

# APKASS 2026 Korea & ICKAS 2026

Asia-Pacific Knee, Arthroscopy, Arthroplasty, Shoulder, and Sports Medicine Society  
in conjunction with 2026 Annual International Congress of the Korean Arthroscopy Society

September 10 (Thu) - 12 (Sat). 2026 Grand Hyatt, Incheon, Korea

## Speaker CV Form

\*Please provide your CV of **1-2 pages** in length, including details of the following items. This will be posted on the Congress website.

<b>Name</b>	João Espregueira-Mendes
<b>Current Position &amp; Affiliation</b>	Clínica Espregueira - FIFA Medical Centre of Excellence, Porto, Portugal Dom Henrique Research Centre, Porto, Portugal School of Medicine, University of Minho, Braga, Portugal ICVS/3B's-PT Government Associate Laboratory, Braga, Portugal 3B's Research Group—Biomaterials, Biodegradables and Biomimetics, University of Minho, Headquarters of the European Institute of Excellence on Tissue Engineering and Regenerative Medicine, Barco, Portugal
<b>Country</b>	Portugal

### Educational Background

João Espregueira-Mendes graduated in Medicine from the Faculty of Medicine of the University of Porto in 1985 and completed his residency in Orthopaedics and Traumatology at São João Hospital, Porto, in 1994, achieving the highest final grade (20/20). Earlier in his career, he completed a fellowship in Orthopaedics at the Mayo Clinic in 1991, the first Portuguese surgeon to do so. He earned his PhD in Orthopaedics and Traumatology from the University of Porto in 1995, approved with honour and distinction, becoming the youngest PhD in Orthopaedics in Portugal. In 2023 he successfully passed the exams to become Professor with Habilitation and in 2024 became Full Professor.

### Professional Experiences

He has held several leading clinical, academic, and institutional positions, including serving as the first Director of Orthopaedics and Traumatology at São Sebastião Hospital from 1998 to 2006. Since 2005, he has been the Chairman of Orthopaedics and Musculoskeletal System at the School of Medicine of the University of Minho, where he is also a senior associate researcher at 3B's/ICVS. He is currently Chairman and Clinical Director of Clínica Espregueira – FIFA Medical Centre of Excellence, an ESSKA, ISAKOS, and ICRS Official Centre.

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He serves in many roles in European and international orthopaedic-related societies, reflecting his longstanding leadership and influence in the field. Among his most significant contributions are his contribution as a Founding Member of Portuguese Society of Arthroscopy and Sports Traumatology (SPAT) in 1994, later becoming its President from 2004 to 2008; his tenure as President of European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA) from 2012 to 2014; and his role as the Founding President of the ESSKA Foundation in 2013. Since 2013, he has also been an active member of the ACL Study Group. In recognition of his impact across Europe and beyond, he has been named an Honorary Member of several professional societies, including SPAT, Bulgarian Orthopaedic and Trauma Association (BOTA), Spanish Society of Knee Surgery and Sports Traumatology (SEROD), Italian Society of Knee, Arthroscopy, Sport, Cartilage and Orthopaedic Technologies (SIAGASCOT), and Spanish Arthroscopy Association (EAE). He is also a Life Member of ESSKA and has been a Board Member of the Patellofemoral Foundation since 2015. His advisory work includes his ongoing role on the Advisory Board of the FIFA Medical Centre of Excellence and his membership and on the Consultative Council of the F.C. Porto Executive Board (since 2006). He currently serves as President of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS).

His editorial and academic commitments have been equally distinguished. He served on the Editorial Board of the Knee Surgery, Sports Traumatology, Arthroscopy (KSSTA) Journal from 2003 to 2021, and continues to hold positions on the Boards of Trustees of both the Journal of Experimental Orthopaedics (since 2014) and the Journal of ISAKOS (since 2017). He is currently Associate Editor of the Journal of Cartilage & Joint Preservation (JCJP).

## Main Scientific Publications

He has lectured more than 850 communications worldwide and published more than 300 works (>7500 citations), including more than 20 textbooks. He has received 18 awards and distinctions for his contribution in orthopaedics. His numerous publications in the area of Orthopaedics and Sports Medicine are primarily associated with anterior cruciate ligament injuries, meniscus and cartilage lesions, orthobiologics, and instrumented imaging laxity evaluation. His primary interest is in the treatment of knee, ligaments, cartilage and patella instability. He also invented the Porto Knee Testing Device (and Porto Patella Testing Device) to measure the injury of knee ligaments in the MRI and it is already used on the 5 continents, and developed surgical techniques such as the cartilage graft (Porto GUT techniques), MPFL+MQTFL soft-tissue reconstruction and the meniscus auto-transplant.

His publications can be seen at: <https://scholar.google.com/citations?user=gtkcN-sAAAAJ&hl=pt-PT>