



Ferran Abat González (MD, PhD, MSc)

PERSONAL

Name: Ferran Abat González

Address: c/ Rossello 102, 08034 Barcelona Spain

Born: January 24, 1980

E-mail: doctor@ferranabat.com

Phone: +34 932778709

College of Physicians: COMB No. 40,350

Prof. Affiliations: Board member of AEA as a Vocal in Institutional Relations

Chair of Muscle Tendon and Ultrasound Study Group of the AEA

Member of the Basic Medical Sciences Committee. ESSKA

Associations: ISAKOS, ESSKA, AEA, SETRADE, SCCOT, SECOT.

WORK EXPERIENCE

Since 2015: CEO and Orthopaedic Sports Surgeon in ReSport Clinic Barcelona.

Since 2019: CEO and Founder of Top 5 Partners - Investment company in startups.

Since 2018: Consultant at Gymna Uniphy with possession of a Patent in electrolysis field.

Since 2018: University Professor at master's degree in Sports Traumatology. UCAM.

2015 - 2018: Associated Researcher at Cochrane Iberoamerica.

2012 - 2018: University Professor at the University School of Health and Sport. University of Girona.

2013 - 2015: Chief of Medical Officer at Privat Clinic Barcelona.

2012 - 2015: Sports Orthopaedist/Traumatologist at Privat Clinic Barcelona.

2012 - 2013: Orthopaedist surgeon in ACTUA - Serveis Medics. Girona.

2007 - 2012: Resident in Orthopaedics and Traumatology at Hospital de la Santa Creu i Sant Pau, Barcelona, Autonomous University of Barcelona

2006 - 2007: Resident in Orthopaedics and Traumatology at Hospital San Agustín, Avilés, Universidad Central de Asturias, Oviedo.

EDUCATION

- 2019: Master's Degree in General Management Program. IESE Business School. Barcelona
- 2013: Doctoral thesis, at Autonomous University of Barcelona, entitled "Arthroscopic; Meniscal Allograft Transplantation: Clinical Outcomes and Cell Viability" [Rating: Excellent, Cum Laude]
- 2012: Accreditation examination in Orthopaedics an Trauma at the Spanish Traumatology Society, SECOT [Rating: Special Mention]
- 2011: Fellows in Shoulder Surgery Dr. Porcellini. Centro di Chirurgia della spalla Cattolica. Cervesi Ospedale di Cattolica. Italia.
- 2011: Fellowship of the European Arthroscopy, ESSKA. Grant from the Spanish Arthroscopy Association (AEA). With stays in:
- * Dr. M Flury in Schuilthess Clinique. Zurich
 - * Dr. Pierro Randelli in Instituto Ortopedico San Donato. Milan.
 - * Dr. Marcacci and Dr. Zafagnini en Instituto Ortopédico Rizzoli. Bologna
 - * Dr. Boisrenoult in Hospital André Mignot Chesnay. Paris
 - * Dr. Beaufils and Dr. Pujol in Hospital de Versailles
 - * Dr. Lafosse in Clinique Generale d'Annecy. Annecy - France
 - * Dr. Silberberg and Dr. Leyes. Femap Majadahonda y Clínica Cemtro Madrid.
 - * Dr. Espregueira-Mendes en Dragão Clinic y Hospital Militar do Guimaraes.
 - * 3B's Research Group (Tissular engineering) - University of Minho. Portugal.
- 2008: Certificate-Diploma of Advanced Studies at the University of Oviedo with the work: "Pre-operative Measurement in Total-Knee Prosthesis" [Rating: Honor Student]
- 2008: PhD courses in Surgery Central Hospital of Asturias. University of Oviedo with the work: "Pre-operative Measurement in Total-Knee Prosthesis" [Rating: Honor Student]
- 1999 - 2005: Bachelor of Medicine and Surgery from the University of Barcelona.

PUBLICATIONS

ARTICLES IN INDEXED JOURNALS:

1. Abat F, Alfredson H, Campos J, Planells G, Torras J, Madruga-Parera M, Rodriguez-Baeza A. Ultrasound-guided versus blind interventions in patellar tendon lesions: a cadaveric study. *Skeletal Radiol.* 2020 Oct 15. doi: 10.1007/s00256-020-03635-1.
2. Masferrer-Pino A, Monllau JC, Abat F, Gelber PE. Capsular fixation limits graft extrusion in lateral meniscal allograft transplantation. *Int Orthop.* 2019 Nov;43(11):2549-2556. doi: 10.1007/s00264-019-04398-8.

