



Robert Śmigielski, MD PhD

Short Bio

Orthopaedic Surgeon, Traumatology
and Sports Medicine expert

CLINIC ADDRESS

MIRAI Institute: Orthopaedics, Traumatology,
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„Being an orthopaedic surgeon is not simply about learning various techniques and following them to the dot. Surgery is about anatomy — she is the queen that rules our hands. Perfecting skills, constantly expanding our knowledge of anatomy, and learning how to use everything current diagnostic modalities have to offer is what will, in the end, allow us to produce best outcomes for our patients“

Robert Śmigielski

Robert Śmigielski is a trauma and orthopaedic surgeon, as well as an expert in sports medicine. He has been a member of the Polish Olympic Team since 2002. Continually on a quest to expand his anatomical knowledge and understanding of each structure's function to perfect his techniques. Last year, to further Polish orthopaedic research and create a platform for international cooperation in that area, he has founded the „ARS Medicinalis“ Foundation.

His main areas of expertise, orthopaedics-wise, are the knee (mainly ACL, PCL, menisci, and patellofemoral joint), muscles and tendons, and the ankle joint with a special interest in the Achilles tendon. He is best known for his anatomical discoveries that resulted in new, anatomy-based methods of the ACL and the Achilles tendon reconstructions. His findings (the ribbon-like form of the ACL and three-bundle structure of the Achilles) are based on the years of careful anatomical research through dissections as well as his experiences in the operating theatre. Moreover, Dr. Śmigielski is continuously working on numerous projects aimed at updating the current medical knowledge and introducing new or enhanced surgical techniques and treatments.

Dr. Śmigielski is a member of several expert orthopaedics-oriented groups and societies, such as: ACL Study Group, AAOS, AGA, ESSKA, ISAKOS, UASTKA, and many more. He regularly attends congresses and meetings during which he shares his insights and experience with fellow surgeons. He has published many papers and several book chapters.

Between the years 1998 - 2017 Robert Śmigielski ran a successful sports medicine and orthopaedics clinic Carolina Medical Center in Warsaw. Shortly before his departure, as he has decided to take up new challenges, the clinic was awarded the title of FIFA Clinic of Excellence. Speaking of soccer, from 2006 up to 2010, Dr. Śmigielski has been the chief of the medical committee of the Polish Football Association. Moreover, in the years 2004-2006 he was the Chairman of the Medical Commission, a statutory body of the Polish Olympic Committee. Now, apart from his scientific endeavours, he stays busy working with patients in MIRAI Institute, focused on treatment of orthopaedic patients and physical therapy. His patients range from professional athletes to amateurs who enjoy an active lifestyle. A large portion of his time is devoted to research on new treatments with special interest in stem cells, HD PRP injections, and mindful supplementation. His key feature as a physician is the holistic approach.



Robert Śmigielski, MD

Professional Career

2017	Founder of Ars Medicinalis (previously MIBO) Foundation Orthopaedics, Traumatology and Sports Medicine Specialist at MIRAI – Orthopaedics and Physical Therapy Institute
2016	Member of the Polish Medical Team during XXXI Summer Olympic Games, Rio de Janeiro
2013	International Weightlifting Federation Medical Committee Member
2012	Head of the Centre for Dance Medicine & Science Head of the Medical Centre selected by UEFA for EURO 2012™ – European Football Championship Final Tournament Member of Polish Medical Team, XXX Summer Olympic Games, London
2011	Medical Care provider to dancers of The Grand Theatre (Teatr Wielki), Polish National Opera and Ballet
2010	Member of Polish Olympic Committee along with Carolina Medical Center providing medical care for the Olympic team during the preparatory period for the London 2012 Olympics and Sochi 2014)
2008	Member of the Polish Medical Team during the XXIX Summer Olympic Games, Beijing
2006	Chief of the Polish Olympic Medical Mission during the X Winter Olympic Game Torino 2006, Torino, Italy
2006 - 2010	Head of the Medical Committee of Polish Football Association
2005 - 2007	Polish Olympic Committee, Chairman of the Polish Olympic Committee, Medical Committee
2004	XXVIII Summer Olympic Game Athens 2004, Member of the Polish Olympic Committee Medical Mission, Athens, Greece
2004 - 2008	Polish Swimming Federation, Team Doctor
2003 - 2006	Hospital for Children Surgery in Warsaw, Chief of the Arthroscopic and Knee Surgery Department
1998 - 2017	Carolina Medical Center in Warsaw, Chief of Orthopaedic and Sports Medicine Department
1996 - 1998	Hospital for Children Surgery „Omega” in Warsaw (Arthroscopy Knee Surgery)
1996	Polish Football Association, Chief of the Medical Commission, Team Doctor
1994 - 1998	National Centre of Sports Medicine in Warsaw
1993 - 1994	Rennbahn-Klinik, Basel, Switzerland, Scholarship of International Olympic Committee
1994 - 2005	Department of Orthopaedic Surgery in Warsaw, Orthopaedic Surgeon

