

My Two-Week Exchange in Poland

By Sang Hyub Kim ('18)



Rehabilitation Clinic – Ortopedicum. From left to right: Małgorzata Kulesa-Mrowiecka, MSc, PhD, the Deputy Director of the Institute of Physiotherapy of the Faculty of Health Sciences, Sang Hyub Kim, and Bożena Latała, Msc, the Chief of Rehabilitation Department in Ortopedicum.

Sang Hyub Kim ('18) recently completed a two-week exchange in Poland at the Uniwersytet Jagielloński w Krakowie (Jagiellonian University in Kraków). Founded in 1364 by Kazimierz III Wielki (Casimir III the Great), Jagiellonian University is the oldest university in Poland. Halina M. Semla-Pulaski, MS, DPM ('89), a Trustee of the NYCPM, organized this exchange program. Dr. Semla-Pulaski developed contacts with the faculties through her mentor and friend, Jolanta Jaworek, MD, PhD. Dr. Jaworek was a former Dean of the Wydział Nauk o Zdrowiu (Department of Health and Sciences) and holds the highest title and distinction of "Professor" in the Polish academia.

Kim spent his first week in the Oddział Kliniczny Ortopedii i Rehabilitacji (Clinical Department of Orthopedics and Rehabilitation) of the University Hospital, shadowing orthopedic surgeons – Artur Gądek, MD, (Professor of Jagiellonian University), a hip and knee specialist and Henryk Liszka, MD, a foot and ankle specialist. Under the supervision of Dr. Liszka, Kim was allowed to scrub into several forefoot surgeries such

as arthroplasty, percutaneous scarf and the Akin procedure. Moreover, Kim observed complicated cases including triple arthrodesis, clubfoot reconstruction, ankle arthroscopy and osteochondral lesion resection. In the second week, Kim visited few rehabilitation and physical therapy centers outside of the main campus involved in the Institute of Physiotherapy at Jagiellonian University Collegium Medicum. Małgorzata Kulesa-Mrowiecka, MSc, PhD, the Deputy Director of the Institute of Physiotherapy of the Faculty of Health Sciences, guided Kim through Rehabilitation Clinic – Ortopedicum, the modern orthopedic and rehabilitation center in Kraków. Dr. Kulesa-Mrowiecka demonstrated the uses of foot sensors, hydrotherapy, cryotherapy, ultrasound-guided diagnostics, and extracorporeal shock wave therapy. Furthermore, Kim worked with physiotherapists to instruct post-op patients on how to stand and to walk following their surgical procedures with Bożena Latała, Msc.



(Left Photo) Ojców i Ojcowski Park Narodowy (Ojców National Park) is one of 23 national parks in Poland. Located approximately 16km (10miles) north of Kraków, Ojców National Park contains numerous castles. Kim (far right) is pictured with international medical students from (left to right) Oman, Poland and Spain.

(Right Photo) A statue of Mikolaj Kopernik (Nicolaus Copernicus) in the main campus: Copernicus attended Jagiellonian University in the winter semester of 1491-92, giving him the knowledge for the heliocentric model.

During his free time, Kim explored the Kopalnia Soli Wieliczka (Wieliczka Salt Mine), located in the south of Kraków's metropolitan area. The mine was created by nature about 15 million years ago and the Wieliczka salt deposit was formed after the waters of a Miocene sea had evaporated. With a depth of 327 meters underground and galleries with a total length of 250 kilometers, Wieliczka Salt Mine contains many rock-salt carved art works and chambers that were created since the eleventh century. The Wieliczka Salt Mine reflects the achievement of simple miners and engineers, of Polish kings and of eminent scientists as well as the history of the micro-society, which evolved around the mining establishment. Kim also participated in the free walking tour of the Jewish Quarter in the District of Kazimierz. Founded in

1335 by Casimir III the Great, it is full of narrow streets with Jewish architecture and synagogues. Schindler's List, Steven Spielberg's masterpiece, was filmed in many parts of the Jewish Quarter. The aftermath of the Holocaust is vividly echoed through the remains of ghettos and commemorative tombstones. The tour guide concludes the tour with a quote from Martin Niemöller:

"First they came for the Socialists, and I did not speak out – Because I was not a Socialist. Then they came for the Trade Unionists, and I did not speak out – Because I was not a Trade Unionist. Then they came for the Jews, and I did not speak out – Because I was not a Jew. Then they came for me – and there was no one left to speak for me."

Kim says that this exchange platform was an enriching experience both academically and culturally. He states: "I was able to live in Poland as not just an American tourist, but as a resident of Poland interacting and working directly with Polish people in their everyday lives and also contributing to the society." He encourages upcoming classes to participate and to inquire about the program.