

JOURNAL OF BRAZILIAN SOCIETY OF

SHOULDER & ELBOW



JOURNAL OF BRAZILIAN SOCIETY OF SHOULDER AND ELBOW SURGERY • SBCOC

YEAR XVII • EDITION #61 • APR-MAY-JUN 2024 • www.sbcoc.org.br



© CREDITS: ELAINE VILLATORO

ESPÍRITO SANTO WELCOMES THE XV CBCOC WITH OPEN ARMS!

And SBCOC brings an itinerary about the city of Vitória, as well as interviews with speakers that will make the event even more complete. It's unmissable.

[LEARN MORE ON PAGE 10]



ALSO CHECK OUT:

Virtual planning contributes to surgical preparation. Find out more in Dr. Wilson Sola's article.

PAGE **4**

Charles Sumner Neer, the father of modern shoulder surgery is honored by Dr. Osvaldo Lech. Read the full article

PAGE **5**

Check out the benefits of participating in medical events and conferences

PAGE **23**

MESSAGE FROM PRESIDENT

CBCOC 2024: ON THE WAY TO VITÓRIA - DON'T FORGET TO PARTICIPATE!

It is with great enthusiasm that we present the 2nd edition of our traditional SBCOC Newspaper, under my management. As the main theme, we highlight various information and expectations with the approaching Brazilian Congress of Shoulder and Elbow Surgery (CBCOC) 2024, which will take place in August in the beautiful city of Vitória - ES. Together with the local President, Dr. Jair Simmer, the Honorary President, Dr. Roberto Ikemoto and the entire SBCOC Board, we are dedicating ourselves intensely to offering an event of excellence, providing everyone with an intense exchange of knowledge, experiences and innovations, strengthening our Society even more.

The edition features the classic scientific review sessions, history of shoulder surgery (tribute to the illustrious Prof. Charles Neer), "Hit the hammer", participation of our members in international events, in addition to the various activities carried out by the Commissions, with the participation intense from everyone.

Special thanks to our Newspaper Committee, coordinated by Dr. Fábio Matsu moto, for their dedication and care in preparing it and to everyone who contributed.

We wish everyone a prolific and relaxed reading and we count on everyone's presence in Vitória. Do not lose!

SEE YOU SOON!



DR. CARLOS HENRIQUE RAMOS

President of SBCOC • 2024

**"WE ARE DEDICATING OURSELVES
INTENSELY TO OFFERING AN
EVENT OF EXCELLENCE, PROVIDING
EVERYONE WITH AN INTENSE
EXCHANGE OF KNOWLEDGE,
EXPERIENCES AND INNOVATIONS,
STRENGTHENING OUR SOCIETY
EVEN MORE".**



SBCOC

SOCIEDADE BRASILEIRA DE
CIRURGIA DO OMBRO E COTOVELO

**SIGA A SBCOC
NAS REDES SOCIAIS**



WWW.SBCOC.ORG.BR

JOURNAL
OF BRAZILIAN
SOCIETY OF

**SHOULDER
& ELBOW**

ORGANIZATION President: Carlos Henrique Ramos 1st Vice President: Marcelo Costa de Oliveira Campos 2nd Vice President: Eduardo Angeli Malavolta 1st Secretary: Flavio de Oliveira França 2nd Secretary: Luciana Andrade da Silva 1st Treasurer: João Felipe de Medeiros Filho 2nd Treasurer: Jair Simmer Filho **Institutional Communication Commission:** Jean Klay Santos Machado, Carlos Henrique Ramos, Flavio de Oliveira França, João Felipe de Medeiros Filho, Fábio Yoshihiro Matsumoto, Christine Maria Muniz Silva, Rodrigo Martins Silva Caetano, Gustavo Barboza de Oliveira, Guilherme Ferreira Garcia Gonzalez • **Professional Dignity and Appreciation Commission:** Luciana Andrade da Silva, Fernando Ribeiro de Oliveira, Rodrigo Zampieri, Marcus Vinícius Galvão Amaral, Ralf Gerhard Klassen, Luciano Pascarelli, Eduardo Guedes Fernandes, Felipe Ralim Oliveira, Alfredo Honório de Valois Coelho • **Education and Training Commission (CET):** Marcelo Costa de Oliveira Campos, Márcio Diego Castro Teixeira, Renato Aroca Zan, Rafael Fuchs Lazarini, Ricardo Canquerini da Silva, André Couto Godinho, Leonardo Vieira Santos Moraes, Caio Santos Checchia, Armando Romani Secundino, Luis Henrique Oliveira Almeida • **Continuing Education Commission (CEC):** João Felipe de Medeiros Filho, José Carlos Souza Vilela, Mauricio de Paiva Raffaelli, Nicola Archetti Netto, Bernardo Barcellos Terra, Leandro Cardoso Gomide, Alexandre Henrique, Carina Cohen Grynbaum, Luis Gustavo Prata, Jorge Henrique Assunção • **Technology and Innovation Commission:** Bruno Borralho Gobbato, Guilherme Augusto Stirna, Ana Victória Palagi Viganó, Nicola Arquetti Neto • **SBCOC Youth Commission:** Luiz Henrique Boraschi Vieira Ribas, Alexandre Almeida, Fernando Prudente Gonçalves, Pedro Couto Godinho, Roger Leandro Nunes Ogazawara, Verônica Yulin Prieto Chang • **International Relations Commission:** Osvandré Luiz Canfield Lech, José Carlos Garcia Junior, Lúcio Sérgio Rocha Emlund, Arnaldo Amado Ferreira Neto, Alberto Naoki Miyazaki, Benno Ejnisman, Paulo Cesar Faiad Piluski • **Regenerative Commission:** Bernardo Barcellos Terra, Rickson Guedes de Moraes Correia, Alberto de Castro Pochini, Renata Fátima de Oliveira Siqueira, Marcelo Carvalho Krause Gonçalves, Paulo Henrique Schmidt Lara, Marcos Antônio da Silva Girão • **Elbow Commission:** Bruno Lobo Brandão, Marcelo Fregoneze, Lucas Braga Jacques Gonçalves, Fábio Alexandre Martynetz, Luis Alfredo Gomes Vieira • **Scientific Research and Publication Incentive Commission:** Paulo Santoro Belangero, Kaleu Costa Neri, Breno Schor, Antonio Carlos Tenor Junior, João Artur Bonadiman, Fábio Teruo Matsunaga, Thiago Barbosa Caixeta • **Statute and Regiment Commission:** Marcelo Costa de Oliveira Campos, Eduardo Angeli Malavolta, Ildeu Afonso de Almeida Filho, Marcio Schiefer de Sá Carvalho, Daniel Ferreira Fernandes Vieira. **SBCOC Regionals:** • **South:** Fernando Mothes • **North and Northeast:** Hélio Gonçalves Ribeiro Filho • **Midwest:** Leônidas de Souza Bomfim • **Southeast:** Márcio Cohen • **SBCOC Journal Editorial Board:** Flavio de Oliveira França, Fábio Yoshihiro Matsumoto, Regis Albertini, Guilherme do Val Sella, Marcelo de Carvalho Leite, Marcilio Mariano de Oliveira, Otávio Triz Neto, Wilson Carlos Sola Jr., Fábio Brandão De Almeida © ALL RIGHTS RESERVED. **SBCOC Journal** - Periodical edited by the Brazilian Society of Shoulder and Elbow Surgery Alameda Lorena, 427 - 14th floor - Jardim Paulista 01424-000 - São Paulo - SP - www.sbcoc.org.br **Responsible Journalist:** Carolina Fagnani (MTB / 42434/SP) • **Writing:** Guilherme Galindo, Michele Costa e Vanessa Oliveira • **Graphic design and diagramming:** Danilo Fattori Fajani • Signed articles do not necessarily represent the position of the SBCOC Editorship.

