

January 29 (Sat)

All 3 members met at the Hotel Hyatt Union Square in San Francisco. The leader was Dr. Kazuya Sugimoto (Foot & Ankle, Sports) with younger Dr. Jun Nishida (Orthopaedic Oncology & Hand) and the youngest Dr. Yoshihiro Nishida (Orthopaedic Oncology). The latter two know each other because their specialty is the same. However, for Dr. Sugimoto, this was the first time to meet to the other doctors. Dinner was eaten at a restaurant in China town to wish our success of this tour.

January 30 (Sun)

17:06 Arrived Houston TX (UA150), and we were picked up by a courtesy car from the University of Texas. Checked in at the Hotel Medical Center Marriott, and met Prof. Em. Dr. Arthur Jansa.

January 31 (Mon)

7:00 Breakfast with Drs. Thomas Clanton (Chair; foot and ankle) and Guzel (Chief resident) at the hotel (buffet)

8:00 – 11:30 Visiting hospitals of Texas Medical Center.

Methodist Hospital Dr. Ken Mathis

MD Anderson Cancer Center Drs. Yasco & Benjamin was out of town, and we could not visit for more than 30 minutes. We would like to visit OR and research Lab but could not. Dr. Christopher Cannon

The Institute for Rehabilitation and Research Mr. Tommy Duhon

Memorial Hermann Hospital ER Dr. Mark Celia and the Life Flight Helicopter Mr David. He gave us helicopter badges.

11:30 Lunch (Texas style steak) at Goode Company Barbecue with Drs. Clanton, Robert M. Lumsden (Hand) and Guzel.

13:00-16:00 L B. Jhonson Hospital (Dr. Robert M. Lumsden)

18:00-21:00 Shopping at the Garellia Mall and had dinner with Emeritus Professor & Mrs. Jansa and Prof. & Mrs. Jeffery Tucker (Trauma) at an Italian restaurant.

February 1 (Tue)

7:00-9:00 Orthopaedic Symposium in Texas University

1. Effect of hyaluronic acid on excursion resistance between tendon and tendon sheath; An *in vivo* biomechanical study. Jun Nishida, MD.
2. Innervation of bone. Michael Heggeness, MD, Baylor College of Medicine.
3. Osteosarcoma in adults. Older than 60 years; A multicentric study by the Japanese musculoskeletal oncology group. Yoshihiro Nishida, MD.
4. Prediction of fracture risk with benign and metastatic skeletal defects. John Hipp, MD, Baylor

College of Medicine.

5. Osteoarthrotic changes of the ankle with recurrent or chronic lateral ligament instability; An arthroscopic study. Kazuya Sugimoto, MD.
6. Calcaneal fractures using the Ilizarov Method. Bill Mcgarvey, MD. University of Texas
9:00-13:00 (Biopsy at the MD Anderson hospital was canceled)
Biomechanics Lab of Univ. of Texas Catherine G. Ambrose, PhD, chief researcher.
Memorial Hermann Hospital OR: TKA of a fat woman (minimal invasive surgery was impossible.)
Arthrodesis of knee for infected TKA.
13:00 -14:30 Lunch at food court (McGovern Commons) with Dr. Clanton.
14:30-16:30 Visited Biomechanics Lab of Rice University with Dr. Catherine G. Ambrose.
Bioengineering study of articular cartilage Kyriacos A. Athansiou, PhD.
Biomechanics of Osteoporosis Michael A.K. Liebschner PhD.
18:30-21:30 Dinner with faculty and spouses at La Colombe D'or (Filet mignon).

February 2 (Wed)

- 8:00 Home dome of Houston Texans (NFL). Dr. Clanton is a team counselor. We could visit players room, gym, video room, coach room and draft room (The conditions and assessment of all players of the pro & university teams could be seen. One coach said to us "I will kill you if you say what you saw here." The Super bowl was held in this stadium last year.
- 10:00 A courtesy car from University of Texas took us to the airport.
- 18:16 Arrived at Rochester MN by way of Chicago (AA3989). It was a very small plane with many physiologically challenged people (patients of Mayo Clinic). Met Dr. Harold B. Kitaoka (Foot & Ankle) at the Rochester airport. A Mayo Van took us to the Rochester Marriott Hotel.
- 19:30 Dinner at Michel's (steak) with Drs. Peter C. Amadio (Hand, previous boss of Dr. Jun Nishida), John W. Sperling (Trauma), Robert T. Trausdale (hip).

