

ACADEMIC FORMATION

1993-1998 BSc Medicine and Surgery

Faculty of Medicine. "Benemérita Autonomous University of Puebla" (Mexico)

1998-1999 Undergraduate Rotating Internship

General Hospital, Zone nº1, IMSS, Tlaxcala, Tlax. (Mexico)

1999-2000 Social Services

"Puebla University Hospital" (Mexico)

2000 Interinstitutional Commission for of health human resources training (equivalent to MIR test)

Postgraduate and Continuous Education Teaching Committee. XXIV National Exam of Candidates for Medical Residencies.

2001-2005 Specialized Training in Orthopaedic and Traumatology

Highly specialized Medical Unit. "Dr.Victorio de la Fuente Narváez"
Mexican Institute of Social Security. México, D.F. (México).

2004 Doctoral Thesis: "Managing rotation instability trough an anterior approach"

Highly specialized Medical Unit. "Dr.Victorio de la Fuente Narváez"
Mexican Institute of Social Security. México, D.F. (México).

2005-2006 Fellowship in Arthroscopic Surgery and Sports Traumatology

"USP Santa Teresa Policlinic Hospital". ISAKOS. Teaching Center. A Coruña

2005 Validation of the professional title to Spanish BSc Medicine

Ministry of Education and Science. General Sub-directorate of Titles, Validations and Homologations.

2007-2008 Specific Complementary Training (Ministry of Education and Science – Ministry of Health and Consumer Affairs)

C.O and Traumatology Services. "Fremap Hospital", Majadahonda (Madrid)

2010 Homologation of Orthopaedic en Traumatology specialist title.

Ministry of Education and Science. General Sub-directorate of Titles, Validations and Homologations.

LANGUAGES

Spanish : Mother Tongue

English : High Level (TOEFL)

PROFESSIONAL EXPERIENCE

- 2006 - 2007** **“USP Santa Teresa Polyclinic Hospital”. ISAKOS. Teaching Center. A Coruña**
Assistant Doctor. Orthopaedic Surgery and Traumatology
Service “COT Dr. Rafael Arriaza Loureda”
- 2009 – 2010** **“CENTRO Clinic”. Dr. Manuel Leyes Vence Team. Madrid**
Collaborator Doctor
- 2010 – 2011** **“Madrid Montepíncipe” University Hospital**
Orthopaedic Surgery and Traumatology Service
Dr. Truan Blanco Team
- 2007 – 2011** **“Fremap-Majadahonda” Hospital**
Assistant Doctor. Orthopaedic Surgery and Traumatology Service
Shoulder Unit (2007-2008)
Spine Unit (2008-2011)
- 2011** **Universal Mutual – “Nuestra Señora del Rosario” Hospital. Madrid**
Assistant Doctor. Orthopaedic Surgery and Traumatology Service
- 2011** **“Los Madroños” Hospital. Brunete. Madrid**
Orthopaedic Surgery and Traumatology
- Nov – 2011** **“USP Santa Teresa Polyclinic Hospital”. ISAKOS. Teaching Center. A Coruña**
Assistant Doctor. Orthopaedic Surgery and Traumatology
Spine Unit – Arthroscopic Surgery
- 2012 - 2016** **Medical Institute “Arriaza & Associates”. A Coruña**
Orthopaedic Surgery and Traumatology Service
Spine Unit – Arthroscopic Surgery
“Modelo Hospital Group”. “Modelo Hospital”, A Coruña
- March 2016 – Sept 2017** **“Assistens” Clinic, A Coruña**
Orthopaedic Surgery and Traumatology Service
Cirugía de Raquis, Arthroscopic Surgery.
- February 2016 – Today** **“Mutua Gallega de AT”, A Coruña**
Orthopaedic Surgery and Traumatology Service / Spine Unit. Medical
Assistance Center “A Grela”. San Rafael Hospital, A Coruña
- March 2016 – Today** **Mapfre Medical Center, A Coruña**
Orthopaedic Surgery and Traumatology Service
Rachis Surgery, Arthroscopic Surgery.
Endoscopic Surgery of Lumbar Spine

MEMBERSHIP OF SCIENTIFIC AND PROFESSIONAL SOCIETIES

- Spanish Society of Orthopaedic Surgery and Traumatology (SECOT)
- Spanish Society of Sports Traumatology (SETRADE)
- Latin American Society of Arthroscopy, Knee and Sports Traumatology (SLARD)
- International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS)
- Member of "AOSpine" (AOFoundation)
- Mexican Association of Orthopaedic and Traumatology (CMO)
- Mexican Council of Orthopaedic and Traumatology, A.C. (CMOT)

