

Clínica Espregueira – FIFA Medical Centre of Excellence

Estádio do Dragão, Entrada Nascente, Piso -3
4350-415 Porto
Portugal
www.clinicaespregueiramendes.com

João Espregueira-Mendes
++351 220 100 100
info@dhresearchcenter.com

Data on Clinical/Research Center

We are a Clinical Center:	✓
We are a Research Center:	✓
We are both:	✓
In University Programme:	✓
Private Practice Programme:	✓
Primary Language:	Portuguese
Secondary Language:	English

Please provide a general description of your program:

At our institution we perform several multijoint articular cartilage procedures in athletes and general population. Our core are knee, hip and ankle chondral and osteochondral reconstructions. Moreover, we focus on clinical research (with several peer-reviewed publications) and have been developing novel approaches, including the harvesting of autografts from the upper tibiofibular joint. We are ESSKA and ISAKOS official teaching centres, receiving annually several fellowships from all around the world. In our institution we provide to the fellows the opportunity to assist the clinical consultations and participate in the surgeries, encouraging them to collaborate in our articular cartilage research.

Training/Techniques are available

- OATS
- Meniscus Transplantation
- Patello-femoral Realignment/ Reconstruction
- Osteotomies
- Uniclylar- & Total Joint Arthroplasty of Knee
- Non Operative Interventions (including Visco-supplementation)
- PRP
- Knee Procedures
 - Microfracture
 - Chondroplasty
 - Mosaicplasty
- Foot & Ankle Procedures
- Hip Procedures
- Shoulder Procedures

Approximate Annual Case Volumes

Knee Procedures:	197
Hip Procedures:	7
Foot & Ankle Procedures:	33
Shoulder Procedures:	25
Advanced Cartilage Repair techniques:	82

Opportunities, Experiences and Location of the Teaching Center

Scientific Research Opportunities Available:

Our Clinical Director, representing our Institution was Faculty in several ICRS Advanced Courses. Moreover, he has invited for many ICRS conferences also as Faculty. Our Institution has a close relationship with one of the most advanced centres in TERM of Europe (3B's Research Groupe Biomaterials, Biodegradables and Biomimetics, University of Minho, Headquarters of the European Institute of Excellence on Tissue Engineering and Regenerative Medicine). We have several publications regarding TERM, cartilage procedures and their outcomes/complications, comprising from basic research to clinical application. In this sense, we can involve our fellows in the abovementioned basic and clinical research.

Describe your participation in past ICRS educational, hosting or society events

Our institution participated as Invited Faculty in several ICRS Conferences and Advanced Courses, in the person of João Espregueira-Mendes.

Can your center provide free or reduced-cost accommodation through your institute?

yes

Who should be contacted:

Vânia Teixeira, our Executive Assistant (clinica@espregueira-com)

Nearest Airport to your institution is

Porto Airport (15 min)

Share on:



Contact

+41 (0)44 503 73 70
FAX +41 (0)44 503 73 72
office@cartilage.org

Quick Access

- My ICRS Login
- Become A Member
- Patient Education
- Publications
- ICRS Educational Events
- ICRS Teaching Centers

Social media