SBCOC JOURNAL: PREPARATIONS FOR O CBCOC: INTERVIEWS, ARTICLES AND CURIOSITIES



DR. FÁBIO MATSUMOTO
Editor-in-Chief

In this second edition of the SBCOC Journal, we highlight our Brazilian Shoulder and Elbow Surgery Congress (CBCOC), which is approaching.

The edition features interviews with the president of the Congress, Dr. Jair Simmer, who talks about expectations for the event, and with one of our international guests, Dr. Joseph Iannotti, talking about the knowledge he will share with the congressmen and what he expects from Your participation.

To learn more about the city of Vitória (ES), headquarters of the Congress, our Victorian colleague Bernardo Terra wrote a complete text, with tips about the capital of Espírito Santo and its surroundings.

To complete the edition, the articles chosen for the

newspaper were based on our international guests.

Without losing the eclectic characteristic of our periodical, Doctors Osvandre Lech and Ildeu Afonso contributed with their excellent columns, both involving a little history to inspire us with the father of shoulder surgery (Charles Neer) and the master of art and anatomy (Michelangelo).

The Research Committee has prepared a very interesting article to help us evaluate and select the studies we read, already introducing the material they are preparing to make available on the SBCOC website.

HAPPY READING EVERYONE! •

**IMPROVE YOUR
KNOWLEDGE WITH
THE ITINERANT
COURSES
PROMOTED
BY SBCOC**

   
www.sbcoc.org.br

Check out the Society's
calendar of courses and
events on the website
and on our social media


SBCOC
SOCIEDADE BRASILEIRA DE
CIRURGIA DO OMBRO E COTOVELO

OPTIMIZATION OF ELBOW SURGERY THROUGH THE USE OF 3D PRINTED BIOMODELS AND VIRTUAL PLANNING

i ELBOW SURGERY TECHNIQUES HAVE ADVANCED SIGNIFICANTLY WITH THE INTEGRATION OF CUTTING-EDGE TECHNOLOGIES LIKE 3D PRINTING AND VIRTUAL PLANNING. THESE INNOVATIONS ENABLE A PERSONALIZED AND EXCEPTIONALLY PRECISE SURGICAL APPROACH, DIRECTLY ENHANCING THE SAFETY AND EFFECTIVENESS OF PROCEDURES. IN THIS ARTICLE, WE INTERVIEWED DR. GUILHERME STIRMA, A SHOULDER AND ELBOW SURGEON RENOWNED FOR HIS DEVELOPMENT OF NUMEROUS PROTOTYPING PROJECTS THAT ASSIST COLLEAGUES IN THEIR DAILY CASES.

.....

DR. WILSON SOLA AND DR. GUILHERME STIRMA

DEEPENING VIRTUAL PLANNING

▪ Virtual planning for orthopedic surgeries enables detailed simulation of procedures, crucial for surgical preparation. Advanced software allows surgeons to visualize complex structures and plan interventions with millimeter precision. According to Marro et al. (2016), this technology can reduce surgical time by up to 29%, minimizing intraoperative errors and improving postoperative outcomes.

Additionally, 3D printing of biomodels, which accurately replicate each patient's unique anatomy, represents a revolutionary tool in orthope-

dic surgery. These models provide a three-dimensional understanding of the surgical site, allowing for pre-surgical manipulation not feasible with two-dimensional images. Chepelev et al. (2017) report that biomodels enhance surgeons' anatomical comprehension by 35%, facilitating more precise planning and safer surgical execution.

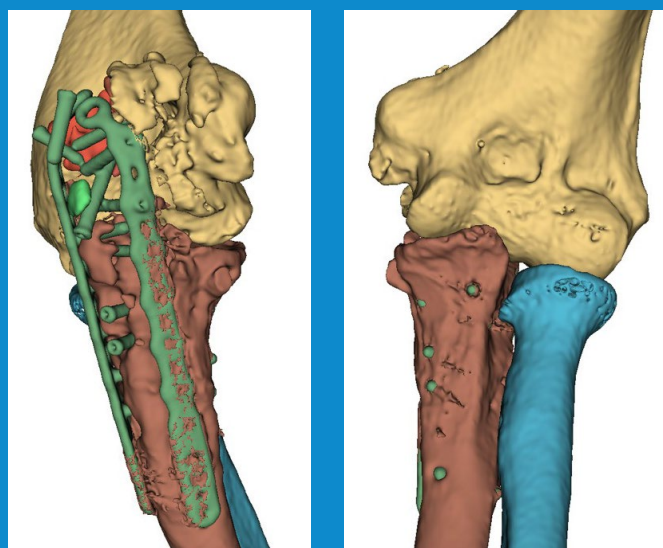


FIGURE 1 AND 2 – BIOMODELS WITH 3D RECONSTRUCTION FOR COMPLEX FRACTURE ANALYSIS

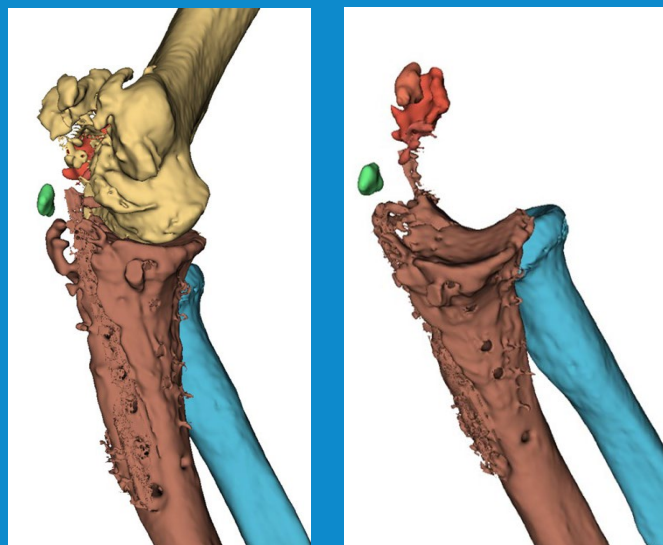


FIGURE 3 AND 4 – VIRTUAL PLANNING FOR COMPRESSION OF ELBOW PATHOLOGIES

CLINICAL IMPACT AND BENEFITS FOR PATIENTS

The integration of these technologies into the surgical environment yields significant clinical benefits, including reduced surgical morbidity, shorter hospital stays, and accelerated recovery times. Patients who benefit from the precision of these techniques report a 50% reduction in postoperative pain and achieve functional recovery 30% faster compared to traditional methods (Sugawara et al., 2014).

ter compared to traditional methods (Sugawara et al., 2014).

The adoption of 3D printed biomodels, surgical guides, and virtual planning is pivotal for advancing elbow surgeries. These technologies not only revolutionize patient care but also signify an inevitable progression in modern medicine, promising optimized surgical outcomes and more efficient recovery processes. As these tools become increasingly accessible, their integration will be indispensable for ongoing success in orthopedics. ▪

SHOULDER AND ELBOW SURGERY HISTORY

CHARLES SUMNER NEER, II (1917 – 2011) THE FATHER OF MODERN SHOULDER SURGERY

.....