February 3 (Thu)

- 6:30 Tumor conference at Gonda lecture Hall.
- Dr. Jun Nishida stayed at the Mayo Clinic 10 years ago, and met again Drs. Franklin H. Sim, Krishnan K. Unni (previous boss of Dr. Jun Nishida), Carrie Y Inwards and Doris E. Wenger. Giant cell Tumor of Bone treated bone cement packing was presented. .
- 8:00 Methodist Hospital.
- Drs. Nishida: An excisional biopsy by Dr. Rock of a case with a soft tissue tumor of the ankle, suspicion of having a leiomyosarcoma. The diagnosis after the frozen section was leiomyoma.
- Rotator cuff repair by Dr. Robert H. Cofield.
- Dr. Sugimoto: Flat foot reconstruction by Dr. Kitaoka.

10:30 -12:00 Mayo Clinic tour, mainly Gonda Building. Mr.Terry Brandt
12:00-13:00 Lunch, Oak Room, Marriott Hotel Drs. Norman R. Turner III (Trauma), Michael J. Stuart (Trauma), Michael J. Yaszemski (Spine), Kenichiro Arai (Biomechanics Lab, from Sent Marianna University, Yokohama).
13:00-14:00 Tour Procedural Skills Lab, -- Mr. Dean Fisher. Physicians practice surgeries using cadaver in this lab. Dr. Allen T. Bishop (Microsurgery) had a lecture.
15:00 – 17:00 Symposium “*Meet the Professors*” Mayo Building, 16th Floor Lecture Hall
3:00: What’s New at Mayo in Orthopedic Oncology: Dr. Franklin H. Sim
3:15: Role of hyaluronan in bone soft tissue tumors: Dr. Yoshihiro Nishida
3:30: What’s New at Mayo in Hand/Wrist Surgery: Dr. Peter C. Amadio
3:45: Effects of recurrent or chronic lateral ligament instability upon the ankle and subtalar joint:
Dr. Kazuya Sugimoto
4:00: What’s New at Mayo in Adult Reconstruction: Dr. Robert T. Trousdale
4:15: Vascularized iliac bone transfer for reconstruction of the pelvic ring following tumor excision: Dr. Jun Nishida
4:30: What’s New at Mayo in Shoulder/Elbow Surgery: Dr. John W. Sperling
4:45: Minimal Incision Surgery: Dr. Mark W. Pagnano
18:30 Dinner at Dr. Kitaoka’s home Dr. and Mrs. Cofield, Dr. Sim, Dr. and Mrs. Amadio,
Dr. and Mrs. Kitaoka
22:30 Dr. Jun Nishida’s friend Young visited the Hotel.

February 4 (Fri)

6:30 - 7:45 Hand Conference (Rochester Methodist Hospital Dining Room 6) with breakfast
8:00 - 9:30 Rochester Methodist Hospital OR: Huge recurrent synovial sarcoma in pelvis. Dr. Sim). The patient was from Argentina. THA: Dr. Trousdale
9:30-10:30 Tour Biomechanics Lab -- Kai-Nan An, PhD.
Presentations of the Japanese Research fellows (in Japanese). Drs. Kennichiro Arai, Manabu Taguchi, Toshikazu Tanaka and Kazumasa Tomita.
10:45-11:45 Tour Motion Analysis Lab – Drs. Kaufman and Steve Irby
12:00 Lunch at Broadstreet Café with Drs. An, Kaufman and Kitaoka.
13:30 Departure of the Hotel by Mayo van.
14:50 Arrived Chicago (AA3994). Dr. Yoshihiro Nishida stayed at Rush University, Chicago for 2 years. Dr. Brian C. Toolan (foot & ankle, He have been to Japan as a member of AOA/JOA traveling fellow) took us to the Omni Chicago Hotel. Dr. Yoshihiro Nishida’s luggage did not arrive, and he had to wait till next morning.
18:00 Dinner at Coco Pazzo with Professor & Mrs. Michael A. Simon (tumor) and Dr. Toolan

February 5 (Sat)

12:00 Dr. Toolan took us to the Field Museum, to meet Sue, a famous dinosaur.

