



Mihail Lazar Mioc

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[REDACTED]

● WORK EXPERIENCE

01/11/2024 - 31/10/2025 - DUBLIN, IRELAND

CLINICAL FELLOW UPMC SPORT SURGERY CLINIC

- High volume Hip & Knee Clinical Fellowship coordinated by Prof. Brian M Devitt
- Assisted and performed surgeries in high-volume elective procedures, including:
 - total hip arthroplasty, total/partial knee arthroplasty
 - knee arthroscopy, meniscal surgery, ACL reconstruction
 - osteotomies around the knee
 - sports surgery (MPFL reconstruction, proximal hamstring repair, rectus femoris repair)
 - 3 mentor surgeons: Prof. Brian Devitt, Mr. Mihai Vioreanu and Mr. Gavin McHugh
- Participated in outpatient clinic, involved in decision-making regarding diagnosis and treatment
- Proficiency in robotic assisted surgery
- Conducted and contributed to clinical research projects on outcomes of knee surgery, ACL reconstruction, and meniscal repair

01/05/2024 - CURRENT - TIMISOARA, ROMANIA

PRIMARY ORTHOPAEDIC SURGEON EMERGENCY CLINICAL COUNTY HOSPITAL

28/02/2021 - CURRENT - TIMISOARA, ROMANIA

ASSISTANT LECTURER IN UNIVERSITY "VICTOR BABES" UNIVERSITY OF MEDICINE AND PHARMACY

31/12/2016 - 30/04/2024 - TIMISOARA, ROMANIA

SPECIALIST ORTHOPAEDIC SURGEON EMERGENCY CLINICAL COUNTY HOSPITAL

03/11/2013 - 14/05/2015 - TIMISOARA, ROMANIA

MEDIC BASCHET CLUB TIMISOARA

Medical assistance for the local basketball team, during official games or upon request.

31/12/2011 - 30/12/2016 - TIMISOARA, ROMANIA

RESIDENT DOCTOR EMERGENCY CLINICAL COUNTY HOSPITAL

- specialty residency training
- charting patients, performing clinical examinations, prescribing medication, assisting and performing surgery

● EDUCATION & TRAINING

09/2012 - 06/2017 - TIMISOARA, ROMANIA

STUDII DOCTORALE (PHD)- "VICTOR BABES" UNIVERSITY OF MEDICINE AND PHARMACY

Graduate Magna Cum Laude according to Order 4384/18.07.2017

Professional Competencies:

- Mastery of concepts related to medical biostatistics, scientific research methodology, and medical ethics
- Acquisition of Good Clinical Practice (GCP) certification
- Development of skills related to designing a study, allocating necessary resources for conducting the study, capturing and interpreting results, as well as disseminating them through specific channels (specialized publications)

30/09/2005 - 30/09/2011 - BUCURESTI, ROMANIA

DOCTOR OF MEDICINE (MD)- "CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY

The title of DOCTOR-MEDIC in the field of HEALTH with specialization in MEDICINE was awarded.

Diploma series A no. 0003559 from the September 2011 session, issued by the Ministry of Education, Research, Youth, and Sports on 14.05.2012.

30/09/2007 - 04/06/2010 - BUCURESTI, ROMANIA

BACHELOR OF SCIENCE IN PHYSICAL EDUCATION (BSC)- ECOLOGIC UNIVERSITY OF BUCHAREST - PHYSICAL THERAPY AND SPORT SCIENCES UNIVERSITY

The title of BACHELOR IN PHYSICAL EDUCATION AND SPORTS in the field of PHYSICAL EDUCATION AND SPORTS was awarded.

Diploma series C, no. 0170330, issued by the Ministry of Education, Research, Youth, and Sports on 13.09.2011.

05/2005 - 06/2005 - BUCURESTI, ROMANIA

HIGH SCHOOL NATIONAL EXAMINATION DEGREE- "GHEORGHE SINCAI" NATIONAL COLLEGE

Baccalaureate Diploma series U, no. 0020674, issued by the Ministry of Education and Research on 18.07.2005

14/09/2001 - 17/07/2005 - BUCURESTI, ROMANIA

HIGH SCHOOL DIPLOMA- "GHEORGHE SINCAI" NATIONAL COLLEGE

Graduate of high school with a specialization in "Natural Sciences" according to diploma series A, no. 0115227, issued by the Ministry of Education and Research on 18.07.2005

14/09/1993 - 14/07/2001 - BUCURESTI, ROMANIA

GENERAL CERTIFICATE OR LOWER SECONDARY EDUCATION- "PIA BRATIANU" ELEMENTARY SCHOOL

Certificate series B, no. 0212590, issued by the Ministry of National Education on 19.07.2001

● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
GERMAN	A1	A1	A1	A1	A1
SPANISH	A2	A2	A2	A2	A1

● SKILLS

Social Media | teach in academic or vocational contexts | think creatively | monitor developments in field of expertise

● CONFERENCES & SEMINARS

- 15th ISAKOS Congress. Munich, Germany, 8 - 11 June 2025
- Practical Course Orthopedics. Toulouse, France, 22 - 23 May 2025
- AAOS. San Diego, USA, 10 - 14 March 2025
- CCJR. Orlando, USA, 11 - 14 December 2024
- 25th EFORT Congress. Hamburg, Germany, 22 - 24 May 2024
- 21th ESSKA Congress. Milan, Italy, 8 - 10 May 2024
- 24th EFORT Congress. Vienna, Austria, 24 - 26 May 2023
- 14th ISAKOS Congress. Boston, USA, 18 - 21 June 2023
- 20th ESSKA Congress. Paris, France, 27 - 29 April 2022
- 41st SICOT Congress. Budapest, Hungary, 15 - 18 September 2021
- Virtual EFORT Congress 2021. 30 June - 2 July 2021
- 19th EFORT Congress. Lisbon, Portugal, 5 - 7 June 2019
- 17th ESSKA Congress. Barcelona, Spain, 4 - 7 May 2016
- 14th EFORT Congress. Istanbul, Turkey, 5 - 8 June 2013

● WORK-RELATED SKILLS

Work-related competencies

- **Assistant Lecturer** - actively training students at our medical university in their 4th year as well as in specific workshops together with the Romanian Society of Surgical Students (SSCR) - first workshop held this spring
- **Primary Orthopaedic and Trauma surgeon** - treating patients from 5 counties in one of the biggest public hospitals in Romania. Working in a high-volume trauma center - mostly specialized in fracture treatment (especially hip fractures in geriatric patients)
- Residency program training - organizing regular scientific sessions where we discuss the latest trends in scientific literature, and we provide training for the specialty examination (post-residency program exam)
- Scientific training during the PhD studies, actively participating in clinical trials and disseminating research

● MEMBER IN NATIONAL AND INTERNATIONAL SOCIETIES

Member of ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy)

Member of ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine)

Member of EHS (European Hip Society)

Member of AAOS (American Academy of Orthopaedic Surgeons)

Member of SRATS (Romanian Society of Arthroscopy and Sports Trauma)

Member of SOROT (Romanian Society of Orthopedics and Traumatology)

● PUBLICATIONS

Books and chapters in books (International Only)

- Prejbeanu R, **Mioc ML**. (2023) Anatomical landmarks for hamstring tendon harvesting in anterior cruciate

ligament reconstruction. In: William B. Stetson (ed) *Arthroscopic Surgery - New Perspectives*. IntechOpen Publishing, 2023 ISBN 978-1-83768-883-8

- Haragus H., **Mioc ML**, Prejbeanu R. (2020) Indication for Surgical Treatment of Injuries of the Hip, Groin, and Thigh. In: Krutsch W., Mayr H., Musahl V., Della Villa F., Tscholl P., Jones H. (eds) *Injury and Health Risk Management in Sports*. Springer, Berlin, Heidelberg. ISBN 978-3-662-60751-0
- Prejbeanu R., Predescu V., Haragus H., **Mioc ML**. (2020) Hip Injuries and Groin Pain. In: Krutsch W., Mayr H., Musahl V., Della Villa F., Tscholl P., Jones H. (eds) *Injury and Health Risk Management in Sports*. Springer, Berlin, Heidelberg. ISBN 978-3-662-60751-0
- Prejbeanu R., **Mioc ML**. (2018) Half Hitches. In: Akgun U, Karahan M, Randelli P, Espregueira-Mendes J. (eds) *Knots in Orthopedic Surgery*. Springer, Berlin, Heidelberg ISBN 978-3-662-56107-2