DR. OSVANDRÉ LECH

▪ Dr. Neer was born in the Old West, in Vinita, Oklahoma, on November 10, 1917, the son and grandson of doctors. His education was at Dartmouth College and the University of Pennsylvania Medical School. He learned orthopedics at Columbia-Presbyterian Medical Center (New York Orthopedic Hospital). His medical residency was interrupted by the call from the armed forces to be a battlefield surgeon in Europe, the Philippines and Japan. After the war ended and his residency was completed, he was invited to remain on the staff of NYOH – Columbia University. He became a notable teacher alongside some of Columbia's geniuses – Darrach, MacLaughlin, Stintchfield and Bob Carroll. In 1968 he was chosen director of the Fracture Service and Adult Reconstructive Orthopedics. He devoted his entire professional life to Columbia University without ever aspiring to the position of



OL, Neer, Evan Flatow Christmas 1986

chairman because he did not want to stray from his focus – the study of shoulder surgery and the direct care of patients.

Member of the Board of Directors of the AAOS and AOA since 1969 and director between 1970 and 1975. Member of the Inaugural Shoulder and Elbow Committee of the AAOS. He began the world's first training in shoulder surgery (fellowship) at Columbia University in 1976. He educated around 50 fellows and a generation of leaders, including: Russell Warren, Ed Craig, Craig Foster, Hiro Fukuda, Louis Bigliani, Evan Flatow,



Neer, Checchia, Pedro Doneux, 4th ICSS, NYC, 1989

David Morrison, Charles Rockwood, John Brems, Richard Hawkins, Frank Cordasco, Peter McCann, Frances Cuomo, Keith Watson, Craig Satterlee, Scott Steinmann, George McCluskey, Osvandre Lech, and was visited by a legion of surgeons in the 1970s and 80.

Neer was the founder and first president of American Shoulder and Elbow Surgeons in 1982. Founder and first chairman of the International Board of Shoulder and Elbow Surgeons in 1992. Founder and chairman of the Board of Trustees of the Journal of Shoulder and Elbow Surgery in 1992.

The "Neer Award" was created in 1985 through a large donation to ASES to advance research in the area. In 1987, Clinical Orthopedics and Related Research dedicated a volume to Dr. Neer to shoulder surgery. It was the first time that such a distinction was directed to an author during his lifetime. The CORR editor justified the honor by writing: "In dedicating this Symposium, it is only natural that Dr. Neer receive the accolades of his colleagues. He has truly made outstanding contributions that have brought clarity out of chaos in the various areas of shoulder surgery. His publications are voluminous and each article is written accurately, clearly, and with obvious attention to every detail. His versatility as a teacher, researcher and surgeon is far excellent. He has given generously and unwaveringly to his profession. Simply put, he

has insured a rich heritage for shoulder surgeons".

According to the British JBJS, now Bone and Joint Journal, in the article "The 100 Classic Papers of Orthopedic Surgery", a bibliometric analysis published in 2010, Neer is the world record holder with 5 citations: 8th Impingement (JBJS, 1972), 34th Fracture classification (JBJS, 1970), 44° Impingement (CORR, 1983), 62° Inferior Capsular Shift for Inferior and Multidirectional Instability (JBJS, 1980) and 65° Total Shoulder Replacement (JBJS, 1982).

Dr. Charles Neer was the chairman of the 4th ICSS (International Congress of Shoulder Surgery) in 1989 at the classic Waldorf Astoria in New York. He collected honors in "Who's Who in America", "Who's Who in the World", and "Who's Who in Science and Engineering", was also the inaugural speaker of the most important societies in the world: Japan (1976 and 1984), ASES (1982 and 1991), CESEC (1987 AND 1990), SLAHOC (1994). Patron of the Australian, Members D'Honneur of the French, Honorary Member of the Italian. And the sequence of distinctions is long...

Dr. Neer gave scientific basis and visibility to partial and total shoulder arthroplasty, the classification of fractures of the proximal humerus and distal clavicle, sub-acromial decompression, the repair system for rotator cuff injuries, shoulder rehabilitation ("ROM comes first, strength later"), the Os Acromiale, multidirectional instability, the classification of dislocations and instabilities, and, mainly, the "cuff tear arthropathy", the main portal of the reverse prosthesis. He is the most cited author on shoulder surgery in the last 40 years, as well as being the most photographed in any scientific activity.

It is difficult to say which of the two was more important for shoulder surgery – Ernest Amory Codman, at the beginning of the last century with the publication of the classic "The Shoulder" (1934), or Charles Neer at the end of the last century with his intense activity. Two geniuses in different times!

I have deep and growing admiration for Professor Neer – whether for the academic aspects of his CV, for his extraordinary professional career, or for the way I was treated in his Service, as I was the only orthopedist from "third world" countries to hold a fellowship at the its Service, which basically

accepted North Americans. From my personal memories of the fellowship in 1986 in partnership with the also notable Evan Flatow, it is worth remembering some interesting facts:

1. Neer drove a small, old sedan. It had no connection with ostentation.

2. I hated being called “Charly” (an intimate expression that few could use). He imposed distance and degrees of austerity on everyone around him.

3. I personally washed all patients before operating on them – antisepsis took between 20-30 minutes and had several phases. As a result, he had no infection in his clinical series.

4. Only treated patients he was interested in, generally with complete cuff tears, osteoarthritis and instability, as they were selected in a prior telephone interview. He did not accept cases of impingement syndrome, as he thought they were cases for the general orthopedist.

5. A first consultation could take 60-90 minutes.

6. He did not allow other authors to be cited in scientific discussions within his Service.

7. Never gave a theory class to the fellows; accompanying him in his daily life would be enough for a successful fellowship.

8. A question addressed to him was usually answered hours or even days later, when he was convinced of what he was going to say.

9. Often, during work, he would stop what he was doing and look up in abstraction – he was establishing a logical reasoning between the present case and his theories.

10. He was a tireless organizer of shoulder societies in the USA and around the world. His workday was frequently interrupted by long phone calls.

His last academic act was writing the book “Shoulder Reconstruction”, without co-authorship. He retired in 1990, being succeeded by Louis Bigliani as head of the Shoulder Service and chairman of NYOH until 2014. Since then, Bill Levine has held both positions. As Professor Emeritus, Neer continued to be acclaimed over the next few years on the world stage through keynote speeches. Neer was the guest of honor at the 41st CBOT in Salvador in 1994, at which time he gave the Inaugural Lecture of the South American (later Latin American) Shoulder and Elbow Society.

Dr. Neer had two daughters from his first marriage. When he retired, he left New York for Vinita, Oklahoma, his hometown, with his wife Eileen MacFarlane and Charles Henry, his adopted son of Filipino descent. He died at the age of 94 of natural causes.

Charles S. Neer is synonymous with “Shoulderology”. ▪



Neer, Pascal Boileau, CBOT Salvador 1994

MICHELANGELO'S DAVID AND THE SLAP LESION: ART, SCIENCE OR CREED?

.....

DR. ILDEU ALMEIDA

▪ It is clear that we, as shoulder and elbow surgeons, cast our gaze upon the world through the lens of the scientific knowledge acquired in the practice of this esteemed specialty. The following account precisely reflects this reality, illustrating how art, as a classic portrayal of reality, in its unique way, captures the presence of diseases that were yet to be discovered when they were faithfully depicted.

During the recent ICES (International Congress on Shoulder and Elbow Surgery) held in September 2023, participants had the opportunity to explore Rome, a city renowned as an "open-air museum". Italy, the birthplace of the cultural Renaissance, epitomizes this sentiment, particularly in Florence. Whether visiting the Uffizi Gallery with its splendid gardens or delving into the plaster models that



inspired sculptures at "La Accademia," one is immersed in art and culture. It was during this congress that I observed Michelangelo's David, marveling at its beauty, and noticed what initially seemed to be a flaw—a "defect" on the back of his right shoulder. At first, I questioned whether this was a product of my imagination, as it seemed inconceivable for such an exemplar of human anatomy, admired by thousands annually, to have such an imperfection. Upon photographing and enlarging the image to examine this detail, I indeed confirmed the existence of the so-called "depression." My wife, deeply engrossed in admiring the sculpture's perfection and ingenuity, initially dismissed my surprise at this revelation.