16:00 – 18:00 Visited Chicago University Hospital. They have 40 day surgeries every day.

18:30 – 21:30 Dinner at Professor Simon' house with Professor and Mrs. Bruce Reider (Sports Medicine; Editor in Chief of the Am J Sports Med. He gave us the current issue of the Am J Sports Med with his signature.) and Dr. & Mrs. Toolan.

February 6 (Sun)

15:30 – 20:00 Watched the Super Bowl at the Spectator Bar of the Sheraton Hotel with Professor & Mrs. Simon and Dr. Toolan. Dr. Simon supported the New England Patriots and Dr. Toolan supported Philadelphia Eagles. It was a seesaw game.

February 7 (Mon)

7:00 Case conference with breakfast. Emergency cases of the weekend.

8:00-12:00 2005 American Orthopaedic Association – (AOA) – Japanese Orthopaedic Association (JOA) Traveling Fellowship Symposium

8:00 The Role of Gene Therapy in Sports Medicine. Dr. He

8:20 Total Ankle Arthroplasty. Dr. Toolan

8:40 Osteoarthrotic Changes of the Ankle with Recurrent or Chronic Lateral Ligament Instability. Dr. Sugimoto

9:00 Manuscript Writing: An Editor's Perspective. Dr. Reider

9:20 Shoulder instability. Dr. Terry

10:00 Vascularized Iliac Bone Transfer for Reconstruction of the Pelvic Ring Following Tumor Excision. Dr. J. Nishida

10:20 An Orthopaedic Animal Model of Human Osteosarcoma Metastasis. Dr. Luu

10:40 Roles of Hyaluronan in Bone and Soft Tissue Tumors. Dr. Y. Nishida

11:00 BMP Gene Therapy in the Treatment of Musculoskeletal Disorders. Dr. Haydon

11:20 Wear Prediction in Total Hip Arthroplasty. Dr. Martell

11:40 Conclusion. Dr. Toolan

Dr. Simon gave us the Certificate and gift (mug cup of University of Chicago etc.).

12:00 Lunch

13:00 Lab tour (Dr. T.-C. He). Cartilage and gene.

14:30 Dr. Jun Nishida: OR; Nerve transfer of cubital tunnel syndrome. Dr. Mass

Dr. Yoshihiro Nishida: Out patients Dr. Peabody.

16:00 Dr. Simon took us to the nuclear fusion monument (Manhattan Project).

17:00 Beer drinking at quadrangle club (alumni house).

18:00 Dinner with Drs. Simon, Reider, Mass, Haydon, Toolan, Ellis, Purnendu Gupta (spine).

February 8 (Tue)

7:00 Case conference

7:30 OR: Drs. Nishidas; Open biopsy 27 year-old male, malignant tumor of the proximal humerus. Diagnosis of the frozen section was a malignant lymphoma. marginal excision of intramuscular lipoma. Resident with Dr. Peabody.

Dr. Kazuya Sugimoto; ACL reconstruction by Dr. Reider (Single bundle reconstruction end button CL at the femoral side and interference soft screw at the tibial side)

10:00 Lab tour Drs. Nishidas; Dr. T-C. He. BMP research, animal model of osteosarcoma etc .

Dr. Kazuya Sugimoto; Dr. Reider (Am J Sports Med)

12:00 Lunch.

12:30 surface mail shipping of the publications and gifts.

13:00 A courtesy car of University of Chicago took us to the airport.

15:45 Left Chicago by AA 500.

Feb. 8, 05 Tuesday

We departed from Chicago O'Hare airport, and flew to Indianapolis airport. Prof. Randall T. Loder kindly came to see us at the airport, and picked up us, and brought us to one of the tallest building in downtown Indianapolis. At the famous restaurant, "Skyline club", at 36th floor in this building, we met Pfs. Capello, Misamore, Mih, Anglen, and enjoyed excellent dinner together with Pf. Loder. After satisfied with this dinner, Pf. Loder taking care of me and Dr. Sugimoto for staying with Pf. Loder's house, and Pf. Capello kindly took Dr. Jun Nishida to his historical house. I and Dr. Sugimoto were deeply impressed with Pf. Loder's beautiful and comfortable house. We really enjoyed the two night's stay at Pf. Loder's house as same as Dr. Jun Nishida's stay at Pf. Capello's traditional house.

