



## Fellowship Shoulder and Elbow “Cidade Invicta”

### Introduction

The current and progressive subspecialization in the different orthopedic areas creates challenges in the training of residents in Orthopedics.

For this reason, we feel that the existence of fellowships in Shoulder and Elbow Pathology is extremely important.

The Orthopedics Department of the Centro Hospitalar Universitário do Porto (CHU Porto) is a national reference in the provision of specialized care, pre- and post-graduate training and research activity.

Dr. Rui Claro and the Shoulder and Elbow Unit of the CHU Porto Orthopedics Service are recognized by the European Society of Shoulder and Elbow Surgery as a “Teaching Center”.

This fellowship will allow its participants an extensive and varied experience on the multiple aspects of conservative and surgical treatment of Shoulder and Elbow pathologies. The existing rotation allows a daily, diversified, multidisciplinary and intense activity in the treatment of patients and in contact with different surgeons specialized in these areas.

### Fellowship Coordinator

**Dr. Rui Claro**

Centro Hospitalar Universitário do Porto  
Hospital Lusíadas Porto

### Faculty of Fellowship

**Dr. Rui Claro**

Centro Hospitalar Universitário do Porto  
Hospital Lusíadas Porto

**Dr. Eurico Lopes da Silva**

Centro Hospitalar Universitário do Porto

**Dr. Luís Henrique Barros**

Centro Hospitalar Universitário do Porto

**Dr. Hélder Fonte**

Hospital Lusíadas Porto

### Duration

Minimum 4 weeks





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### Fellowship Locations

Centro Hospitalar Universitário do Porto  
Hospital Lusíadas Porto

### Developed activities

#### Clinical activity

Active participation of service activities, clinical case meetings and external consultation.  
Preoperative and postoperative assessment of patients:

- Preoperative preparation, survey of clinical case elements, discussion of procedures, surgical planning and choice of materials;
- Preoperative assessment with objective data recording (scores);
- Postoperative assessment in the ward and preparation of patients for discharge.

#### Surgical activity

Active participation in shoulder and elbow surgeries of traumatic and degenerative etiology. Experience in arthroscopic and conventional techniques. The ultimate goal will be to improve skills in performing the most common procedures in shoulder and elbow surgery, namely:

- Arthroscopic repair of the rotator cuff;
- Anatomical and RSA due to degenerative pathology;
- RSA for fractures;
- Osteosynthesis of the proximal, diaphyseal and distal humerus;
- Distal biceps reinsertion;
- Elbow fractures.

#### Other activities

Possibility of participating in clinical presentations, articles and scientific work carried out at the Centro Hospitalar e Universitário do Porto and at Hospital Lusíadas Porto.  
Encouraging the presentation and execution of research projects to be developed during the fellowship period, which may result in presentations or articles by the fellow.

### Application Conditions

Degree in Medicine, recognized by the Portuguese Medical Association  
Residents in Orthopedics > 5th year of residency

### Contacts:

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