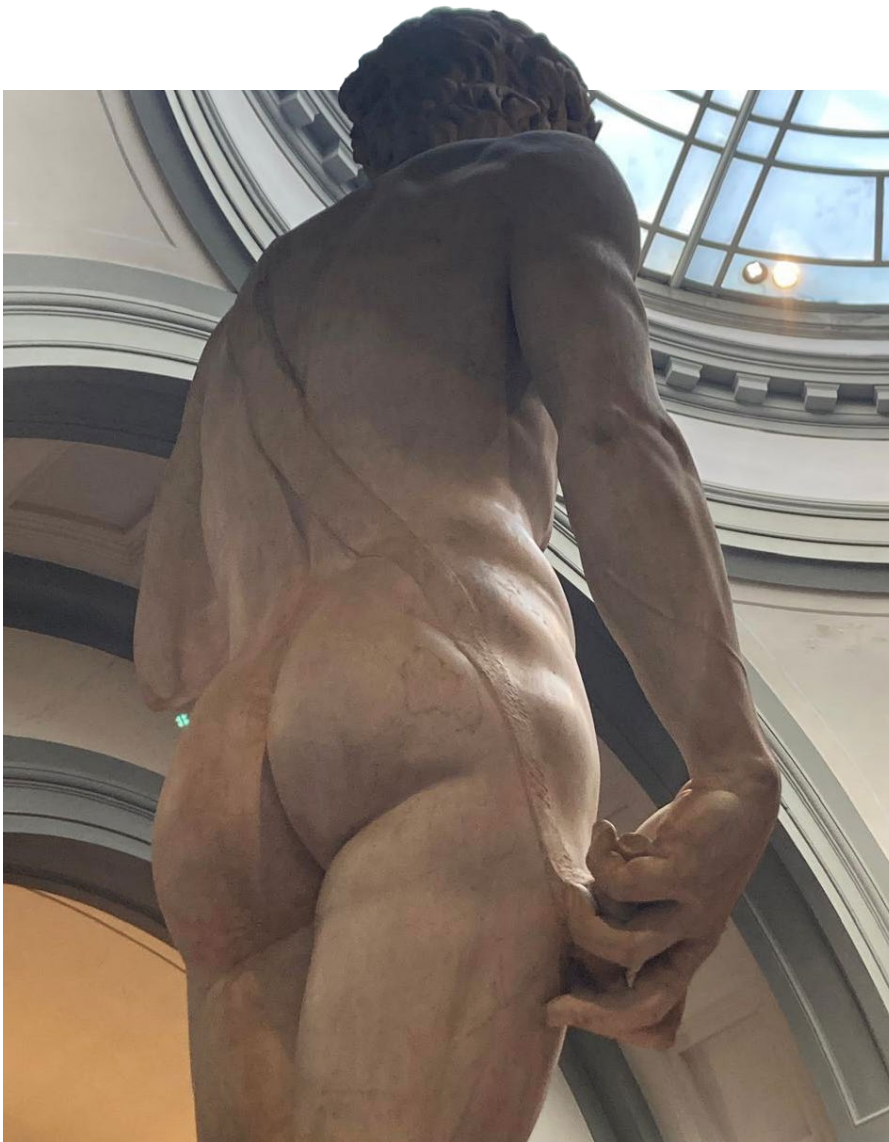
However, after persistently demonstrating the disparity between photographs of both shoulders, I began to receive some acknowledgment. We spent a considerable amount of time there, contemplating this unexpected reality.

These journeys provide us with opportunities for study, and that's precisely what we did after visiting museums, galleries, and specific works of art. In a private restaurant on a nearby rooftop, while admiring the sunset in the Tuscan capital, we turned to the internet for further investigation. What we stumbled upon was quite surprising: Michelangelo had intended to carve David from a single piece of stone. To achieve this, the stone needed to be over five meters tall, allowing

him to create what would become one of the most visited works in the world, perhaps second only to the Mona Lisa. However, the stone had a flaw—a slight depression. Michelangelo chose to incorporate this flaw into his sculpture, discreetly placing it on the postero-inferior surface of David's right shoulder.

Michelangelo, considered one of the great representatives of the Renaissance period, was known for his sculptures, but also for painting, architecture, and poetry. Originally from a decadent aristocratic family, the Buonarroti, he was for some years financed by the Medici, the family that controlled

Florence, having sculpted, in addition to David, the magnificent Pietà and having painted part of the ceiling of the famous Sistine Chapel. David began to be sculpted in 1501, taking around three years to complete. What most lay people in shoulder surgery consider a “defect”, for us is the classic representation of the SLAP Lesion, described by Snyder in 1990 when he published a retrospective review of 700 arthroscopies, in which he identified 27 SLAP lesions. As is known by this community, the postero-antero-superior labral injury of the glenoid labrum has been described as a characteristic of throwing athletes. Interestingly, the biblical hero David defeated the giant Goliath by throwing stones, that is, he was a thrower. But how can a work sculpted in 1501 translate a diagnostic reality that would only be described 400 years later? Would it be a demonstration of Michelangelo's artistic divinity or complete proof of the so-called time tunnel? Or none of that. Would Michelangelo have used a human model, probably a Roman soldier, throwing spears and suffering from a SLAP injury? The truth, we will never know... Art, science, or creed? ▪





VITÓRIA IS EVERYONE'S DESTINY IN AUGUST

SBCOC COMMUNICATION

▪ **Between the 22nd and 24th of August 2024, Vitória (ES) will host the XV CBCOC. In a grandiose structure, the main and largest Shoulder and Elbow Surgery Congress in Latin America will feature the presence of experienced national speakers, as well as global icons of our specialty, Drs. Matthew Provencher (USA) and Joseph Iannotti (USA), who will be in person to discuss the main current affairs in the area, in addition to Felix H. Savoie (USA) via video conference.**

Developed by CEC-SBCOC, the scientific program will be broad and very diverse, covering challenging topics

in the specialty, in addition to having three symposiums from major arthroplasty and arthroscopy companies during lunchtime on Friday, August 23rd. Congress attendees will be introduced to new technologies and industry launches, in addition to the excellent opportunity to discuss at a high scientific level with professionals, improving and enriching their knowledge.

Vitória is a city surrounded by natural beauty, with its islands and beaches, as well as a privileged architecture with bridges, squares, parks and a historical/cultural center that will provide congressmen with a wide

portfolio of tourist attractions, with the possibility of practicing sports and enjoy Espírito Santo cuisine, such as the famous moqueca.

The companions will take advantage of all this and will have two days of programming with brief tours of the capital's main tourist attractions, such as Convento da Penha and others. Vitória is everyone's destiny in August!

DISCOVER THE TOURIST ATTRACTIONS OF VITÓRIA DURING THE XV CBCOC

DR. BERNARDO TERRA

Vitória Island is formed by an archipelago made up of 33 islands, in addition to a continental portion. The city's landscapes enchant anyone who arrives, whether by plane, ship or by land. With a population of 369 thousand inhabitants, the city has the 5th best HDI (Human Development Index) among Brazilian municipalities.

In 2015, the capital was considered the second-best city to live in Brazil by the UN (United Nations). In a survey carried out in 2017, Vitória was ranked as the third best Brazilian capital to live in.



THE BEACHES OF VITÓRIA

CURVA DA JUREMA

Considered an extension of Canto beach, Curva da Jurema is the most popular beach in the city of Espírito Santo. The calm sea and the excellent structure of kiosks on the sand make it one of the favorites of tourists and residents.

