintaining bone strength in in vivo and clinical studies. Dr. Harald Schubert demonstrated us the importance of muscle power in prevention of fall during the seminar. He studied a rather different kind of vibration platform with much higher amplitude and different mechanism of vibration, which was side alternating rather than vertical vibration. In his clinical study, he found that the vibration platform was a powerful

tool in increasing muscle strength, particularly for patients with poor lower limb muscle weakness. Mr. Ian Cutts, who was from one of the manufacturer of vibration platforms, gave a fruitful talk on safety issues in application of vibration therapy.

Local speakers including Professor Louis Cheung and Mr. Patrick Sze from the Department of Orthopaedics and Traumatology of CUHK; Dr Amy Fu from the Department of Rehabilitation Science of the Hong Kong Polytechnic University and Ms Wong KL from Sheng Kung Hui Elderly Services also delivered their talks on local experience in the application of vibration therapy in prevention of osteoporotic fractures, athletes training and patient rehabilitation.



Dr. Harald Schubert (left) and Prof. Clinton Rubin (right)

Program Summary July - December 2006

Course Name	Date	Invited Speakers	Participants	
			Target	Number
The 10th Advanced Trauma Course - Workshop on Fluoro-navigation in Orthopaedic Trauma and Spinal Surgeries	Sep 17-18	Dr. J MOCTEZUMA, Germany	Orthopaedic Surgeons	24
Research Day of Dept. of Orthopaedics & Traumatology, CUHK and Valedictory Lecture by Prof. Leung Ping Chung	Sep 23	Prof Yu Dong GU, China Prof Simmo VILKKI, Finland Prof EYS CHAO, USA	Orthopaedic Surgeons, Research Scientists	124
Cervical and Lumbar Artificial Disc Replacement Workshop	Oct 20-21	Dr. Wai Mun YU, Singapore Dr. Wicham YINGSAKMONGKOL, Thailand	Orthopaedic Surgeons	29
Postero-Lateral Ligament Reconstruction of the Knee, from Anatomy, Biomechanics, to Development of a Surgical Technique	Nov 9	Prof. Lars ENGBRETSEN, Norway	Orthopaedic Surgeons	15
International Symposium on Vibration Therapy	Dec 9-10	Prof. William R WALSH, Australia Prof. Yubo FAN, China Prof. Fengyuan ZHAUNG, China Prof. Joern RITTWEGGER, Germany Dr. Harald SCHUBERT, Germany Dr. Philip PROCTER, Switzerland Prof. Allen GOODSHIP, UK Prof. David MARSH, UK Mr. Ian G CUTTS, USA Prof. Stefan JUDEX, USA Prof. Kenneth J. MCLEOD, USA Prof. Clinton RUBIN, USA Prof. Janet RUBIN, USA	Clinicians, Biomedical Engineers, Nurses,	93
Symposium on Clinical Application of Vibration Therapy	Dec 10	Dr. Harald SCHUBERT, Germany Mr. Ian G CUTTS, USA Prof. Clinton RUBIN, USA	Nurses, Physiotherapists, Occupational Therapists	40

Program Announcement

Orthopedic Trauma Fellowship

This fellowship program consists of four weeks full duty clinical attachment in our Department and candidates will also have opportunity to attend the workshops held by our Department.

The Orthopaedic Trauma Fellowship is sponsored by Stryker and Synthes. The purposes are to enhance exchange in clinical experience in orthopaedics and traumatology, to facilitate training of middle level surgical staff by providing clinical attachment and to enhance fraternity among centres in orthopaedics and traumatology.

Interested parties can go to our website www.olc-cuhk.org for detail information and download application form.

Advanced Trauma Course - Workshop-Symposium on Fracture Fixations in Long Bones – New Methods and New Tricks (January 13-14, 2006)

Aim: The workshop aims to introduce the principle and technique on fracture healing and management of long bone fracture. Our faculty will share their experience and provide surgical technique tips and tricks with our participants.

Program Structure: Lecture, OT Relay and Discussion

Accreditation: 5 Training points or 5 Cat A CME points

Registration: please go to our website www.olc-cuhk.org to download the registration form and fax to (852) 2647 7432

Program Announcement

Workshop on Fluoro-navigation in Orthopaedic Trauma Surgeries (February 3, 2007)

Aim: To introduce the principle of navigation system and to enhance practical skills for orthopaedic surgeons on using navigation system on trauma surgery

Program Structure: Lecture and Hands-on workshop

Accreditation: Pending

Registration: Please contact Ms Janet FUNG at (852) 3517-5058

2007 Arthroscopic Wrist Surgery Seminar & Workshop (February 3 – 7, 2007)

Aim: The program mainly focuses on introduce the technique on arthroscopic wrist surgery. The program consist of one day seminar and two hands-on workshop.

Program Structure: Seminar-
Expanding Indications for Wrist Arthroscopic Procedures: Feb 3 at Lecture Theatre, Block A, PWH
Hands-on workshops-
Hands-on workshop with Arthroscopic Instrumentation: Feb 4 at Orthopaedic Learning Centre
Basic Wrist Arthroscopy Workshop: Feb 5-7 at Orthopaedic Learning Centre

Accreditation: Pending

Registration: Please contact wrist2007@ort.cuhk.edu.hk or go to our website www.olc-cuhk.org to download the registration form and fax to (852) 2647 7432

16th CUHK-AADO Comprehensive Bioskill Course on Fracture Fixation (April 14-16, 2007)

Aim: To set the standards of operative treatment of fractures and to introduce the principles and recent advances in operative treatment of fractures

Program Structure: Lectures, OT relay, Demonstration and Hands-on workshop

Accreditation: 8 training points or 8 Cat A CME points (HKCOS)

Registration: Please go to our website www.olc-cuhk.org for update information

Advanced Trauma Course-Fluoro-navigation in Orthopaedic Trauma (TBC)

Aim: To introduce the principle of fluoro-navigation system and to enhance the practical skills of orthopaedic surgeons on using navigation system on trauma surgery

Program Structure: Lectures, OT relay, Demonstration and Hands-on workshop

Accreditation: Pending

Registration: Please go to our website www.olc-cuhk.org for update information

***For updated course information please visit our
web site: www.olc-cuhk.org***

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