Internationally published in-extenso manuscripts in ISI papers author/coauthor

- **Mioc ML**, Brady B, O'Brien AR, Vioreanu M. Low graft failure and favourable outcomes after anterior cruciate ligament reconstruction and lateral extra-articular tenodesis in young athletes. *J Exp Orthop*. 2025
- Hepburn J, Brady B, **Mioc ML***, Vioreanu M. Iliotibial Band Release Significantly Improves Pain, Function, and Quality of Life in Patients with Isolated Patellofemoral Osteoarthritis: a 2-Year Retrospective Study. *ISAKO* 2025
- **Mioc ML**, Crosbie S, Brady B, Vioreanu M. Lateral extra-articular tenodesis preserves quadriceps strength without significantly affecting plyometric performance after anterior cruciate ligament reconstruction. *J Exp Orthop* 2025
- Prejbeanu R, **Mioc ML***, Tsiridis E, Kenanidis E, Valli F, Pasquini A, Deleanu B. The Influence of Tranexamic Acid (TXA) on Postoperative Infection Rates Following Total Hip Arthroplasty (THA)—A Systematic Review. *Clin. Med* 2025
- Pasquini A, Prejbeanu R, Russu O, D'Ambrosi R, Faur CI, Muccioli GMM, **Mioc ML**. Effect of vitamin D on anterior cruciate ligament injury rates and post-reconstruction function—A systematic review. *J Exp Orthop*. 2025
- Sanda I-I, Hosin S, Vermesan D, Deleanu B, Pop D, Crisan D, Al-Qatawneh M, **Mioc ML**, Prejbeanu R, Rosca O. Impact of Syndesmotic Screw Removal on Quality of Life, Mobility, and Daily Living Activities in Patients Post Distal Tibiofibular Diastasis Repair. *Medicina*. 2023
- Hosin S, Vermesan D, Deleanu B, Pop D, Crisan D, Al-Qatawneh M, **Mioc ML**, Faur C, Rosca O, Prejbeanu R. Correlation between Ankle Imaging Findings and Self-Reported Outcomes: A Longitudinal Assessment in Patients with Tibiofibular Diastasis. *Clin. Med*. 2023
- Prejbeanu R, **Mioc ML**, Jebelean S, Balanescu A, Feier A-M, Pop TS, Russu O. The Presence of a 'Sentinel' Vessel as an Anatomical Reference during Hamstring Tendon Harvesting—A Prospective Study. *Clin. Med*. 2023
- Hosin S, **Mioc ML**, et al. Avoiding the Removal of Syndesmotic Screws after Distal Tibiofibular Diastasis Repair: A Benefit or a Drawback? *Clin. Med*. 2022
- Prejbeanu R, **Mioc ML***, et al. The Use of Tranexamic Acid in Anterior Cruciate Ligament Reconstruction: A Systematic Review. *Appl Sci*. 2021
- Prejbeanu R, Vermesan D, Balanescu A, **Mioc ML***, Haragus H. Repair of acute Achilles tears with plantaris augmentation. *Int Orthop*. 2021
- **Mioc ML**, et al. Deep vein thrombosis following the treatment of lower limb pathologic bone fractures - a comparative study. *BMC Musculoskelet Disord*. 2018
- **Mioc ML**, et al. Extra-articular distal tibia fractures-controversies regarding treatment options. A single-centre prospective comparative study. *Int Orthop*. 2018
- Prejbeanu R, Poenaru DV, Balanescu AD, **Mioc ML**. Long term results after arthroscopic resection of medial plicae of the knee—a prospective study. *Int Orthop*. 2017
- **Mioc ML**, et al. The utility of bone remodeling markers in the diagnosis, evolution and treatment response evaluation in bone metastases. *Rom J Morphol Embryol*. 2016
- Haragus H, **Mioc ML**, et al. Painful pretibial cyst with bioabsorbable poly-L-lactic acid screw migration 4 years after anterior cruciate ligament reconstruction. *Rev. Chim*. 2015
- Patrascu JM, **Mioc ML**, et al. - Musculo-skeletal tumors incidence and surgical treatment - A single center 5-year retrospective. *Eur Rev Med Pharmacol Sci*. 2014
- Vermesan D, **Mioc ML**, et al. - Clinical relevance of altered bone immunopathology pathways around the

elbow *Eur Rev Med Pharmacol Sci.* 2014

- Flace P, **Mioc ML**, et al. Neurobehavioral studies, in transgenic F3/CONTACTIN (C57BL/6J × CBA) mice, on cognitive and anxiety aspects during late-adolescent period *Eur Rev Med Pharmacol Sci.* 2014
- Prejbeanu R, **Mioc ML**, et al. Application of acrylic spacers for long bone defects after tumoral resections - *Eur Rev Med Pharmacol Sci.* 2013

