

Curriculum Vitae

Sakari Orava, professor, MD, PhD, orthopaedic surgeon chief of research and sports medicine

Born 17.th June, 1945, Kokkola, Finland

Address: Rantakatu 8 as 1, 21100 Naantali, Finland

Studies, specialties, degrees

- medical studies: Medical Faculty, University of Oulu 1965 – 1972
- licenced physician, MD 1972
- assistant surgeon / orthopaedic surgeon Oulu University Hospital 1972 – 1977, 1979
- specialist in general surgery, 1977
- specialist in orthopaedic surgery and traumatology, 1980
- specialist in sports medicine, 1986
- PhD Thesis 1980
- docent / ass. prof. / senior lecturer in orthopaedics and traumatology, University of Oulu, 1984 -
- docent / ass. prof. / senior lecturer in sports traumatology, University of Turku, 1995 –
- professor (honorary title given by president of Finland) 2001
- honorary professor, University of Murcia, Spanish School of Sports Traumatology, Spain 2000
- military service 1964 – 1965, sublieutenant, field artillery and medical officer

Full time and part time work positions

- specialization of general surgery and orthopaedics & traumatology, University Hospital, Oulu, 1972 - 1979
- doctor of Sports Clinic of Deaconnes Institute of Oulu, 1972–1979, 1986–1990
- ass. chief surgeon, Keski-Pohjanmaa Central Hospital, Kokkola, 1977 – 1978, 1980 – 1985
- chief physician, Sports Clinic Medirex, Kokkola, 1982 - 1986
- chief physician, Deaconnes Institute of Oulu, 1986 – 1989
- chief surgeon, Deaconness Institute of Helsinki 1990 – 1991
- chief physician, Sports Medicine Clinic of Helsinki, 1990 - 1991
- chief surgeon, Hospital Director, Meditori, Turku, 1992 – 1995
- CEO of Meditori, 1993 – 1995
- chief surgeon, Hospital director, Tohtoritalo Hospital, Turku 1996 – 2000
- chief surgeon, Hospital director, Mehiläinen Hospital, Turku, 1.1. 2001 – 31.6. 2005
- chief of sports trauma and research, Mehiläinen Ltd, 1.7. 2005 – 11.6.-2006
- chief surgeon, Hospital director, Mehiläinen Hospital, Turku, 12.6.2006 – 31.1.2009
- chief of sports trauma and research, Mehiläinen, Turku, 1.2.2009---
- full time private sports traumatologist since 1986
- consultant orthop. surgeon: Mehiläinen of Helsinki, Mehiläinen of Tampere, sports medicine clinic of Helsinki and several other clinics in Finland

Sports organizations and associations

- doctor of Finnish Athletic Federation and National Track and Field Team doctor 1972 – 2002, consultant after that
- chief doctor of Finnish Olympic Committee 1986 – 2000
- member of the medical board of Finnish NOC 1982 – 2001
- chief doctor of Finnish Team, Summer Olympic Games: Seoul 1988 Barcelona 1992, Atlanta 1996, Sydney 2000
- member, International Ass. of Olympic Medical Officers, 1988 – 1996
- member and/or board member: Scand Ass Sports Med, FIMS Northern – Western Chapter, ISAKOS, ESSKA, AAOS, AOSSM, BASM e.t.c. during years (1978 – 2010 ...)
- member and/or board member: Finnish Medical Ass., Societies of Surgery, Orthopaedics and Traumatology, Sports Medicine, Christian Physicians, Young Physicians, Duodecim, Arctic Orthopaedic Club, e.t.c

Consulting orthopaedic surgeon: (in Italy, year 1983 ---, in Spain year 1990 ---)

- Green Spring Valley Medical and Rehabilitation Center, Baltimore, USA, 1989-1996
- Runner's Center, Rome, Italy,
- Clinica Valle Giulia, Rome, Italy
- Clinica Centro, Madrid, Spain, Clinica St Cugat, Barcelona, Spain, Xanit Hospital, Benalmadena, Spain
- Italian Track and Field Federation (FIDAL) from year 1985 –
- Spanish Track and Field Federation (RFEA) from year 1988 –
- Italian and Spanish Olympic committees

References of sports trauma / sports medicine

- Treated and operated numerous Finnish Track and Field Athletes, Olympic medallists, World and European Championship medallist, other top level athletes
- Consultant all over the country for sports clubs, federations, sports organizations (Track and field, soccer, ice-hockey, basket ball, volley ball, judo, wrestling, boxing , ultimate fight, rowing, paddling, golf, weight lifting and others)
- Consultant to several international sports organizations, soccer clubs and other sports clubs/associations (major league soccer clubs: for example: Italy: AC Milan, Inter, Juventus, Bologna, AC Roma, Lazio e.t.c., Spain: Atletico Madrid, Real Madrid, Barcelona, Sevilla, Real Valladolid, Racing, Bilbao, San Sebastian, FC Coruna, Santander e.t.c., England: Liverpool, Chelsea, Aston Villa, Blackburn, Manchester City, Sunderland, Wolverhampton, Fulham, Newcastle, Sunderland, several Scottish teams, e.t.c.; Other countries: Sweden, Norway, Denmark, France, Germany, Russia (orthopaedic consultant of national soccer team and ZSKA Moscow), e.t.c. Ice Hockey: NHL, Scandinavian countries; European: Basket, Volley Ball, Rugby teams. In athletics patients from all around the world.
- scientific activity: appr. 650 publication, mainly sports traumatology