3. Abat F, Alfredson H, Cuccharini M, Madry H, Marmotti A, Mouton C, Oliveira JM, Pereira H, Peretti GM, Spang C, Stephen J, van Bergen CJA, de Girolamo L. Current trends in tendinopathy: consensus of the ESSKA basic science committee. Part II: treatment options. *J Exp Orthop.* 2018 Sep;24(1):38. doi: 10.1186/s40634-018-0145-5.
4. Abat F, Gich I, Natera L, Besalduch M, Sarasquete J. Clinical factors that affect perceived quality of life in arthroscopic reconstruction for acromioclavicular joint dislocation. *Rev Esp Cir Ortop Traumatol.* 2018 Mar Apr;62(2):121-126. doi: 10.1016/j.recot.2017.10.006.
5. Abat F, Alfredson H, Cuccharini M, Madry H, Marmotti A, Mouton C, Oliveira JM, Pereira H, Peretti GM, Romero-Rodriguez D, Spang C, Stephen J, van Bergen CJA, de Girolamo L. Current trends in tendinopathy: consensus of the ESSKA basic science committee. Part I: biology, biomechanics, anatomy and an exercise-based approach. *J Exp Orthop.* 2017 Dec;4(1):18. doi: 10.1186/s40634-017-0092-6.
6. Hernandez-Sanchez S, Abat F, Hidalgo MD, Cuesta-Vargas AI, Segarra V, Sanchez-Ibañez JM, Gomez-Conesa A. Confirmatory factor analysis of VISA-P scale and measurement invariance across sexes in athletes with patellar tendinopathy. *J Sport Health Sci.* 2017 Sep;6(3):365-371. doi: 10.1016/j.jshs.2016.01.020.
7. Zurita Uroz NA, Abat F, Calvo Diaz A. All-Suture Repair for Compressive Rotator Cuff Tears: Reducing the Traction of the Tissue. *Arthrosc Tech.* 2017 Apr 24;6(2):e499-e503. doi: 10.1016/j.eats.2016.11.005.
8. Abat F, Sánchez-Sánchez JL, Martín-Nogueras AM, Calvo-Arenillas JI, Yajeya J, Méndez-Sánchez R, Monllau JC, Gelber PE. Randomized controlled trial comparing the effectiveness of the ultrasound-guided galvanic electrolysis technique (USGET) versus conventional electro-physiotherapeutic treatment on patellar tendinopathy. *J Exp Orthop.* 2016 Dec;3(1):34.
9. Gelber PE, Masferrer-Pino Á, Erquicia JI, Abat F, Pelfort X, Rodriguez-Baeza A, Monllau JC. Femoral Tunnel Drilling Angles for Posteromedial Corner Reconstructions of the Knee. *Arthroscopy.* 2015 Sep;31(9):1764-71. doi: 10.1016/j.arthro.2015.03.007.
10. Abat F, Sarasquete J, Natera LG, Calvo Á, Pérez-España M, Zurita N, Ferrer J, del Real JC, Paz-Jimenez E, Forriol F. Biomechanical analysis of acromioclavicular joint dislocation repair using coracoclavicular suspension devices in two different

- configurations. *J Orthop Traumatol.* 2015 Sep;16(3):215-9. doi: 10.1007/s10195-015-0346-y.
11. Abat F, Valles SL, Gelber PE, Polidori F, Jorda A, Garcia-Herreros S, Monllau JC, Sanchez-Ibáñez JM. An experimental study of muscular injury repair in a mouse model of notexin-induced lesion with EPI® technique. *BMC Sports Sci Med Rehabil.* 2015 Apr 17;7:7. doi: 10.1186/s13102-015-0002-0.
 12. Abat F, Gelber PE, Polidori F, Monllau JC, Sanchez-Ibáñez JM. Clinical results after ultrasound-guided intratissue percutaneous electrolysis and eccentric exercise in the treatment of patellar tendinopathy. *Knee Surg Sports Traumatol Arthrosc.* 2014 Jan 30.
 13. Abat F, Almenara M, Peiró A, Trullols L, Bagué S, Gràcia I. Giant cell tumour of bone: a series of 97 cases with a mean follow-up of 12 years. *Rev Esp Cir Ortop Traumatol.* 2015 Jan-Feb;59(1):59-65. doi:0.1016/j.recot.2014.06.005.
 14. Natera L, Sarasquete Reiriz J, Abat F. Anatomic reconstruction of chronic coracoclavicular ligament tears: arthroscopic-assisted approach with nonrigid mechanical fixation and graft augmentation. *Arthrosc Tech.* 2014 Sep 15;3(5):e583-8. doi: 10.1016/j.eats.2014.06.014.
 15. Abat F, Diesel WJ, Gelber PE, Polidori F, Monllau JC, Sanchez-Ibáñez JM. Effectiveness of the Intratissue Percutaneous Electrolysis (EPI®) technique and isoinertial eccentric exercise in the treatment of patellar tendinopathy at two years follow-up. *Muscles Ligaments Tendons J.* 2014 Jul 14;4(2):188-93.
 16. Abat F, Valles SL, Gelber PE, Polidori F, Stitik TP, García-Herreros S, Monllau JC, Sanchez-Ibáñez JM. Molecular repair mechanisms using the Intratissue Percutaneous Electrolysis technique in patellar tendonitis. *Rev Esp Cir Ortop Traumatol.* 2014 Jul;58(4):201-5. doi: 10.1016/j.recot.2014.01.002.
 17. Hernandez-Vaquero D, Abat F, Sarasquete J, Monllau JC. Reliability of preoperative measurement with standardized templating in Total Knee Arthroplasty. *World J Orthop.* 2013 Oct 18;4(4):287-90.
 18. Abat F, Gelber PE, Erquicia JI, Pelfort X, Tey M, Monllau JC. Promising short-term results following selective bundle reconstruction in partial anterior cruciate ligament tears. *Knee.* 2013 Oct;20(5):332-8.