Feb. 9, 05 Wednesday

We got up at 5 A.M. in the morning after comfortable sleep. We departed from Pf. Loder's house in the snowfall to the hospital. After about 30 minute's drive, we arrived at the hospital, and attended to the Orthopaedic Ground Rounds. We, three Japanese fellows, were given the opportunity to have presentations to attendee. The title of the presentation as follows, Dr. Jun Nishida, " Effect of hyaluronic acid on the excursion resistance of tendon grafts: an in vitro biomechanical study". Yoshihiro Nishida, "Reconstruction of the pelvis after resection of malignant tumors". Dr. Kazuya Sugimoto, "Osteoarthritic change of the ankle with recurrent or chronic lateral ligament instability: an arthroscopic study". We had several constructive questions from attendee, and were given the

honorable certificate from Pf. Loder.

We visited "Shelbourne Clinic", and very impressed with the technique of ACL reconstruction and rehabilitation schedule. Dr. Shelbourn kindly gave us a slide presentation about ACL reconstruction, and T-shirts to each of us. After having lunch with Dr. Lonnie Davis, a chief resident, Dr. Sugimoto visited operation room, and had a chance to look at Dr. Fittch's operation, Dr. Jun Nishida looked at Dr. Mih's operation. I visited the basic research Labs. These famous Labs are conducted by David B. Burr (bone biology), Dr. Steve Trippel (chondrocyte biochemistry, molecular biology, and tissue engineering), and so on. In the evening, Dr. Loder took us to Rathskeller's restaurant, where journal club is being held. We drank the tasty german beer, and enjoyed the paper presentation by young residents. It seemed very constructive and beneficial to all of the attendees. We home-stayed the second night at Pfs. Loder and Capello's house.

Feb.10, 05 Thursday

Prof. Loder kindly took us three to Indianapolis Speedway. We really enjoyed this world wide famous speedway by bus tour, and moved to Indianapolis airport.

We departed from Indianapolis, stopped at Chicago O'Hare airport, and flew to Rauleigh/Durham airport. Two doctors kindly picked up and took us to Washington Duke Inn & Golf Club, where we were going to stay. We had excellent dinner at this hotel's restaurant with Dr. Steven Olson, one of the previous AOA/JOA Traveling Fellow, together with Dr. Kitaoka who is doing research at Duke University, originally from Kochi Medical University. We enjoyed the dinner and talk about Dr. Olson's visit to Japan.

Feb. 11, 05 Friday

Dr. Olson kindly picked up and took us to the hospital. After case conference, we had a chance to look at an important case of osteosarcoma resection at operation room by Dr. Brigman. We felt a slight difference of the procedure between USA and Japan, but were impressed the small amount of blood loss during the operation. After lunch, we were given the opportunity to have presentations. The title of presentations as follows. Dr. Jun Nishida, "Vascularized iliac bone transfer for reconstruction of the pelvic ring following tumor excision". Yoshihiro Nishida, "osteosarcoma on adults older than 60 years: a multicenter study by the Japanese Musculoskeletal Oncology Group Study". Dr. Sugimoto, "Osteoarthritic change of the ankle with recurrent or chronic lateral ligament instability: an arthroscopic study".

Drs. Steven Olson, William Richardson, William Hardaker kindly showed the history, training system of Duke's. After this conference, we visited the basic research labs.

For dinner, Dr. Olson took us to Pf. L. Scott Levin's house. We were surprised at the large, modern, and beautiful house, and met Pfs. Urbaniak, Richardson, Garret, Attarian, and Vail. We deeply impressed

that Pf. Levin is very familiar with Japan, Japanese Orthopaedic Surgeon. This experience made us convinced of the significance of this fellowship.

Feb. 12, 05 Saturday

Dr. Olson kindly took us to play golf nearby the hotel. We were very pleased with the hospitality even on weekend by Dr. Olson.

For Dinner, at Four Square Restaurant, we enjoyed the not only excellent dinner but amazing tasty red wine with Dr. Olson, Nunley, and Brigman.