ORALES COMMUNICACIONES AND SCIENTIFIC CARTELS

1. Surgical Techniques of navigator guided osteotomy (oral communication). XXIII National Congress of the Spanish Association of Arthroscopy. Sitges, 25-27th may 2005.
2. Fracture of the kneecap after anterior cruciate ligament replacement with contra lateral grafting (poster). XXIII National Congress of the Spanish Association of Arthroscopy. Sitges, 25-27th may 2005.
3. Gleno-humeral complex imbalances: Pathology and surgical technique (oral communications). X National Congress of the Spanish Society of Shoulder and Elbow Surgery (SECHC). Tarragona, 12-13th March 2009.
4. Incorporation epidural infiltration in sciatic treatment protocol (oral communication). 47th SECOT National Congress. 11th EFORT Congress. Madrid, 2nd-5th June 2010.
5. E-POSTER, Simultaneous Pertrochanteric and Subcapital Fracture in an elderly lady. 52th Congress. SECOT Valencia, September 2015

BASIC AND CLINICAL INVESTIGATION PROJECTS

1. Surgical Treatment of intra-articular fractures of distal radius: closed reduction with percutaneous wiring, open reduction with internal fixation and closed reduction with external fixation. Comparison of clinical, functional, radiologic and labour findings. Prospective comparative randomized study. Main investigator: P. J. Delgado. Madrid, 2008-2010.
2. Using growth drivers for tendon repairing. Experimental clinical trial on animals. Main Investigator: F. Forriol Campos and P. J. Delgado. Madrid, 2008-2010

PREMIOS Y HONORES

2005 Premio del Grupo de Estudio del Dolor de la Sociedad Española de Cirugía Ortopédica y Traumatología (GEDOS) sobre patologías musculoesqueléticas en imágenes: "Subluxación rotatoria atlantoaxial"

PRIZES AND HONOURS

2005 Price from Pain Study Group - Spanish Society of Orthopaedic Surgery and Traumatology (GEDOS) on musculoskeletal pathologies on images: "rotating atlantoaxial subluxation"

TEACHING ACTIVITIES

2010 - Teacher. Workshop on Spine for assistant doctors.

"Fremap" Regional Offices

Getafe, 28th October 2010 for Castilla-León, Castilla-La Mancha, Extremadura and Madrid Regional Offices.

2011 - Teacher. Course on "Traumatology on Primary Health Care"

"Universal Mutua" - "Nuestra Señora del Rosario Hospital", Madrid
Madrid, 7th-8th April 2011

2011 - Teacher. Course on " Lower Limb Traumatology on Primary Health Care "

"Universal Mutua" - "Nuestra Señora del Rosario Hospital", Madrid
Madrid, 3rd June 2011

2015 - Teacher. Theoretical-practical course on Instrumentation and Lumbar Surgery for Surgical Nursing,
"Arriaza and Associates" Medical Institute

"HM Modelo" Hospital

A Coruña, 5th September and 24th October 2015

2017 - Teacher. Training on Lumbar Spine Pathology

"Mutua Gallega" – A Coruña, 20th June 2017

NOTEWORTHY INSTRUCTING COURSES

1. Basic course on AO/ASIF: internal fixation of fractures. "AO International". 17th to 20th August 2003. San Miguel Regla, Hidalgo, Mexico.
2. II International Symposium- Improvements and Updates on Traumatology and Orthopaedic: "Shoulder and Growth Drivers". 20th to 22nd November 2003. Madrid, Spain.
3. IV International Meeting. Puebla 2004. Mexican Society of Hip Surgery. 4th to 7th February 2004 . Puebla, Pue. Mexico.