Like most of the capital's beaches, Curva da Jurema has an inviting promenade, ideal for sports, running and walking. Furthermore, stand up paddle boarding and kayaking are quite common activities there. Both are already part of the region's scene and equipment is provided for rent.

As the beach has a great mix of people, you will find people of all ages and with different tastes. For those who like partying, it is possible to take advantage of the various kiosks on the beach, enjoying snacks and seafood.



PHOTO SHOWING THE BEACHES CURVA DA JUREMA, GUARDEIRA AND THE YACHT CLUB IN THE BACKGROUND. BRIDGE CONNECTING CANTO BEACH TO ILHA DO FRADE



CAMBURI BEACH. ©CREDITS: ARQUIVO CDV SETUR/ES

CAMBURI BEACH

Camburi beach is the main urban beach in Vitória. Although it is suitable for swimming, it is not usually a place frequented by bathers due to its proximity to the port of Tubarão. However, the same cannot be said about the Camburi waterfront, which is widely used for leisure and sports. The place is known for bars and kiosks that open both day and night.

FRADE ISLAND

Do you like small, reserved beaches? Then you will love Frade Island! It is made up of several beautiful beaches surrounded by rocky shores and plenty of vegetation. It has an extensive biodiversity of birds and marine animals, protected by Baía das Tartarugas, the first marine APA in Vitória. That's why it's not uncommon to see one swimming there.

GUARDEIRA BEACH

50m long and with a narrow strip of sand, Praia da Guarderia is the new hotspot for Espírito Santo. Located between Ciência Square and the Frade Island bridge, the sea is calm and practically without waves. Ideal for those who enjoy stand-up paddle boarding and kayaking. On almost all of these beaches you can practice a wide variety of sports,

including beach tennis, Hawaiian canoeing, footvolley and sailing sports. For those who like surfing, there is no shortage of options! Praia do Ulé, Jacaraípe and Setiba Regência are recommended for this sport and can be reached in less than an hour.

SIGHTSEEING

PENHA CONVENT

The Penha Convent, in Vila Velha, is the biggest tourist symbol in Espírito Santo. Founded in 1558, it is located at the top of a 154-meter hill, in the quiet neighborhood of Prainha. Surrounded by the Atlantic Forest, the place has incredible views and is an unmissable trip!

ANCHIETA PALACE

An architectural landmark in Espírito Santo, the Anchieta Palace has officially been the seat of the State Government since the 18th century, that is, one of the oldest in Brazil. It began to be built in 1551 to house a complex formed by the Church and College of São Tiago. However, the work only actually ended in the 20th century, as the construction suffered three major fires and several reconstructions over time. One of the notable figures who passed through there was the Jesuit priest José de Anchieta. In fact, that's why the place got its name and has held the priest's symbolic tomb since 1922.

In addition to the history of Espírito Santo, visitors can admire the archaeological collections and paintings during the week. On week-



FRAIDE ISLAND. ©PHOTO:WWW.ROTINAVIAJANTE.COM.BR



GUARDEIRA BEACH. ©PHOTO: JANSEN LUBE/PMV



PENHA CONVENT WITH THE THIRD BRIDGE AND VITÓRIA IN THE BACKGROUND



PALÁCIO ANCHIETA. ©FOTO: FRED LOUREIRO - SECOM/ES



TAMAR PROJECT. ©PHOTO: WWW.PROJETOTAMAR.ORG.BR



GUAVA PANELEIRAS

nds, the halls of Anchieta Palace are open to the public, including the Governor's Hall.

TAMAR PROJECT

Vitória is one of the three research and conservation bases of the Tamar Project in Espírito Santo.

Opened in 2012, the foundation monitors 160km of continental beaches, protecting almost 3,000 nestlings and 150,000 hatchlings each sea turtle breeding season.

Various interactive educational and environmental awareness activities are carried out on site. The aim is to inform visitors about important issues such as the life cycle of sea turtles and the various actions to protect the marine environment and its biodiversity in Vitória. Furthermore, it is possible to visit an incredible viewpoint, with a panoramic view of the main tourist attractions in Greater Vitória. For those interested, the project is located in of the Suá Bay, between the Port Authority and the restaurants at Papa Square.

GUAVA PANELEIRAS

Founded in 1987, the Associação das Paneleiras de Goiabeiras maintains the tradition of making clay pots by hand. Passed down from generation to generation, the technique of women panelists became a craft that is now recognized as intangible heritage by Iphan (Institute of National Historical and Artistic Heritage).

Tourists can visit the warehouse in Goiabeiras to understand how this cultural process works and even secure a souvenir clay pot.

TYPICAL FOODS

Espírito Santo cuisine is different from other typical regional dishes in Brazil. The food offered in Vitória, as well as in other municipalities in Espírito Santo, is the product of a special mix of cultures, both from European colonizers and from Indians and Africans.

The cultural heritage, combined with the fishing tradition, generated dishes that are only found here, such as pie and moqueca from Espírito Santo.

It is common for residents of Vitória to say that moqueca only exists in Espírito Santo, since fish is what exists in other states. What makes the food unique are the seasonings and the way it is made, including the use of clay pots, an important differentiator of local cuisine.

Moqueca and pie are the best-known dishes in Espírito Santo cuisine. The moqueca does not use palm oil or coconut milk. Its original preparation is made in a clay pot, created by hand by the cooks of Goiabeiras. Famous internationally, the traditional dish is the target of a good-natured dispute with the similar dish from Bahia, summed up in the traditional slogan "Moqueca is only from Espírito Santo, the rest is fish".

Various seafood is used to make the pie, such as shredded crab, shrimp, oyster and sururu, as well as cod and hearts of palm. It is the traditional dish on the occasion of Holy Week, made in all the homes of residents of Vitória and other municipalities in Espírito Santo, regardless of the resi-



MOQUECA IS AN INDISPENSABLE DISH OF ESPÍRITO SANTO CUISINE

dent's religious belief, it is the secular tradition that speaks loudest.

WHAT TO DO IN VITÓRIA AT NIGHT?

The Bermuda Triangle at Praia do Canto is one of the best-known spots in the city, as it has several bars. We have excellent restaurant options located in the Praia do Canto and Praia do Suá neighborhoods.

WHERE TO STAY?

Canto beach is certainly one of the best places to stay in Vitória. It is very centralized, close to restaurants and shops in general, and where most of the attractions are concentrated. The Sheraton Vitória hotel is an accommodation option, it has a very good infrastructure, comfortable suites with a privileged view of the sea. Comfort Suites is another excellent accommodation in Vitória, as it is a



PAULO AMORIM WITH THE MERLIN CAUGHT UNPRETENTIOUSLY ON THE ROUTE FROM VITÓRIA TO GUARAPARI, IN 1993

short walk from the beach and very close to the bars in Triângulo. The Golden Tulip Porto Vitória and the Hotel Senac on Boi Island also have a great structure, as well as an incredible view of Vitória Bay.

SBCOC INTERVIEW WITH DR. JAIR SIMMER, PRESIDENT OF THE XV CBCOC

DR. FÁBIO BRANDÃO

In August, Vitória will host the XV Brazilian Congress of Shoulder and Elbow Surgery. Jair Simmer, president of Congress, talks about the scientific schedule and expectations for this great event

[Shoulder & Elbow Journal] The Covid pandemic postponed the Brazilian Shoulder and Elbow Surgery Congress in the city of Vitória for 4 years. What can we expect from this long-awaited congress?

[Dr. Jair Simmer] We are undoubtedly better prepared for the event, as everything was well underway in 2020. It will be a rich event, in a comfortable environment. Vitória is beautiful, easy to get around, with good food and beautiful beaches.