19. Torres J, Abat F, Monteiro E, Gelber P. [Fracture of the carpal scaphoid in children. Case report and literature review]. *Acta Ortop Mex.* 2013 Sep-Oct;27(5):335-8.
20. Erquicia JI, Gelber PE, Doreste JL, Pelfort X, Abat F, Monllau JC. How to improve the prediction of quadrupled semitendinosus and gracilis autograft sizes with magnetic resonance imaging and ultrasonography. *Am J Sports Med.* 2013 Aug;41(8):1857-63. doi: 10.1177/0363546513479340.
21. Abat F, Gelber PE, Erquicia JI, Tey M, Gonzalez-Lucena G, Monllau JC. Prospective comparative study between two different fixation techniques in meniscal allograft transplantation. *Knee Surg Sports Traumatol Arthrosc.* 2013 Jul;21(7):1516-22. doi: 10.1007/s00167-012-2032-4.
22. Abat F, Trullols L, Alvarez C, Peiró A, Olivera D, Gràcia I. The snapping scapula as a symptom of a tumor in the scapulothoracic region]. *Rev Esp Cir Ortop Traumatol.* 2013 Mar-Apr;57(2):123-8.
23. Gelber PE, Erquicia JI, Sosa G, Ferrer G, Abat F, Rodriguez-Baeza A, Segura-Cros C, Monllau JC. Femoral tunnel drilling angles for the posterolateral corner in multiligamentary knee reconstructions: computed tomography evaluation in a cadaveric model. *Arthroscopy.* 2013 Feb;29(2):257-65. doi:10.1016/j.arthro.2012.08.015.
24. Gelber PE, Torres R, Garcia-Giralt N, Erquicia J, Abat F, Monllau JC. Host serum is not indispensable in collagen performance in viable meniscal transplantation at 4-week incubation. *Knee Surg Sports Traumatol Arthrosc.* 2012 Sep;20(9):1681-8. doi: 10.1007/s00167-011-1722-7.
25. Abat F, Gelber PE, Erquicia JI, Pelfort X, Gonzalez-Lucena G, Monllau JC. Suture-only fixation technique leads to a higher degree of extrusion than bony fixation in meniscal allograft transplantation. *Am J Sports Med.* 2012 Jul;40(7):1591-6. doi: 10.1177/0363546512446674.
26. Abat F, Alvarez C, Trullols L, Peiró A, Bagué S, Gracia I. Elastofibroma dorsi: A 7-year follow-up of 37 cases and a review of the literature. *Rev Esp Cir Ortop Traumatol.* 2012 Jul-Aug;56(4):295-9.
27. Abat F, Soria L, García-Casas O, Carrera I, Gelber P. Occipital condyle fracture: clinical case and a review of the literature. *Rev Esp Cir Ortop Traumatol.* 2012 Jan-Feb;56(1):67-71.

28. Monllau JC, Gelber PE, Abat F, Pelfort X, Abad R, Hinarejos P, Tey M. Outcome after partial medial meniscus substitution with the collagen meniscal implant at a minimum of 10 years' follow-up. *Arthroscopy*. 2011 Jul;27(7):933-43.
29. Gelber PE, Erquicia J, Abat F, Torres R, Pelfort X, Rodriguez-Baeza A, Alomar X, Monllau JC. Effectiveness of a footprint guide to establish an anatomic femoral tunnel in anterior cruciate ligament reconstruction: computed tomography evaluation in a cadaveric model. *Arthroscopy*. 2011 Jun;27(6):817-24.
30. Sancho Navarro R, Abat González F, Crusi Sererols X, De Caso Rodríguez J, Valera Pertegàs M. Hemispheric hydroxyapatite-coated cups with impacted graft for severe bone defects in acetabular reconstruction: ten year follow-up. *Hip Int*. 2010 May 27;20 (Suppl 7)(S7):106-111.