1992 - 1995	Polish Triathlon Union, Team Doctor
1987 - 1992	Polish Kickboxing Union, Team Doctor

MEMBERSHIPS IN MEDICAL SCIENTIFIC SOCIETIES:

AAOS	American Academy of Orthopaedic Surgeons, Member
ACL	Anterior Cruciate Ligament Study Group, Member
AGA	Deutschsprachige Arbeitsgemeinschaft für Arthroskopie, Member
ESSKA	European Society of Sport Traumatology, Knee Surgery and Arthroscopy, Member
EFOST	European Federation of National Associations of Orthopaedic Sports Traumatology, II nd vice-President (until 2006)
GOTS	Gesellschaft für Orthopädisch-Traumatologische Sportmedizin, Member
ICRS	International Cartilage Repair Society, Member
ISAKOS	International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine, Sports Medicine Committee Member, Arthroscopy Committee, Membership Committee (Regional Coordinator), Education Committee
PTTS	Polish Society of Sports Traumatology, Co-founder and Vice-President of the Societ
PTOiTr	Polish Society of Orthopaedic and Traumatology, Member
PTChA	Polish Society of Arthroscopic Surgery, Member
PTMS	Polish Society of Sports Medicine, Member
RAA	Russian Arthroscopic Association, Member
UASTKA	Ukrainian Association of Sport Trauma, Knee Surgery and Arthroscopy, Member

Publishing Activity

- ◆ Acta Clinica - Editorial Board
- ◆ Sportorthopädie-Sporttraumatologie - International Advisory Board
- ◆ Sports Health - Editorial Board
- ◆ American Journal of Sports Medicine – Reviewer
- ◆ Orthopaedic Journal of Sports Medicine - Editorial Board
- ◆ Orthopaedic Journal of Sports Medicine – Reviewer

Publications Overview

35+ original articles

26+ reviews of papers

11+ book chapters

150+ invited lectures

List of selected publications:

Engelhardt, M. & Smigielski, R., 2006. Muskulatur. Sportverletzungen, pp.323–335. Available at: <http://dx.doi.org/10.1016/b978-343724090-4.50024-1>.

Zdanowicz, U. & Smigielski, R., 2011. Groin Pain: Neuropathies and Compression Syndromes. Sports Injuries, pp.271–274. Available at: http://dx.doi.org/10.1007/978-3-642-15630-4_36.

Śmigielski, R. & Zdanowicz, U., 2016. Achilles Tendon Pathology. Arthroscopy, pp.1115–1124. Available at: http://dx.doi.org/10.1007/978-3-662-49376-2_95.

Zdanowicz, U. & Śmigielski, R., 2017. Meniscus Anatomy. The Menisci, pp.1–8. Available at: http://dx.doi.org/10.1007/978-3-662-53792-3_1.

Smigielski, R. & Zdanowicz, U., 2011. Epidemiology and Common Reasons of Groin Pain in Sport. Sports Injuries, pp.249–254. Available at: http://dx.doi.org/10.1007/978-3-642-15630-4_33.

Ueblacker, Peter, Lutz Hänsel, Hans-Wilhelm Müller-Wohlfahrt, Martin Engelhardt, and Robert Śmigielski. "Muskulatur." Sportverletzungen - GOTS Manual (2016): 365–385. doi:10.1016/b978-3-437-24092-8.00022-5.

Fink, Christian, Timo Järvelä, Rainer Siebold, Robert Śmigielski, and Kazunori Yasuda. "ICL: Anatomy of the ACL and Reconstruction." ESSKA Instructional Course Lecture Book (2014): 73–78. doi:10.1007/978-3-642-53983-1_6.

Siebold, Rainer, and Robert Śmigielski. "Arthroscopic Appearance of the 'C' -Shaped Insertion of the Anterior Cruciate Ligament." Anterior Cruciate Ligament Reconstruction (2014): 33–35. doi:10.1007/978-3-642-45349-6_5.

Siebold, Rainer, Peter Schuhmacher, Francis Fernandez, Robert Śmigielski, Christian Fink, Axel Brehmer, and Joachim Kirsch. "Flat Midsubstance of the Anterior Cruciate Ligament with Tibial 'C'-Shaped Insertion Site." Knee Surgery, Sports Traumatology, Arthroscopy 23, no. 11 (May 20, 2014): 3136–3142. doi:10.1007/s00167-014-3058-6.

Siebold, Rainer, Peter Schuhmacher, Francis Fernandez, Robert Śmigielski, Christian Fink, Axel Brehmer, and Joachim Kirsch. "Erratum to: Flat Midsubstance of the Anterior Cruciate Ligament with Tibial 'C'-Shaped Insertion Site." Knee Surgery, Sports Traumatology, Arthroscopy 24, no. 9 (August 23, 2014): 3046–3046. doi:10.1007/s00167-014-3230-z.