[S&E Journal] Our scientific schedule will feature big names in shoulder and elbow surgery, including Drs. Ianotti and Provencher, both from the United States. Without a doubt, a great attraction for colleagues who intend to attend the event, right?

[Dr.JS] Absolutely! In addition to the participation of these two icons of shoulder surgery, we will also have Dr. Felix Savoie participating online and the presence of colleagues from Egypt and South America. We will have controversial and difficult topics and plenty of space for discussion. In short, everything we imagined for a great congress.



DR. JAIR SIMMER
President of the XV CBCOC

[S&E Journal] What are the biggest tourist attractions that the capital of Espírito Santo offers to participants at the SBCOC congress?

[Dr. JS] Without a doubt the greatest icon of greater Vitória is the Convento da Penha, built from 1558 onwards, located on the top of a hill close to Vitória bay. A beautiful tour that mixes religion, history and beautiful landscape. For those who want a good beach, I recommend Ilha do Boi beach and Praia da Costa. If the focus is beach tennis: Jurema and Camburi curve.

August is also the month of the migration of Humpback whales, which can be seen on our coast with boat trips leaving from Vitória. In gastronomy, we have great restaurant options to enjoy good moqueca from Espírito Santo.

And if your colleague wants to head to the mountains, the Pedra Azul region is a fantastic region full of beautiful people, with ecotourism, agritourism and unique cuisine. In winter it's special.

Well, these are some of the attractions of our land, you will have to see the others up close. Until then.

MEET THE INTERNATIONAL SPEAKERS AT XV CBCOC



**MATTHEW
PROVENCER**

Research Institute, aims to innovate and improve patient care in the field of orthopedic sports medicine. Doctor for the United States Olympic competitive ski team.

Former director of Sports Medicine at the San Diego Naval Medical Center.

Former Chief of Sports Medicine at Massachusetts General Hospital (MGH), visiting professor at Harvard Medical School and medical director of the New England Patriots football team. Provencer was the Patriots' head team physician during the 2014 Super Bowl Championship season and pioneered a wellness and injury prevention program for the team.

The doctor is an active member of AANA, AOSSM, ISAKOS, American Shoulder and Elbow Surgeons (ASES) and the International Cartilage Repair Society (ICRS).



**FELIX
SAVOIE**

A renowned specialist in the field of Sports Medicine, Savoie is chief of the division of sports medicine and Director of the Tulane Institute of Sports Medicine, at Tulane University School of Medicine, in New Orleans. He was president of the American Academy of Orthopedic Surgeons (AAOS) and the American Shoulder and Elbow Society (ASES).



**JOSEPH
IANNOTTI**

He is currently Professor of Surgery at the Cleveland Clinic Lerner College of Medicine, Case Western Reserve University School of Medicine and Lang Family Endowed Chair of Orthopedic Surgery, Chief of Staff, Director of Academics and Innovations at Cleveland Clinic Florida.

He was chairman of the Department of Orthopedic Surgery and chaired the Cleveland Clinic Institute of Orthopedics and Rheumatology from 2000 to 2018.

Dr. Iannotti's clinical and basic science research program focuses on innovative treatments for tendon repair and tendon tissue engineering, prosthetic design, software planning, and patient-specific instrumentation.

He is a reference for his experience in developing prostheses and also in treating arthroplasty complications.

Dr. Iannotti has published three textbooks and is the author of more than 380 original articles, review articles, and book chapters. He has received the Charles Neer Research Award three times, the Cleveland Clinic 2011 Sones Award for Innovation and the Cleveland Clinic Lifetime Achievements Award for Innovation in 2019.

He served as past chair of the Council on Academic Affairs and the Board of Directors of the American Academy of Orthopedic Surgery (AAOS), past president of the American Shoulder and Elbow (ASES), past chair of the Board of Trustees of the Journal of Shoulder and Elbow Surgery (JSES). Today, he is a member of the Board of the ASES Foundation, the Board of Bio-Florida and the Advisory Board of the School of Business at the University of Miami.

SBCOC INTERVIEWS

DR. JOSEPH IANNOTTI, INTERNATIONAL SPEAKER

CONFIRMED FOR THE XV CBCOC

DR. FÁBIO BRANDÃO



In an interview with our colleague Fabio Brandão, Joseph Iannotti talks about his expectations for the CBCOC and the current topics he will address in his participation. Check out the professional's words below:

"There are several expectations for this meeting.

See some of my long time Brazilian friends in both a academic and social environment.

Meet some new friends and associations.

Educate the participants in areas that I believe I have a message and get their feedback.

Experience the local venue.

3D preoperative planning is and will remain a critical part of shoulder arthroplasty planning. I believe this tool will be improved over the next 10 years to include factors such as trabecular and cortical bone quality as a factor that will influence selection and position of the implant and its fixation.

Kinematic data to include ST motion to influence implant selection and positioning.

Soft tissue tension data from both theoretical as well as 3D soft tissue imaging data, CA arch anatomy for implant selection, AI modules to integrate all of the above for assistance with clinical decision making and planning.

Intraoperative navigation is in its earliest application for arthroplasty in general and very early for shoulder surgery. It will evolve over the next 10 years and increase in the shoulder to replace all contact-based PSI (3D printed single use and reusable PSI). Navigation will evolve to include smaller scale footprint of the current technology to remove the need for optical trackers; non-contact-based mapping and registration; mixed reality visualization of the digitized and actual surgical anatomy; kinematic and soft tissue tension modules for the shoulder much like currently used in the knee.

AI will integrate all of the above and assist in intraoperative decision making.

Robotic assisted surgical execution will increase in the shoulder and the robot will get smaller with lower cost options adapted for the ASC.

AI for shoulder arthroplasty is in its infancy and will increase. Its limitation will be related to high quality clinical outcomes data that is currently sparse. The surgeons will need to improve the quality of their prospective clinical studies and groups will need to collaborate to get both larger study groups and longer clinical follow up. Industry can help with this by using data from navigation with funded clinical studies from different groups using the same technology. National Registry data linked to better demographic and clinical data will also help AI create more accurate algorithms.

The future for all these technologies in shoulder arthroplasty is very bright and these are exciting times for development surgeons, patients, and industry. These technologies are here to stay and will only get easier to use more robust and less expensive."

STRENGTHENING SBCOC GLOBALLY!

.....

SBCOC COMMUNICATION

▪ The Brazilian Society of Shoulder and Elbow Surgery was present at the main international Congresses in 2024. SBCOC's participation in these events contributes to the growth of the institution and the strengthening of the area between countries. Check out the places the Board visited.

AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS (AAOS)

Held between February 12th and 16th, in California (USA), the **American Academy of Orthopedic Surgeons (AAOS)** brings together specialists from the most diverse nationalities to share the best innovations, offering adequate orthopedic care to patients.

SHOULDER 360

Held annually in the United States, **Shoulder 360** aims to present the latest treatment updates to surgeons, nurses, physician assistants and physical therapists who care for patients with shoulder diseases.

PHOTO: CARLOS HENRIQUE RAMOS



PHOTO: OSVANDRE LECH

PHOTO: OSVANDRE LECH



PARIS INTERNATIONAL SHOULDER COURSE

In March, SBCOC participated in the **Paris International Shoulder Course**, a biannual event that brings together specialists in shoulder surgery and rehabilitation. The event provides an up-to-date overview of the latest technological advances in shoulder diagnosis, treatment and recovery.



PHOTO: FABIO BRANDÃO

AANA ANNUAL MEETING

Focused on arthroscopy, **AANA Annual Meeting** features lectures from renowned professionals who share the latest innovations and techniques to assist in the treatment of patients.

**DON'T MISS
ANY UPDATES
FROM SBCOC!**

Stay up to date with everything that happens at the Brazilian Society of Shoulder and Elbow Surgery.