ARTICLES IN OTHER MAGAZINES:

1. Abat F, Gelber PE, Sarasquete J. Reparación artroscópica anatómica de las luxaciones agudas acromio-claviculares. *Trauma Fund MAPFRE* 2012;23 Supl 1:14-19.
2. Abat F, Gelber PE, Sarasquete J. Reparación artroscópica de la luxación acromioclavicular aguda con sistema de suspensión coracoclavicular. Técnica isométrica y anatómica. *Cuadernos de Artroscopia* 2012;19:31-37.
3. Gelber PE, Erquicia JI, Abat F, Sosa G, Pelfort X, Tey M, Monllau JC. Técnicas de reconstrucción del ángulo posterolateral de la rodilla según el grado de lesión. Orientación de los túneles según un modelo cadáverico. *Cuadernos de Artroscopia* 2012;19:31-37.
4. Gelber P, Torres R, García N, Pelfort X, Abat F, Álvarez C, Monllau JC. Los meniscos viables ¿pueden ser más fáciles almacenados en un medio de cultivo alternativo? Estudio in vitro.. *Cuadernos de Artroscopia*. 2011; (18)1:9-14.
5. Torres J, Abat F, Monteiro E, Gelber P. Fractura aislada del cuerpo del hueso ganchoso. A propósito de un caso. *Rev Ortp Traumatol*.2011; 55:288-91.
6. Proubasta I, Lama C, Abat F, Sarasquete J, Itarte J. Luxación de los tendones extensores de la mano a nivel de la articulación metacarpofalángica. *Rev Ortp Traumatol*.2011; 55:105-9.

7. Pellejero R, Abat F, Sancho R. Fracturas femorales periprotésicas de cadera. Arthros. Vol VIII - N.3/2010: 5-17.
8. Abat F, Sarasquete J, Lavalle G, Vidal A, Jordan M, González JC, Aguilera J, Celaya F, Monllau JC. Avulsión humeral de los ligamentos glenohumerales (HAGL - RHAGL): Técnica de reparación artroscópica. Cuadernos de Artroscopia. 2009; (16)41:21-26.
9. Abat F, Sarasquete J, Lavalle G. Reparación artroscópica de Bankart Óseo: Presentación de casos. Cuadernos de Artroscopia. 2008; (15)37:30-34.

BOOKS AND CHAPTERS:

1. Mouton C, Abat F, Gòmez-Barrena E, Padilla-Equiluz NG, Stephen J (2018) Clinical research toolkit. ESSKA, Luxembourg.
2. Tendon injuries to the lower limbs. Non-surgical treatment. Gelber PE , Abat F, Tzoanos G, Karlsson J. En The most frequent problems and injuries in football: What everyone should know. João Espregueira-Mendes, Moisés Cohen, Stefano Della Villa, Niek Van Dijk, Philippe Neyret, Joaquim Miguel Oliveira and Hélder Pereira, ed. Springer-Verlag London, 2016. pp 447-460.
3. Abat F. Clinical Utility of Diagnostic Ultrasound in Athletes with Tendinopathy. ESSKA Instructional Course Lecture Book: Barcelona 2016 Ed. Roland Becker, Gino M.M.J. Kerkhoffs, Pablo E. Gelber, Matteo Denti, Romain Seil.
4. Abat F. Mecanismos moleculares de la electrolisis percutánea intratisular. November 2014 In book: Fisioterapia Invasiva. Edition: First Publisher: Elsevier.
5. Abat F. Editor. Proubasta. Protocolos quirúrgicos en Traumatología de Urgencias. Permanyer. Barcelona, 2011.
6. Colomina J, Álvarez C, Abat F. Recidiva tumoral en metacarpiano de Mano dominante. En: Libro casos clínicos de Residentes SECOT 2011.
7. Sarasquete J, Abat F. Inestabilidad glenohumeral con pérdida ósea en glena y cabeza humeral. Técnicas artroscópicas e indicaciones (págs. 252-256). En Artroscopia del Hombro. Editor Sánchez-Alepuz E. Valencia 2010.

