



Mihail Lazar Mioc

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WORK EXPERIENCE

05/2024 - CURRENT - TIMISOARA, ROMANIA

MEDIC PRIMAR SPITALUL CLINIC JUDETEAN DE URGENTA "PIUS BRANZEU"

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

SUPRASPECIALIZARE IN CHIRURGIA SOLDULUI SI GENUNCHIULUI ASPIRE ORTHOPAEDICS FELLOWSHIP - UPMC SPORTS SURGERY CLINIC

28/02/2021 - CURRENT - TIMISOARA, ROMANIA

ASISTENT UNIVERSITAR UNIVERSITATEA DE MEDICINA SI FARMACIE "VICTOR BABES"

31/12/2016 - CURRENT - TIMISOARA, ROMANIA

MEDIC SPECIALIST SPITALUL CLINIC JUDETEAN DE URGENTA

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

MEDIC REZIDENT SPITALUL CLINIC JUDETEAN DE URGENTA "PIUS BRANZEU" TIMISOARA

- formare profesionala in cadrul programului de rezidentiat
- responsabil de internarea pacientilor, consultarea acestora, completarea fiselor medicale, prescrierea medicatiei
- membru al echipei operatorii in cadrul interventiilor desfasurate cu patologii specifice ortopediei si traumatologiei

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

MEDIC BASCHET CLUB TIMISOARA

Asistenta medicala in cadrul echipei de baschet, atat in timpul meciurilor oficiale cat si la nevoie.

EDUCATION & TRAINING

09/2012 - 06/2017 - TIMISOARA, ROMANIA

STUDII DOCTORALE (PHD)- UNIVERSITATEA DE MEDICINA SI FARMACIE "VICTOR BABES"

Absolvent Magna Cum Laude conform OM 4384/18.07.2017

Competente profesionale:

- stapanirea notiunilor legate de biostatistica medicala, metodologia cercetarii stiintifice precum si etica medicala
- dobandirea certificatului de buna practica clinica (GCP)
- dezvoltarea abilitatilor legate de conceperea unui design de studiu, alocarea resurselor necesare desfasurarii studiului, captarea si interpretarea rezultatelor, precum si diseminarea acestora pe canale specifice (publicatii de specialitate)

09/2016 - TIMISOARA, ROMANIA

CERTIFICAT DE MEDIC SPECIALIST- SPITALUL CLINIC JUDETEAN DE URGENTA "PIUS BRANZEU"

Certificatul cu nr. 31178 eliberat la data de 03.01.2017 atesta promovarea examenului de medic specialist in Ortopedie si Traumatologie din sesiunea Oct. 2016 prin OMS nr. 1623/2016.

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

DIPLOMA DE LICENTA- FACULTATEA DE MEDICINA SI FARMACIE "CAROL DAVILA"

S-a acordat titlul de DOCTOR-MEDIC in domeniul SANATATE pe specializarea MEDICINA.

Diploma seria A cu nr. 0003559 din sesiunea Septembrie 2011, eliberata de Ministerul Educatiei, Cercetarii, Tineretului si Sportului in data de 14.05.2012

05/2005 - 06/2005 - BUCURESTI, ROMANIA

DIPLOMA DE BACALAUREAT- COLEGIUL NATIONAL "GHEORGHE SINCAI"

Diploma de Bacalaureat seria U, nr. 0020674, eliberata de Ministerul Educatiei si Cercetarii in data de 18.07.2005

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

CERTIFICAT DE ABSOLVIRE A LICEULUI- COLEGIUL NATIONAL "GHEORGHE SINCAI"

Absolvent al liceului la profilul "stiinte ale naturii" conform diplomei seria A, nr. 0115227 eliberata de Ministerul Educatiei si Cercetarii in data de 18.07.2005

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

CERTIFICAT DE CAPACITATE- SCOALA CU CLASELE I-VIII, NR. 17 "PIA BRATIANU"

Certificatul seria B, nr. 0212590 eliberat de Ministerul Educatiei Nationale in data de 19.07.2001

● **COMPETENȚE DOBÂNDITE LA LOCUL DE MUNCĂ**

Competențe dobândite la locul de muncă

Patologia genunchiului și șoldului
Chirurgie artroscopică și reconstructivă
Reconstrucția LIA
Osteotomii de corecție
Artroplastie de șold și genunchi
Management perioperator și recuperare funcțională
Activitate didactică și cercetare clinică

● **COMPETENȚE DE COMUNICARE ȘI INTERPERSONALE**

Competențe de comunicare și interpersonale

Comunicare eficientă medic-pacient
Explicarea clară a opțiunilor terapeutice
Lucru în echipă multidisciplinară
Relaționare profesională cu pacienții și colegii
Activitate didactică și mentoring

● **CONFERENCES & SEMINARS**

Conferințe Internaționale • UPMC Orthopaedics & Sports Medicine Conference, Dublin, Ireland, 27 September 2025

- Irish Orthopedic Association Meeting, Galway, Ireland, 20 June 2025
- ISAKOS Congress. Munich, Germany, 8 - 11 June 2025
- PCO. Toulouse, France, 20 - 23 May 2025
- AAOS. San Diego, USA, 10 - 14 March 2025
- CCJR. Orlando, USA, 11 - 14 December 2024
- UPMC Orthopaedics & Sports Medicine Conference, Dublin, Ireland, 9 November 2024
- EFORT Congress. Hamburg, Germany, 22 - 24 May 2024
- ESSKA Congress. Milan, Italy, 8 - 10 May 2024
- EFORT Congress. Vienna, Austria, 24 - 26 May 2023
- ISAKOS Congress. Boston, USA, 18 - 21 June 2023
- ESSKA Congress. Paris, France, 27 - 29 April 2022
- SICOT World Congress. Budapest, Hungary, 15 - 18 September 2021