Follow us on social media!



www.sbcoc.org.br


SBCOC
SOCIEDADE BRASILEIRA DE
CIRURGIA DO OMBRO E COTOVELO

HOW TO EVALUATE SEE A SCIENTIFIC ARTICLE IS IT GOOD QUALITY?

COMO AVALIAR SE UM ARTIGO CIENTÍFICO
É DE BOA QUALIDADE?

.....

BRENO SCHOR AND THE SCIENTIFIC RESEARCH AND PUBLICATIONS INCENTIVE COMMITTEE

▪ **To assess the quality of a scientific article, it is essential to consider several guidelines and criteria established by the scientific community. By reviewing the instructions for authors from the Revista Brasileira de Ortopedia and the information for authors from the Journal of Shoulder and Elbow Surgery and the Journal of Bone & Joint Surgery, we can identify the following key aspects.**

TOPIC RELEVANCE AND SCIENTIFIC CONTRIBUTION

The article must address a topic relevant to the field of interest and presents a significant contribution to the discipline. It is important to verify whether the topic is current, whether there are gaps in the literature that the article aims to fill, and/or whether the research can impact clinical practice. Another crucial aspect is the database and impact factor of the journal in which the article was published.

The impact factor is a measure that reflects the average number of citations of scientific articles published in a given journal; journals with higher impact factors are considered more influential. This metric can be consulted on various websites:

- Thomson Reuters: scientific.thomsonreuters.com/free/essays/journalcitationreports/impactfactor/
- CAPES: <http://qualis.capes.gov.br/webqualis/>

METHODOLOGY AND STUDY DESIGN

The choice of study design and methodology is fundamental. It is essential to assess whether the methodology is appropriate for answering the research questions posed in the article. Additionally, it is important to verify that the study design is robust and that the methods used are suitable for achieving the objectives.

A scientific study design refers to the overall plan or structure that researchers use to investigate. It describes how the research will be performed, including details about data collection, methodology, analysis, and interpretation of results. Ensuring that research is conducted rigorously and that results are reliable is crucial.

There are different types of study designs: experimental, observational, cross-sectional, and longitudinal studies, among others, each with its own characteristics and specific objectives. The level of evidence is also important in determining the quality and relevance of the study. Prospective, controlled, and double-blind studies are of higher quality than systematic reviews with meta-analyses. (Figure 1) Clinical studies must follow a standard, which can be verified using the CONSORT tool, a checklist designed to help researchers appropriately report their clinical trials. Similarly, systematic reviews must follow Cochrane rules and guidelines.

https://legacyfileshare.elsevier.com/promis_misc/CONSORT-2010-Checklist.pdf

<http://www.centrocochranedobrasil.org.br/downloads/brochure.pdf>

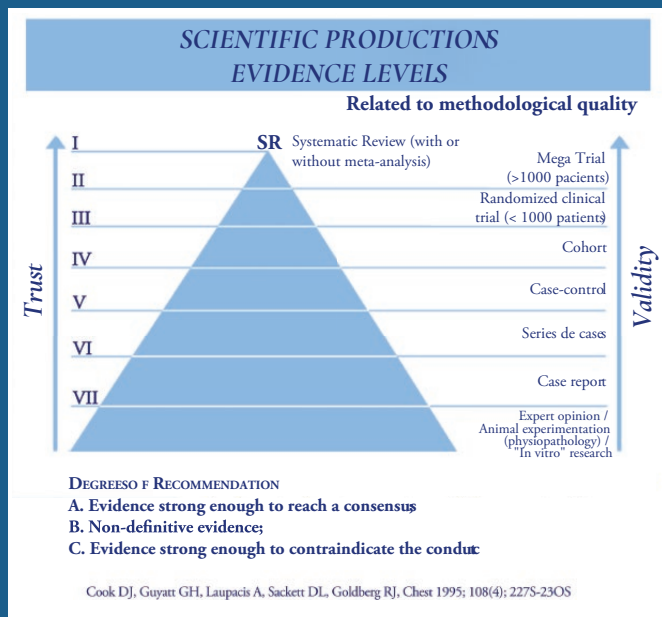


FIGURE 1: [HTTPS://FILES.CERCOMP.UFG.BR/WEB/19/0/PR_TICAS_CL_NICAS_BASEADAS_EM_EVID_NCIAS.PDF](https://files.cercomp.ufg.br/web/19/0/PR_TICAS_CL_NICAS_BASEADAS_EM_EVID_NCIAS.PDF)

DATA ANALYSIS AND RESULTS

Data analysis must be clear, complete, and statistically sound. Results should be presented objectively and logically, relating to the research questions. It is ideal to check whether the results are interpreted correctly. The presentation of easy-to-view graphs and tables supports clear communication. A well-assembled database is essential for the quality of scientific work and is sometimes requested to evaluate statistical results when any doubt arises.

DISCUSSION AND CONCLUSIONS

The discussion should contextualize the results within existing knowledge, highlight the clinical and theoretical implications of the study and recognize its limitations. Conclusions must be based on the results presented and not extrapolated beyond what the data supports.

REFERENCES AND ETHICS

All sources cited must be appropriate, current, and relevant. In the medical field, the Vancouver and Harvard standards are widely used, facilitating the consultation of cited articles and verifying the relevance of the citation.

Some of the main scientific databases researchers use include PubMed, Scopus, LILACS, Cochrane Library, and Embase. References searched in these databases carry greater credibility.

Plagiarism should also be evaluated, and in cases of doubt, plagiarism detection software such as Turnitin, Grammarly, Copyscape, and Plagscan can be used.

Reading a scientific article should be done critically and rigorously, considering these and other relevant elements to ensure the credibility and relevance of the study. This does not imply that every scientific article needs to be reviewed thoroughly, but rather that decisions to follow or not follow a guideline should be based on the quality of the article.

Soon, at our upcoming Brazilian Shoulder and Elbow Surgery Congress, we will feature a dedicated space for the Scientific Research Support Committee, focusing on these topics. On our website (sbcoc.org.br), we provide comprehensive guidance and support materials for research, including texts and courses covering everything from an introduction to the scientific method to strategies for securing funding from agencies.

.....
DR. OTAVIO TRIZ

SHOULDER

THE INFLUENCE OF REVERSE TOTAL SHOULDER ARTHROPLASTY IMPLANT DESIGN ON BIOMECHANICS

A INFLUÊNCIA DO DESENHO DO IMPLANTE DE ARTROPLASTIA TOTAL REVERSA DO OMBRO NA BIOMECÂNICA

CHARLES J. COGAN^{1,2} · JASON C. HO¹ · VAHID ENTEZARI¹ · JOSEPH P. IANNOTTI¹ · ERIC T. RICCHETTI¹. ACCEPTED: 6 JANUARY 2023 / PUBLISHED ONLINE: 3 FEBRUARY 2023 © THE AUTHOR(S) 2023. CURRENT REVIEWS IN MUSCULOSKELETAL MEDICINE (2023) 16:95-102

<https://doi.org/10.1007/s12178-023-09820-8>

▪ Este artigo publicado em 2023, por Joseph Iannotti et al., mostra a evolução no design das próteses reversas do ombro e a importância dessas evoluções para biomecânica da região, que conseguem minimizar as complicações relacionadas aos primeiros modelos de próteses reversas. As evoluções são cada vez mais constantes, melhorando os resultados e diminuindo as complicações, como solturas precoces da glenoide e o notching escapular, tendo como consequência aumento da sobrevida das próteses.

Com o crescente número de artroplastias reversas sendo realizadas, é muito importante que o cirurgião esteja em constante atualização com os modelos de próteses reversas para poder sempre melhorar seus resultados.