8. Abat F, Carrera I, Colomina J, Moya E. Osteotomía oblicua del cúbito en el pinzamiento cúbito-carpiano. En: Libro casos clínicos de Residentes SECOT 2010.
9. Ed. Proubasta, Colabora Abat F. I. Fracturas de la cabeza y cuello radiales del adulto. Permanyer. Barcelona, 2010.
10. Colomina J, Abat F, Pulido M, De Caso J, Trullols L. Lesión de la Arteria Axilar después de Fractura de Cuello Humeral, a propósito de un caso. En: Libro casos clínicos de Residentes SECOT 2009.
11. Cortés S, Buezo O, Moya E, Abat F. Edema y crepitación en el codo izquierdo. Libro secot Casos Clínicos Residentes 2009.
12. Colomina J, Carrera I, Abat F, Buezo O. Fractura del tercio proximal humeral, complicación. Libro secot Casos Clínicos Residentes n.9, año 2009, pàg 21-23.

AWARDS and GRANTS

1. Award of the ESSKA 2018 with the ESSKARS (Rewards for Service) like the most active committee section for the Basic Science committee.
2. Award of the Scientific Committee of the hospital group Quiron for the best scientific publication in a foreign language in 2012 by the article: The only-suture fixation technique leads to a higher degree of extrusion than bony-fixation in meniscal allograft transplantation. Am J Sport Med 2012 Jul;40(7):1591-1596.
3. Award for the best oral communication: Resultati a medio termine di due differenti tecniche di fissazione dell'innesto nel trapianto meniscale. Erquicia J, Bellotti V, Abart F, Gelber PE, Pelfort X, Tey M, Monllau JC. 4º Congresso Nazionale SIGASCOT (Società Italiana di Chirurgia del Ginocchio, Artroscopia, Sport, Cartilagine e Tecnologie Ortopediche). Napoli, Italia. 10-2012.
4. Award for the best oral communication: Evaluación mediante TC en modelo cadáverico de la seguridad en la realización de los túneles del ángulo posterolateral en reconstrucciones multiligamentarias de rodilla. Gelber PE, Erquicia JI, Abat F, Sosa G, Pelfort X, Monllau JC. Gelber P, Torres A, Alameda F, Monllau JC. 30º Congreso de la Asociación Española de Artroscopia. Valencia, España. 5-2012.

5. Jacques Duparc Awards 2011. Partial Medial Meniscus Substitution With The Collagen Meniscal Implant, 10-Years Follow-Up. 12th EFORT Congress. 1-4 junio 2011 Copenhagen.
6. Grant from the Spanish Arthroscopy Association for the study: Evaluación mediante TC en modelo cadáverico de la seguridad en la realización de los túneles del ángulo posterolateral en reconstrucciones multiligamentarias de rodilla. Investigador principal: Gelber PE. Investigadores colaboradores: Erquicia JI, Abat F, Sosa G, Pelfort X, Monllau JC. 29º Congreso de la Asociación Española de Artroscopia. Tenerife, España. 5-2011.
7. European Arthroscopy Fellow Travelship Grant. European Society of Sport Traumatology Knee Surgery and Arthroscopy. AEA 2010
8. Grant from the Spanish Arthroscopy Association for the study: Efecto del cultivo celular normal y del enriquecido con factores de crecimiento (ITS) en la red colagena meniscal y en la expresión de glicosaminoglicanos. 28º Congreso de la Asociación Española de Artroscopia. Granada, España. 5-2010.
9. Award for the best oral communication of the Sociedad Catalana de Cirugía ortopédica y traumatólogía. Diagnóstico y tratamiento del STC recurrente. 6 febrero 2010 Barcelona.
10. Award for the best poster communication. Avulsión humeral de los ligamentos glenogumerales; técnica de reparación artroscópica. XXVII congreso de la AEA. 13-15 mayo 2009 A Coruña.
11. Grant SCCOT 2008 of the Academia de las Ciencias Médicas Básicas.
12. Award AIOD/OTC best oral communication. 44 Congreso SECO 2007 Madrid. Beca Estrasburgo.

TEACHING ACTIVITY

1. More than 100 courses organized on Ultrasound, biological treatments, muscle and tendon Injuries. From 2012.

2. More than 100 international conferences on tendinopathies, sports injuries, muscle injuries, physiotherapy and sports rehab. From 2012.
3. Agreement in formation of students at ReSport Clinic with the following universities: Blanquerna, UAB, UIC, INEFC.
4. Certificate Reviewer for the Pubmed indexed Journals: Archives of Physical Medicine and Rehabilitation, American Journal of Sports Medicine, Reviewer for the Pubmed indexed Journal: Muscle, Tendons and Ligaments journal, RECOT Revista Española de Cirugía Ortopédica y Traumatología).