Feb. 13, 05 Sunday

We departed from Rauleigh/Durham airport, and flew to New York LGA airport. The person who was ordered by MSKCC took us to Bentley Hotel. Pf. John H. Healey kindly waited for us at this hotel, and gave us an itinerary. We had had relaxed time at central park, and taken a short time rest at the hotel. Pf. Hausman kindly came to the hotel, and took us the modern restaurant, Gastavinos, where Dr. Edward C. Yang were waiting for us. It was great time to have nice meal and talk with Drs Hausman and Yang.

Feb.14, 05 Monday

Dr. Kawano who is research resident under Pf. Healey, and Dr. Nathan from Singapore, took us to MSKCC. We were given the opportunity to give presentations. The title of the presentation as follows. Dr. Jun Nishida, "Vacularized iliac bone transfer for reconstruction of the pelvic ring following tumor excision". Yoshihiro Nishida, "Roles of hyaluronan in bone and soft tissue tumors". Dr. Kazuya Sugimoto, "Reconstruction of the lateral ligaments with bone patellar tendon graft with chronic ankle instability". Subsequently, Dr. Healey kindly presented the details of his original prosthesis. Other presentations from an attending doctor, fellow, and resident were all impressed for us. Dr. Kawano kindly took us for Labs tour in MSKCC, including the world wide famous pathologist, Dr. Huvos's lab. Dr. Huvos introduced his lab in details to us. The magnificent lab and Dr. Huvos's hospitality were amazing for us. For lunch, we went to Chinese restaurant near by the hospital with Drs. Kawano, Nathan, and Manoso, and enjoyed. Dr. Jun Nishida had a chance to look at Dr. Morrey's operation. For dinner, we went to Japanese restaurant with Dr. Kawano, and enjoyed Japanese meal for a long interval.

Feb. 15, 05 Tuesday

A cab from Mount Sinai Medical Center was waiting for us at the entrance of the hotel, and it took us to the hospital. At 8 A.M., Pathology Conference started with Pf. Springfield, 2 fellows, and a pathologist. After that, Pf. Springfield kindly took us for hospital tour, guided in details.

From 9:30 A.M., there was conference, Drs. Yang, Hausman, Gilbert, Straus presented their excellent

work, and Dr. Jun Nishida also had an opportunity to present his work entitled, "Vacularized iliac bone transfer for reconstruction of the pelvic ring following tumor excision". After lunch, Dr. Lee kindly took us to operaiton room, and we had a chance to look at Shevron's operation etc.

Dr. Springfield took care of taking tickets for "The Phantom of the Opera" for us. We had a very exciting time to see this musical, and really thanked this hospitality for Dr. Springfield.

Feb. 16, 05 Wednesday

A cab from Mount Sinai Medical Center was waiting for us at the entrance of the hotel, and it took us to the hospital. We attended the Ground Rounds, and after that we had a chance to go to Dr. Shaffler's lab. He kindly introduced his lab to us. From 10:30 A.M., we had an opportunity to have presentations. Titles of the presentations as follows. Dr. Jun Nishida, "Effect of hyaluronic acid on excursion resistance between tendon and tendon sheath". Yoshihiro Nishida, "Roles of hyaluronan in bone and soft tissue tumors". Members of Dr. Schaffler's lab, Dr. Wang, Majeska, Jepsen, Sun, kindly presented results of their research. The enthusiastic presentation impressed us concerning to basic research. After this meeting, we moved to LGA airport, and departed from New York to Pittsburgh.

Feb. 16, 05 Wednesday

17:14 Arrived at Pittsburgh by UA1786.

We met Dr. Fu in the Chinese restaurant "Orient Kitchen". We took dinner with Dr. Fu and research fellows Drs. Daniel Carrares, Mario Ferretti, Koh Joyce, Seiji Kubo, Tetsuya Matsuura, Kiyoka Motojima. We stayed at the Wyndham Gardens Hotel.

Feb. 17, 05 Thursday

8:00 Tour Ferguson laboratory, guided by Lars Gilbertson, PhD.

Dr. Ferguson is an old friend of Dr. Ikari, ex-boss of Dr. Jun Nishida in orthopaedic surgery, Iwate medical university, Japan.

9:30 Orthopaedic research laboratory tour.

Visit laboratory of Zong Ming Li PhD. Biomechanics of hand.

Visit laboratory of James H-C Wang PhD. Tissue engineering.