Internationally published in-extenso manuscripts in BDI papers author/coauthor

- Deleanu B, Prejbeanu R, Vermesan D, Haragus H, Honcea L, **Mioc ML**, Tsiridis E, Predescu V. Trochanteric fracture following hip arthrodesis: case presentation. *Clinical Case Reports* 2018; 6(1): 162–164. doi: 10.1002/ccr3.1275.
- Deleanu B, Prejbeanu R, Vermesan D, Honcea L, **Mioc ML**, Tsiridis E, Predescu V. Avascular necrosis of the femoral head at 2 years after pertrochanteric fracture surgery: case report. *Annals of Medicine and Surgery* (2016), doi: 10.1016/j.amsu.2015.12.053
- **Mioc ML**, Prejbeanu R, Vermesan D, Haragus H. Osteosynthesis in subtrochanteric pathologic bone fractures. *Clinical challenges. Medical Connections*, 2 (38), 9-15, 2015 Jun; ISSN 1843-9306
- **Mioc ML**, Vermeșan D, Prejbeanu R, Hărăguș H, Iman V. Tumor-like rectus femoris pelvic ossification in a teenage athlete case presentation - *Jurnalul Pediatriei* 2013 Vol.XVI, Nr.61-62, pg. 58-62, ISSN 2065-4855
- Prejbeanu M, Vermeșan D, Hărăguș H, **Mioc ML**. Pedobarografic comparison after hallux valgus correction, *Revista de Ortopedie și Traumatologie a Asociației de Ortopedie Româno-Italo-Spaniolă "ASORIS"* Nr. 1 (25)/2012, pg. 47-53, ISSN 1454-6213
- Haragus H, Vermesan S, Petrescu H, Crisan D, **Mioc ML**. Surgical outcome after proximal femur Chondrosarcoma – case presentation, *Revista de Ortopedie și Traumatologie a Asociației de Ortopedie Româno-Italo-Spaniolă "ASORIS"* Nr.4 (24)/2011, pg. 19-22, ISSN 1454-6213

● **CONGRESS/COURSE PRESENTATIONS**

Poster presentations

- The Predictability and Reliability of A 'Sentinel' Vessel as an Anatomical Landmark During Hamstring Tendon Harvesting – A Prospective Study, ISAKOS Congress, Boston 18-21 June 2023
- Controversies Regarding The Removal Of Syndesmotic Screws After Distal Tibiofibular Diastasis Repair. 24 EFORT Congress Vienna 24-26 May 2023
- Prejbeanu R, **Mioc ML**, Balanescu A, Haragus H, Vermesan D, Cornea C. Intravenous use of tranexamic acid decreases postoperative hemarthrosis in arthroscopic anterior cruciate ligament reconstruction. 20 ESSKA Congress Paris 27-29 Apr 2022
- Prejbeanu R, Vermesan D, Deleanu B, Haragus H, **Mioc ML**. How we manage post-rupture Achilles tendinopathy - a retrospective study. ESSKA Speciality days. Madrid 8-9 Nov 2019
- Deleanu B, Prejbeanu R, **Mioc ML**, Haragus H, Vermesan D, Predescu V, Tsiridis E. Thromboembolic events following the treatment of lower limb pathologic bone fractures. 20 EFORT Congress Lisbon 5-7 Jun 2019
- Deleanu B, Prejbeanu R, Crisan D, **Mioc ML**, Vermesan D, Oprea M, Predescu V, Tsiridis E. Gait patterns at one year in patients operated for tibial plateau fractures. 19 EFORT Congress Barcelona 30 May-01 Jun 2018
- Deleanu B, Prejbeanu R, Haragus H, Balanescu AD, **Mioc ML**, Malita D, Predescu V. Functional results following non-operative treatment for distal radius fractures in patients over 90-years old. 19 EFORT Congress Barcelona 30 May-01 Jun 2018
- Prejbeanu R, Nuta C, **Mioc ML**. Plantaris Longus Augmentation Associated in the Surgical Treatment of Chronic Achilles Tendinopathy. 11th ISAKOS Congress, June 4-8 2017, Shanghai China,
- Vermeșan D, Deleanu B; Andrei D; **Mioc ML**; Hărăguș H; Prejbeanu R - Open reduction and locked plating versus closed reduction and percutaneous screw fixation of articular calcaneal fractures - 14th EFORT Congress Istanbul 5-8 Jun 2013

Oral presentations

- Previous infected knee for primary TKR. International Knee Course, 10-12 May, Targu Mures Romania
- Is a second look necessary? International Knee Course, 10-12 May, Targu Mures, Romania
- The use of tranexamic acid in anterior cruciate ligament reconstruction decreases postoperative bleeding

and pain levels. The National Conference of Orthopaedics and Traumatology, 2022 3-5 Nov, Brasov, Romania