4. 3rd. European Congress of Sport Traumatology. 1st to 3rd April 2004. Madrid, Spain.
5. 2004 FIFA International Medical Congress. 3rd to 6th November 2004, Cancún, Q. Roo. Mexico.
6. Advanced Course AO/ASIF: internal fixation of fractures. "AO International". 8th to 11th February 2005. Guanajuato, Mexico.
7. XXIII National Congress of Spanish Association of Arthroscopy. Barcelona – Sitges 25th to 27th May 2005.
8. IX Training Session on Hand Surgery "Fremap": Treatment of hand Trauma. 14th December 2007 Madrid.
9. Third Cycle Course: Labour Biotypology. Academic Year 2007-2008 National Royal Academy of Medicine.
10. Basic Workshop on Infiltration Techniques. 20th February 2008. "FREMAP" Hospital Majadahonda, Madrid.
11. XXVIII International Course on Knee Pathology. Theoretical- practical Course. Knee Unit. "FREMAP » Hospital. Majadahonda. 10th-11th and 12th March 2008 Madrid, Majadahonda.
12. XXXV Symposium on Traumatology and Orthopaedics. Sport Injuries. "Mapfre Foundation". 11th-12th and 13th June 2008 Madrid.
13. International Congress on Traumatology "FREMAP" 75th anniversary: Advances on Fractures and Dislocations. Madrid, 17-18 and 19th September 2008.
14. III Theoretical-Practical Course on Shoulder Surgery, "FREMAP". 14th October 2009, Dissecting Room of Anatomy and Embryology Department- Faculty of Medicine- Autonomous University of Barcelona.
15. XI Working sessions on Hand Surgery "FREMAP": Carpus Instability. Theoretical-Practical Course with Corpse Dissection. 10th-11th December 2009, Dissecting Room of Anatomy and Embryology Department- Faculty of Medicine, "Complutense University" .Madrid. "FREMAP" Hospital. Majadahonda.
16. III Course on Spinal Advances, minimally invasive, percutaneous, static and dynamic techniques. Faculty of Medicine, "Miguel Hernández de Elche" University. San Juan, Alicante 21st May 2010.
17. AOSpine Principles Course – Spine 4D and the Aging Spine. 8th-9th October 2010, Santiago de Compostela, Spain.
18. Participant on AOSpine Webinar—Lumbar Disc Herniation. Massimo Balsano, Verona (Italy). 20th September 2011.
19. Course on Back Pain Prevention Risk: norms of healthy posture and attitude to pain. Back Spanish School (EEDE) 21st September 2011.
20. European Spine Course Diploma. Module 1 Basic Comprehensive Course. Module 5 Revisions and Complications 22nd-23rd y 24th September 2011. Barcelona, Spain.
21. Training on "Leon Hospital Complex". COT Service– Rachis Unit (Dr. Manuel Fernández González). 25th to 28th October 2011.
22. II Theoretical-Practical Course on Spine Infiltration Techniques in Corpses. Faculty of Medicine – "Complutense University" Madrid. 5th November 2011, Madrid.
23. European Congress, Lumbar Interbody Fusion Course (IBF) Bordeaux, France , 15-16th March, 2012 Prof. Jean-Charles Le Huec

Bordeaux University Hospital, Orthopaedic Surgery Department.

24. Practical Course on Minimally invasive Spine Surgery.
Capio – General Hospital of Catalonia, International University of Catalonia
20th April 2012, Barcelona.
25. Project Course e-Rachis 2012, "DePuy" Institute, Vertebral Surgery. June to September 2012.
26. International Mobidays (Cervical- Lumbar Arthroplasty Course)
LDR – IRCAD Institute. Strasborug, 21-22th June, 2012.
27. Summer University 2012 (International Medtronic Course – Spine Surgery). Rome, Italy, 27-29th June, 2012.
28. IV Practical Course on Spine Surgical Techniques. 5th and 6th July 2012 ,Barcelona University
29. Aesculap Spine days 2012 (Trends in Lumbar Spine Surgery). Berlin, Germany, 7th- 8th September, 2012.
30. Theoretical-Practical Course (Sacroiliac Joint Arthrodesis)
University Clinic Hospital Santiago de Compostela. 14th and 15th February 2013.
31. Summer University 2012 (International Medtronic Course – Spine Surgery). Lisbon, Portugal , July 3rd-5th, 2013.
32. European Spine Course Diploma
Module 3: Trauma, Tumours and Infections. 2nd-3rd and 4th December 2013. Thessaloniki, Greece.
33. Summer University 2014 (International Medtronic Course – Spine Surgery). Athens, Greece, 1st -3rd July, 2014.
34. XXVIII Orthopaedia Training Days. 60th Yearly meeting. Puebla, México , 29th April-3rd May 2015.
35. I Spine Micro-Surgery Course, Cervical Micro-Surgery. "MAZ" Hospital, Zaragoza , 5th and 6th February 2016.
36. I Galician Workshop Clinical Cases for Spine Surgeons. Santiago de Compostela, 8th April 2016.
37. II Galician Workshop Clinical Cases for Spine Surgeons. Santiago de Compostela, 17th February 2017.
38. Advanced Training Course on Lumbar Spine Endoscopic Surgery.
Gipuzkoa Polyclinic. 19th and 20th October, Donostia / San Sebastian