11:00 Growth and Development Lab

Lecture by Arvydas Usas MD. We met Johny Huard, PhD.

12:00 University of Pittsburgh Medical Center Sports Performance Complex.

We saw players of Steelers (NFL) and Panthers (University of Pittsburgh) in weight training. We took lunch in UPMC.

13:30 Golf swing analysis and Neuromuscular Lab

18:30 Dinner at Japanese restaurant "Nakama".

Feb. 18, 05 Friday

6:45 OR in the South side hospital.

7:15 We watched 2 cases of ACL reconstruction with double bundle technique by Dr. Fu. Allografts of the tibialis posterior or anterior was used. Dr. Fu told us that he learned double bundles technique from Dr. Kurosaka, prof. of Kobe university, Japan.

11:45 Lunch at Wyndham Garden Hotel.

15:50 Departed from Pittsburgh by UA 2473.

17:14 Arrived at Boston, MA. It was very cold. We stayed at the Sheraton Boston. We expected to visit MGH, but they couldn't have us because of preparation for ORS. We took dinner at oyster bar.

Feb. 19, 05 Saturday

8:45 Departed from Boston Back Bay Station by Amtrak and arrived in New Haven 11:08 A.M. We met Dr. Dieter Lindskog from Yale university.

After lunch, Dr. Lindskog took us to the Yale University Hospital. Unfortunately we didn't learn the detail of the research.

18:30 Dinner at Italian restaurant with Drs. Lindskog and Takusari.

Feb. 20, Sunday

We enjoyed free time in the city of New Haven.

16:00 Dr. Gary Friedlaender pick up us at Omni Hotel and took us to his House. The house was located in a beautiful wood. We enjoyed talking with Dr. & Mrs Friedlaender. The contemporary arts collected by Mrs. Friedlaender were wonderful.

18:00 Dinner with Dr. & Mrs. Friedlaender at the modern American restaurant.

Feb. 21, Monday

9:11 Departed from New Haven by Amtrak and arrived at Washington DC union station in 14:30 A.M. We checked in the Westin Grand Hotel. Mrs. Jun Nishida joined us here.

Feb. 22, Tuesday

Dr. Yoshihiro Nishida attended the ORS meeting.

18:00 We 3 fellows and Mrs. Jun Nishida took dinner in a Japanese sushi restaurant near Dupont circle.

Feb. 23, 05 Wednesday

We attended the AAOS meeting. We met Dr. Tanaka and Dr. Ishii who were elected as the members of

AOA traveling fellowship 2006.

17:00 Reception of Traveling Fellowship. We saw the hosts of this tour. We had not enough time to express our appreciation for all of the hosts attended there.

We also met Ms. Maybloom, a secretary of the AOA office. Our tour was not so fruitful without an excellent arrangement by her. We were very happy to meet Ms. Maybloom.

Feb. 24, Thursday

Each of us attended the AAOS meeting and enjoyed scientific programs. I, Sugimoto M.D. personally enjoyed the symposium of ACL reconstruction and free papers in foot and ankle session. Hot discussion on a new wave of double bundle reconstruction was very impressive for me.

Feb. 25, 05, Friday

We went to the national air and space museum and the national gallery of art in Smithsonian, and the spy museum. We took farewell dinner in a Japanese sushi restaurant. This was the last dinner we took by 3 fellows.

Feb. 26, 05 Saturday

The Specialty Day.

Dr. Jun Nishida and Dr. Yoshihiro Nishida attended the Musculoskeletal Tumor Society, and they saw Dr. Simon, Dr. Healey and Dr. Springfield again. I, Sugimoto attended AOFAS winter annual meeting and I saw Dr. Kitaoka and Dr. Toolan.

Feb. 27, 05 Sunday

We departed from Washington DC. Dr. & Mrs. Jun Nishida visit San Diego, and Dr. Yoshihiro Nishida and I, Sugimoto visit Honolulu to worm up bodies before return to our daily busy work.

Mar. 2, 05 Wednesday

Dr. Yoshihiro Nishida and I, Sugimoto went back to Japan.

Mar. 3, 05 Thursday

Dr. & Mrs. Jun Nishida returned to Morioka Japan.

Thank you for all the doctors, secretaries, nurses and everybody who concerned to the AOA-JOA traveling fellowship tour 2005. See you again in the near future?