Zdanowicz, Urszula, Robert Śmigielski, Alejandro Espejo-Reina, Alejandro Espejo-Baena, and Henning Madry. "Anatomy and Vascularisation." Surgery of the Meniscus (2016): 15–21. doi:10.1007/978-3-662-49188-1_2.

Śmigielski, Robert, and Urszula Zdanowicz. "Anatomy of ACL Insertion: Ribbon." Controversies in the Technical Aspects of ACL Reconstruction (2017): 153–158. doi:10.1007/978-3-662-52742-9_15.

Robert Śmigielski. "Management of Partial Tears of the Gastro-Soleus Complex." Clinics in Sports Medicine 27, no. 1 (January 2008): 219–229. doi:10.1016/j.csm.2007.10.005.

Szopinski, Kazimierz T., and Robert Smigielski. "Safety of Sonographically Guided Aspiration of Intramuscular, Bursal, Articular and Subcutaneous Hematomas." *European Journal of Radiology* 81, no. 7 (July 2012): 1581–1583. doi:10.1016/j.ejrad.2011.04.023.

Śmigielski, Robert, Urszula Zdanowicz, Michał Drwięga, Bogdan Cizek, and Rainer Siebold. "Ribbonlike Anatomy of the Anterior Cruciate Ligament from Its Femoral Insertion to the Midsubstance." *Anterior Cruciate Ligament Reconstruction* (2014): 3–10. doi:10.1007/978-3-642-45349-6_1.

Śmigielski, Robert, Urszula Zdanowicz, Michał Drwięga, Bogdan Cizek, Christian Fink, and Rainer Siebold. "Variations of the Tibial Insertion of the Anterior Cruciate Ligament: An Anatomical Study." *Anterior Cruciate Ligament Reconstruction* (2014): 29–32. doi:10.1007/978-3-642-45349-6_4.

Śmigielski, Robert, Roland Becker, Urszula Zdanowicz, and Bogdan Cizek. "Medial Meniscus Anatomy—from Basic Science to Treatment." *Knee Surgery, Sports Traumatology, Arthroscopy* 23, no. 1 (December 24, 2014): 8–14. doi:10.1007/s00167-014-3476-5.

Kato, Tomohiro, Robert Śmigielski, Yunshen Ge, Urszula Zdanowicz, Bogdan Cizek, and Mitsuo Ochi. "Posterior Cruciate Ligament Is Twisted and Flat Structure: New Prospective on Anatomical Morphology." *Knee Surgery, Sports Traumatology, Arthroscopy* 26, no. 1 (July 15, 2017): 31–39. doi:10.1007/s00167-017-4634-3.

Śmigielski, Robert, Urszula Zdanowicz, Michał Drwięga, Bogdan Cizek, Beata Ciszowska-Lysoń, and Rainer Siebold. "Ribbon Like Appearance of the Midsubstance Fibres of the Anterior Cruciate Ligament Close to Its Femoral Insertion Site: a Cadaveric Study Including 111 Knees." *Knee Surgery, Sports Traumatology, Arthroscopy* 23, no. 11 (June 28, 2014): 3143–3150. doi:10.1007/s00167-014-3146-7.

Stępień, Karolina, and Robert Śmigielski. "28-Year-Old Woman Training Fencing with Isolated Rupture of Radial Collateral Ligament of the Metacarpophalangeal Joint of the Index Finger." *Sports Orthopaedics and Traumatology Sport-Orthopädie - Sport-Traumatologie* 31, no. 3 (August 2015): 228–232. doi:10.1016/j.orthtr.2015.06.009.

Syrek, M., D. Straszewski, R. Smigielski, and M. Staniszewski. "Review of Muscle Torque Values During Rehabilitation Process of Patients Who Underwent Complete Anatomical Three-Bundle Reconstruction of Achilles Tendon." *Gait & Posture* 42 (September 2015): S27. doi:10.1016/j.gaitpost.2015.06.054.

Lord, B.R., H. El-Daou, U. Zdanowicz, R. Smigielski, and A.A. Amis. "0125 - THE ROLE OF FIBRES WITHIN THE TIBIAL ATTACHMENT OF THE ACL IN RESISTING TIBIAL DISPLACEMENTS." *The Knee* 24, no. 6 (December 2017): XII. doi:10.1016/j.knee.2017.08.039.

Szaro, Paweł, Grzegorz Witkowski, Robert Śmigielski, Paweł Krajewski, and Bogdan Cizek. "Fascicles of the Adult Human Achilles Tendon – An Anatomical Study." *Annals of Anatomy - Anatomischer Anzeiger* 191, no. 6 (November 2009): 586–593. doi:10.1016/j.aanat.2009.07.006.

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