- High tibial osteotomy in moderate knee arthritis. International Knee Course, 25-27 May, Targu Mures, Romania
- Degenerative meniscus surgery. International Knee Course, 25-27 May 2022, Targu Mures, Romania
- Orthopedics and Traumatology. The basic know-how. The Applied Surgery Promoting Innovative Research and Experience (ASPIRE) Conference. 6-7 Apr 2019 Timisoara
- Functional results following the treatment of Achilles tendinopathic tears – a comparative prospective study of two surgical options. 18th European Society for Sports traumatology, Knee surgery and Arthroscopy (ESSKA) Congress, Glasgow 8-12 May 2018
- Persistent bone edema, anterior tibial pain and delay in bone neo-formation associated with Poly-L-lactic acid screws fixation of the anterior cruciate ligament graft – The 16th IEEE International Conference on E-Health and Bioengineering pg. 269-272– EHB 2017 Sinaia, Romania, June 22-27, 2017 – Proceedings on IEEE Xplore ISBN: 978-1-5386—0358-1
- Deep vein thrombosis following the treatment of lower limb pathologic bone fractures – a comparative study. The National Conference of Orthopaedics and Traumatology, 3-5 Oct 2018, Sibiu, Romania
- Functional results following the treatment of Achilles tendinopathic tears - a comparative study of two surgical options. Initial study results. The XVIIth National Congress of Orthopaedics and Traumatology, 18-21 Oct 2017, Timisoara, Romania
- Extraarticular distal tibia fractures - controversies regarding treatment options. A single-center prospective comparative study. The XVIIth National Congress of Orthopaedics and Traumatology, 18-21 Oct 2017, Timisoara, Romania
- Cement Filling Vs. Reconstructive tumoral prosthetics in the treatment of primary bone tumors around the knee -The XVIIth International Congress for Medical Students and Young Doctors 23-26 May 2013 Timisoara
- Tendinte actuale in utilizarea bioimplantelor in chirurgia artroscopica. Conferința Regională „Zilele Medicale ale Spitalului Municipal Dr. Alexandru Simionescu Hunedoara”. 12-16 Sept 2018, Hunedoara, Romania
- Supraviețuirea după fracturile femurului proximal la bătrâni - Al XV-lea Congres SOROT Cluj-Napoca 2-4 Octombrie 2013
- Treatment protocol for a proximal femoral chondrosarcoma patient - study case. The XVIIth International Congress for Medical Students and Young Doctors 23-26 May 2013 Timisoara
- Rolul extins al scanării CT în diagnosticarea, stadializarea și tratamentul fracturilor tibiale proximale – Societatea de Imagistică Musculo-Scheletală din România “SIMSR”, Oct 2012

Over 30 Congress & Conference Presentations (Oral & Poster)

● **ATTENDED COURSES**

CURRENT

Specialty courses (International Only)

- ZBI Educational Program Hip & Knee. Cologne, Germany, 30 June - 4 July 2025
- CEE Stryker Primary Knee Course. Istanbul, Turkey, 14-15 May 2024
- LECTURER - Meniscal & Cartilage Reconstructive Surgery Course (ESSKA Patronage). Timisoara, Romania 17-18 November 2023
- LECTURER - 8th International Knee Surgery Programme (ESSKA Patronage). Targu Mures, Romania, 10-12 May 2023
- International Knee Course (ESSKA Patronage). Targu Mures, Romania, 25-27 May 2022
- 7th International Knee Surgery and Arthroscopy Course. Timisoara, Romania 20-22 September 2019
- The Comprehensive Orthopaedic Review Course (CRC). Lisbon, Portugal, 5 June 2019
- AO Trauma Course - Approaches & Osteosynthesis with Anatomical Specimen. Graz, Austria, 5-9 September 2016
- EFORT Spring Travelling Fellowship. Austria, 17-23 April 2016
- 5th International Knee Surgery and Arthroscopy Course. Timisoara, Romania 25-28 November 2015
- AAOS-SOROT Shoulder Program. Bucuresti, Romania, 23 October 2015
- AAOS-Romania Comprehensive Shoulder Education Program. Timisoara, Romania, 23-24 April 2015

- 4th International Knee Surgery and Arthroscopy Course. Timisoara, Romania, 28 Noiembrie - 1 Decembrie 2013
- AAOS-SOROT Education Program, Cluj-Napoca, Romania, 2-4 October 2013
- MSK ULTRASOUND with MRI correlation Basic & Advanced, Timisoara, Romania, 14-17 October 2012
- 3rd International Knee Surgery and Arthroscopy Advanced Course. Timisoara, Romania, 28 February - 3 March 2012