- *Virtual EFORT Congress 2021. 30 June - 2 July 2021*
- *EFORT Congress. Lisbon, Portugal, 5 - 7 June 2019*
- *ESSKA Congress. Barcelona, Spain, 4 - 7 May 2016*
- *EFORT Congress. Istanbul, Turkey, 5 - 8 June 2013*

● CURSURI

Cursuri

- *ZBI Resident & Fellow Educational Program, Cologne, Germany, 30 Iunie - 4 Iulie 2025*
- *Advanced Skills in Arthroscopy Stryker Sports Medicine, Amsterdam, Olanda, 28-29 Aprilie 2025*
- *CEE Stryker Primary Knee Course, Istanbul, Turcia, 14-15 Mai 2024*
- *Chirurgia Reconstructiva a Meniscului si Cartilajului, Timisoara, Romania, 17-18 Noiembrie 2023 - LECTOR*
- *8th International Knee Course, Tîrgu Mureş, Romania, 10-12 May 2023 - LECTOR*
- *7th International Knee Course, Tîrgu Mureş, Romania, 25-27 May 2022 - LECTOR*
- *7th International Knee Surgery and Arthroscopy Course. Timisoara, Romania 20-22 Septembrie 2019*
- *The Comprehensive Orthopaedic Review Course (CRC). Lisbon, Portugal, 5 Iunie 2019*
- *AO Trauma Course - Approaches & Osteosynthesis with Anatomical Specimen. Graz, Austria, 5-9 Septembrie 2016*
- *EFORT Spring Travelling Fellowship. Austria, 17-23 Aprilie 2016*
- *5th International Knee Surgery and Arthroscopy Course. Timisoara, Romania 25-28 Noiembrie 2015*
- *4th International Knee Surgery and Arthroscopy Course. Timisoara, Romania, 28 Noiembrie - 1 Decembrie 2013*
- *Scientific Summer School in Romania. Timisoara, Romania, 24-29 Iunie 2013*
- *MSK ULTRASOUND with MRI correlation Basic & Advanced, Timisoara, Romania, 14-17 Octombrie 2012*
- *3rd International Knee Surgery and Arthroscopy Advanced Course. Timisoara, Romania, 28 Februarie - 3 Martie 2012*

● MEMBRU IN SOCIETATI NATIONALE SI INTERNATIONALE

Membru ESSKA (Societatea Europeana de Traumatologie Sportiva, Chirurgie a Genunchiului si Artroscopie)

Membru ISAKOS (Societatea Internationala de Artroscopie, Chirurgie a Genunchiului si Medicina Sportiva)

Membru AAOS (Academia Americana a Chirurgilor Ortopezi)

Membru EHS (Societatea Europeana de Chirurgie a Soldului)

Membru SRATS (Societatea Romana de Artroscopie si Traumatologie Sportiva)

Membru SOROT (Societatea Romana de Ortopedie si Traumatologie)

● PUBLICAȚII

Publicații

Carti si capitole in carti

- 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
- Faur M, Patrascu JM, Vermeşan D, **Mioc ML**, et al (**membru colectiv**) – Elemente de traumatologie a cotului Editura Artpress, 300 pg, 2014 978-973-108-536-4 Ed. Academiei de Ştiinţe Medicale, ISBN:978-606-92759-8-6
- Vermesan D, Prejbeanu R, Haragus H, **Mioc ML** – *Indrumator practic in ortopedie si traumatologie, Colectia ghiduri si indrumatoare de elaborator*, Ed Victor Babes 2015, ISBN 978-606-8456-42-3

Articole publicate în extenso în reviste de circulație internațională recunoscute

În reviste cotate ISI autor/ coautor

- **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. *SAKOS*. 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. *Journal of Clinical Medicine*. 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. *J. 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. *J. 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? *J. 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 singlecentre 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 Å~ 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

● PREZENTĂRI

Articole/studii, prezentate la congrese si conferinte din fluxul științific principal

POSTER

- 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. *EFORT Congress Paris 27-29 Apr 2022 POSTER*
- 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 POSTER*
- 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. *EFORT Congress Lisbon 5-7 Jun 2019 POSTER*
- 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. *EFORT Congress Barcelona 30 May-01 Jun 2018 POSTER*
- 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. *EFORT Congress Barcelona 30 May-01 Jun 2018 POSTER*
- 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, POSTER*
- 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 - POSTER*

Articole/studii, prezentate la congrese si conferinte din fluxul științific principal

PREZENTARE ORALA

- Degenerative Meniscus Surgery. International Knee Course, University of Medicine, Pharmacy, Sciences and Technology from Tîrgu Mureş, 25-27 May 2022
- HTO: in moderate knee arthritis. International Knee Course, University of Medicine, Pharmacy, Sciences and Technology from Tîrgu Mureş, 25-27 May 2022
- 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. The 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 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 în the treatment of primary bone tumors around the knee -The XVIIth Internațional Congress for Medical Students and Young Doctors 23-26 May 2013 Timișoara
- Tendințe actuale în utilizarea bioimplantelor în chirurgia artroscopică. 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 Internațional Congress for Medical Students and Young Doctors 23-26 May 2013 Timișoara
- Rolul extins al scanării CT în diagnosticarea, stadializarea și tratamentul fracturilor tibiale proximale – Societatea de Imagistică Musculo-Scheletală din România “SIMSR”, Oct 2012

SKILLS

Navigare Internet | Social Media | Utilizare buna a programelor de comunicare(mail messenger skype) | Microsoft Office (Excel PowerPoint Word) - nivel intermediar

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