Este artigo traz as classificações dos modelos de próteses e como funciona a biomecânica de cada modelo.

ELBOW

A SYSTEMATIC REVIEW ON THE EFFICACY OF DIFFERENT TYPES OF PLATELET-RICH PLASMA IN THE MANAGEMENT OF LATERAL EPICONDYLITIS

UMA REVISÃO SISTEMÁTICA SOBRE A EFICÁCIA DE DIFERENTES TIPOS DE PLASMA RICO EM PLAQUETAS NO TRATAMENTO DA EPICONDILITE LATERAL

SHANGZHE LI MD, GUANG YANG MD, HAILONG ZHANG MD, PHD, XU LI MD, YI LU MD, PHD. JOURNAL OF SHOULDER AND ELBOW SURGERY VOLUME 31, ISSUE 7, JULY 2022, PAGES 1533-1544

<https://doi.org/10.1016/j.jse.2022.02.017>

▪ This article provides a review of the treatment of lateral epicondylitis with platelet-rich plasma (PRP), comparing the types of PRP performed for treatment, showing no difference in results.

There is a significant increase in the diagnosis of lateral epicondylitis in clinics due to the increased overload in the use of extensor muscles, resulting from the increase in typing with the computerization of current systems and the increase in incentives for sports. Treating epicondylitis is always a challenge due to the treatment time. Current treatments with PRP, hyaluronic acid, and shock waves, among others, have brought an important advance in the care of pathology, as the indication for surgical treatment becomes very restricted due to the high rates of good results with clinical treatments.

Knowing the advances in treatments, both clinical and surgical, is extremely important.



THE VITAL CONNECTION: WHY PARTICIPATE IN MEDICAL EVENTS AND CONGRESSES?

BETWEEN INTELLECTUAL AND EMOTIONAL BENEFITS, THE CONTINUOUS EVOLUTION OF MEDICINE

.....

DR. REGIS ALBERTINI

▪ When asked why they attend specialized congresses and events, most doctors will answer, "to update my knowledge." What often goes unnoticed is the invaluable opportunity for not only intellectual but also emotional development

among participants. Furthermore, speaking of timing, it has never been more crucial to be present, as on the global stage, medicine, and health sciences adapt and respond to emerging challenges at an unprecedented speed.

Let's first discuss intellectual development. Medical events and conferences serve as showcases of the latest research, technologies, and innovative treatments. Professionals in the field have the opportunity to attend lectures by renowned international experts, participate in practical workshops, and present their work. This exchange of knowledge significantly contributes to ongoing medical education, essential for practicing medicine to its fullest potential.

On the emotional side, meetings provide a unique environment where professionals can connect with colleagues who face similar challenges. These connections reduce professional isolation, fostering a stronger sense of community and belonging. Mutual support and the exchange of coping strategies contribute to the mental well-being of doctors, who often contend with high levels of stress and burnout.

Participation in medical events also significantly impacts motivation. Witnessing advances in medicine and firsthand results of new research can reignite passion for the profession and reinforce doctors' dedication to patient care. Furthermore, the potential for recognition by peers due to scientific achievements and contributions serves as a powerful professional incentive.

Continuous development thus forms a crucial triad: knowledge, community, and motivation. These benefits are abundantly provided at professional events held throughout the year. The knowledge gained, networks established, and emotional support received are just a few of the myriad ways these events benefit doctors—and, by extension, our patients. In an era marked by rapid transformations, the willingness to learn and connect with peers can significantly enhance the quality of care provided to society.

For us doctors, dedicating time and resources to participating in relevant events is an investment in our future. Moreover, institutions that support and encourage this participation demonstrate a commitment to medical excellence and the well-being of not only their patients but also their professionals.

Consider this when making decisions about your next investment in personal development. These opportunities extend beyond mere knowledge updates. Choose environments that also foster emotional growth. Prosperity thrives in movement, and so does equilibrium. ▪

SBCOC EVENTS CALENDAR



08/21/2024
8th Exam to obtain the title of member of SBCOC – Vitória, ES



08/22/2024 to 08/24/2024
XV CBCOC – Vitória, ES



11/14/2024 to 11/16/2024
56th Annual SBOT Congress – Rio de Janeiro, RJ

DR. GUILHERME V. SELLA



TEACHING AND TRAINING COMMISSION (CET)

- Review of the CET regulations, preparation of the competency matrix and publication of the 8th TECOC notice;
- Meeting to discuss new vacancies for improvement services in the Northeast, Southeast and South of Brazil;
- Registration of 85 candidates for the 8th Examination to Obtain the Title of Member of SBCOC, who will go through the process of validating registrations and analyzing scientific works;
- Organization of the Title Examination (questions, location of the test, supervision and definition of examiners with accredited services).



SCIENTIFIC RESEARCH AND PUBLICATION INCENTIVE COMMISSION

- Organization of support material for research that will be made available to members via the SBCOC website.



REGENERATIVE COMMISSION

- Webinar on 04/22 on the role of hyaluronic acid viscosupplementation in shoulder osteoarthritis and orthobiologicals in upper limb muscle injuries, with Drs. Benno Ejnisman and Alberto Pochini;
- Preparation of a Basic Manual on Regenerative Medicine and Orthobiology, expected to be launched at CBCOC in Vitória;
- In June, the Webinar on the use of orthobiologicals in tendinopathies and partial tears of the rotator cuff will take place.

In the next editions we will continue with updates on the Committees' activities as they occur.



SBCOC YOUTH COMMISSION

1) SBCOC Young Season

Episode 4 - International Fellowship - My Experience and Lessons Learned - 03/26/24

Episode 5 - Ethics and Professional Defense of the Orthopedist in relation to the Limitations of Care by the Unified Health System - 06/18/24, at 7pm

2) Fellowship Program

- **International Fellowship** - confirmation of the program with a scholarship from SBCOC - 2 places (01 place Traveling Fellowship Portugal - SPOC and 01 place Ohio State University) for the first placed in the Examination to Obtain the Title of Member of SBCOC;
- **Fellowship Brazil Project** - structuring the program so that full and full members can carry out structured visits to national services lasting 2 to 4 weeks, prioritizing members from the interior of the country.



CONTINUING EDUCATION COMMITTEE (CEC)

- Completion of the schedule for the XV CBCOC that will take place in Vitória;
- Finalization of the CBOT Shoulder and Elbow Specialty Day schedule;
- Start of SBOT podcasts;
- Participation in the final organization of the SBCOC Masterclass;
- Itinerant course in Foz de Iguaçu.



PROFESSIONAL DIGNITY AND APPRECIATION COMMISSION

- Participation together with the SBCOC Young Commission in the webinar Ethics and Professional Defense of Orthopedists in relation to the Limitations of Care through the Unified Health System, on June 18th.



ELBOW COMMISSION

- Final organization of CadaverLab;
- Discussions of complex cases.

XV CBCOC ADDRESSES SHOULDER AND ELBOW SURGERY HIGHLIGHTS

In a broad program, which involves national and international lectures, workshops and symposiums, the XV Brazilian Congress of Shoulder and Elbow Surgery brings presentations with prominent themes for the improvement of shoulder and elbow surgical practice.

**THE EVENT WILL TAKE PLACE
BETWEEN THE 22ND AND 24TH OF AUGUST,
IN VITÓRIA, ESPÍRITO SANTO.**



SBCOC
SOCIEDADE BRASILEIRA DE
CIRURGIA DO OMBRO E COTOVELO

Centro de Convenções de Vitória
Vitória - ES, de 22 a 24/08/2024

XV Congresso Brasileiro de Cirurgia de Ombro e Cotovelo