Report Fellowship – Nikolaus Rosenstiel

From December 2017 to June 2018 I got the chance to become a part of the Santy family. A fellowship is an amazing opportunity to learn new things and meet inspiring people, little had I known what it means to become part of this family.

There was never a doubt that the center of all effort is the treatment of the patient. Out of this passion it is just logic to find solutions to scientific problems and the constant desire to gain more knowledge is palpable everywhere.

First, I got to spend time with Dr. Bertrand Sonnery-Cottet and in an insomniac frenzy, we saw about 40-60 outpatients in a day, operated 8-14 cases per OR day and submitted 5 papers in 5 months. And while the fellows were desperately trying to catch their breath, Bertrand was already on the hunt for the next challenge. Nothing got him more excited than a vivid discussion about a recent study. Questioning traditions and replacing them with evidence based surgery/medicine is the core of his innovative methods. So it was easy to get ignited by the spark of his teachings about revolutionary methods, i.e. Arthrogenic Muscle Inhibition.

After this, Dr. Arnaud Godenèche was kind enough to accept me in the shoulder department. The time with Arnaud and Dr. Lionel Neyton has left me deeply impressed with their skills and how even the toughest revision case was made easy by following the same principles. I've never seen such a sleek and skilled style of Shoulder-Arthroscopy and I'm looking forward, to incorporate everything that I've learned with them into the treatment of my patients.

The experience at Santy was completed with the teachings of the legend himself, Dr. Gilles Walch. He payed attention to every question asked and explained his decision taking step by step, offering an endearing kindness to everyone involved.

The lessons learned at Santy are precious and people that I've met even more so. Thank you to everyone of the Santy family for this amazing experience!

Nikolaus Rosenstiel