

Ramon Cugat Bertomeu

Orthopaedic Surgeon and President of the medical council and member of the medical staff for the Catalan Soccer Delegation's Health Insurance Company under the Spanish Soccer Federation. Director of Institute Cugat, Center for Orthopaedic Surgery and Traumatology and Director of the Orthopaedic Surgical Department of Hospital Quironsalud Barcelona.

Biography

Ramon Cugat Bertomeu (La Aldea, Tarragona), born on the 25th of the August 1960. He is a Doctor of Medicine and Surgery specialized in Orthopedic Medicine and Trauma who holds international esteem within the sports circle. He is an expert in knee injuries, and a pioneer in arthroscopic surgery in Spain.

In the year 2000, Dr. Cugat initiated the application of and research in biological therapies to complement conventional treatments starting with the use of Platelet-Rich-Plasma (PRP), and in 2013, stem cells.

During the span of his professional life, he has been affiliated with the Mututalidad de Futbolistas (Soccer Federation Health Services) where he treats an average of 25,000 soccer injuries, in players of different age groups and levels, per year. He has worked in different hospitals in Spain, England, and the U.S. At present, he is the Director of Instituto Cugat, Department of Orthopedic Surgery and Trauma of Hospital Quironsalud Barcelona, President of The Garcia Cugat Foundation for Biomedical Research, and President of the medical council of the Mututalitat de Futbolistas de la Real Federaci3n Espa1ola de F1tbol (Soccer Health Services of the Royal Spanish Football Federation).

In addition, he is co-director of the Chair of Medicine and Regenerative Surgery formed in 2013 by joint efforts of the Garcia Cugat Foundation and the University CEU Cardenal Herrera of Valencia. Finally, he is a member of prestigious International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine (ISAKOS) since its foundation.

Dr. Cugat was born in La Aldea, Tarragona on August 25, 1950, into a family of agriculturists. His father hoped he would continue in the tradition. However, barely 15 years of age, moved to Barcelona in 1965 to try out for the junior division of F1tbol Club Barcelona (Football Club Barcelona). He was accepted and played until 1971.

In 1969, he enrolled in the College of Medicine of the University of Barcelona and started in sports medicine under Dr. Jos3 Garc3a Cugat, founder of the Asociaci3n Espa1ola de Artroscofia (AEA) (Spanish Arthroscopy Association). In 1975, he obtained his degree in Medicine and Surgery, in 1978 his doctorate.

In 1979, he first began his specialization in arthroscopy in England, and in 1980, initiated his collaboration with Dr. Bertram Zarins, then Chief of the Sports Medicine Department of Massachusetts General Hospital, Harvard University in Boston, U.S.A.

From 1989 to 1993, he was a member of the Board of Directors of the International Arthroscopy Association, which in 1995 merged with another medical association to form ISAKOS. As one of the ISAKOS founding members, he also held a place in the Board of Directors and headed the Archives Committee.

Since 1999, his department has been recognized as an ISAKOS-approved teaching center where it receives numerous international students.

In 1990, he joined the faculty of the College of Medicine of the University of Barcelona an associate professor.

In 1991, he was commissioned as the medical orthopedic traumatologist of the Dragons, an American Football team. A year after, he was also asked to be part of the olympic medical team of orthopedic surgeons of Barcelona.

From 1992 to 2004, he worked as a medical assistant in the Orthopedic and Trauma Department of the Hospital del Mar in Barcelona managing the arthroscopic surgery unit.

He was a founding member of the Asociación Española de Artroscopia (Spanish Association of Arthroscopy) created in 1982 and presided over the organization from 1993 to 1995.

Since the early 2000's, he initiated research in applied regenerative medicine in trauma using platelet-rich-plasma. This led him to be a reference internationally in its application upto the present day. His collaboration with veterinary teams, starting with that of Valencia and Barcelona, later to be joined by other groups from the Canaries, Murcia, and Andalucia, ended in 2007 upon the formation of the Garcia Cugat Foundation where he holds a board directorship.

In 2007, he also joins Hospital Quironsalud Barcelona assuming the position of co-director of the Department of Orthopedic Surgery and Trauma, where he continues to work to this day.

In 2016, he was inaugurated into the Real Academia Europea de Doctores (European Royal Academy of Doctors) as a numerary member where he gave his acceptance speech entitled "Football and Meniscal Injuries". His latest achievement award from the Order of Civil Merit, handed by King Felipe VI, was granted in June of 2019.

Since the beginning of his career, he has always stressed the importance of research and has contributed over 200 scientific articles, various books, and manuals.