We work for the future of our patients

We provide integrated healthcare services to ensure our patients’ active future

Our treatment protocols are based on close cooperation between specialists from various disciplines including top-notch orthopaedic surgeons, skilled and experienced physical therapists and enthusiastic trainers.
“Mirai” means future. We aim to provide top quality integrated healthcare services in the area of orthopaedics and sports medicine to allow our patients, no matter if they are sports enthusiasts or professional athletes, to quickly return to their everyday activities.

Integrated treatment

Finding the source of the problem is the first step. Removing it is the next. But what comes next?

Without constant cooperation between doctors, physical therapists and trainers the outcome of a successful surgical treatment can easily be hindered or destroyed completely by too hasty rehabilitation.

For that reason, over a decade ago, Dr. Smigielski has created a system where a physiotherapist works according to the set of postoperative recommendations made by the surgeon on the case. The rehabilitation progresses under regular supervision of the surgeon and is individually amended to the patient’s needs, capabilities and progress whenever the need arises.
What do we mean by INTEGRATED TREATMENT

Integrated treatment does not only refer to the cooperation between our specialists but also to the elements of every treatment protocol.

Our patients need, we deliver:

**DIAGNOSTICS**
- expert consultations
- orthopaedics-oriented imaging diagnostics
- functional diagnostics, incl. DIERS system
- blood panels

**SURGICAL AND CONSERVATIVE TREATMENT**
- surgical treatment, performed at partner private hospital
- conservative treatment through proper physiotherapy, incl. manual therapy, electro-stimulation, physical exercises, and medical conditioning
- pre- & post-surgery physiotherapy sessions
- conservative treatment, incl. PT sessions and functional training
- combined 40/40 mins. PT&conditioning sessions
- functional training

**REHABILITATION AND TRAINING**

**SUPPORTIVE TREATMENT**
- supportive treatment protocols, incl. platelet-rich-plasma injections using the Magellan system, as well as hyaluronic aid injections
- supplements selection and/or optimisation

*For our patients from abroad we have prepared comprehensive treatment packages including medical services as well as travel arrangements and accommodation.*
Viscosupplementation with the use of **hyaluronic acid** has become a popular treatment option in the nonoperative management of patients with osteoarthritis. Recent clinical studies indicated that the anti-inflammatory, anabolic, and chondroprotective effects of HA can reduce pain and improve synovial joint function. We recommend 1-2 intra-articular injections cycle, depending on the extent of the damage.

The effectiveness of PRP treatment is currently being further studied. So far, the results of published studies are inconclusive because the effectiveness of PRP therapy can vary depending on factors such as: the area of the body being treated; the overall condition of the patient; type of the injury - acute or chronic. At our Institute it has been successfully applied in cases of:

- **chronic tendon injuries**, esp. tennis elbow and chronic Achilles tendonitis
- **acute ligament and muscle injuries** - frequently used in sports injuries of professional athletes
- **surgery** - post surgical treatment speeding up the healing process of ligaments, tendons and muscles
- **and more…**

**Fully Automated - Built to Concentrate**

The MAGELLAN® was specifically designed to fractionate blood at bedside. This fully automated system processes the blood without need for manual manipulation. At the end of its cycle, the MagellanPRP™ is delivered into a collection syringe and is ready for immediate application.

**Autologous - From the Patient, For the Patient**

Give your patients the assurance of knowing that the product is from them, for them.

**Customised - PRP the Way You Want It**

Allows to meet each patient’s specific needs with fully customisable product volumes and platelet concentrations. MAGELLAN® Platelet Separator is unique in its ability to customise the PRP product. The system can be programmed to deliver a volume of 3 - 10 mL from each processing cycle. This allows you to customise the concentration per mL within the PRP. MAGELLAN® is approved for three processing cycles per disposable separation chamber, allowing for a maximum of 30 mL of product.[1]

DIERS 4D motion®
Dynamic Spine & Posture Analysis

Clinical Applications:
- Scoliosis
- Scoliotic malpositions
- Pelvic positions
- Cranio-mandibular dysfunctions (CMD)
- Kyphosis / Lordosis
- Back pain patients
- Differences in leg length
- Foot malpositions
- Functional & Dynamic Measurements
- Motion Asymmetries

Benefits for patients:
- Radiation-free method
- Immediate measurement results
- Can be repeated as often as desired
- Immediate recommendation of therapeutic options
- New measurement method with expanded information

Our orthopaedic and sports medicine specialists first assess the patient and then, if necessary, refer them to the Biomechanics Lab.

Doctor’s initial assessment

Biomechanical evaluation
Patient can be referred to one of three possible protocols - basic, advanced and complex

Data Analysis & Interpretation
Our diagnostician will oversee the assessments and then evaluate and interpret the results produced by the system.

Doctor’s recommendations
The doctor receives the data along with the interpretation and based on those combined with the clinical examination’s results sends the patient to physiotherapy with initial guidelines for the therapist/trainer.

Treatment Begins
The physical therapist based on the data and recommendations received designs a tailor-made rehabilitation programme, best fits to the patient’s individual needs and restriction. After a number of sessions a follow-up diagnostics
Our Team Leader
Dr Robert Śmigielski

Robert Śmigielski is an experienced and internationally recognised trauma and orthopaedics surgeon, as well as an expert in sports medicine. He is a member of the Polish Olympic Team Medical Committee since 2002. Continually on a quest to perfect his techniques, this year he has founded the MIBO Foundation – International Institute for Orthopaedic Research.

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) were and are, as he tirelessly spends hours in the cadaver lab, based on the years of careful studying the anatomy through dissections, as well as his experiences in the OR.

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

Between the years 1998 - 2017 he 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 year 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 a newly established Orthopaedics and Rehabilitation Institute called MIRAI. His patients range from professional athletes to amateurs who enjoy an active lifestyle. A large portion of his time is devoted to teaching residents and fellow surgeons, and perfecting his techniques. Every minute that is left in his intense schedule he spends with the family and on his robust anatomical research.
Daniel Kopko MD

Orthopaedic surgeon, specialising in sports injuries of the knee and ankle joint

The right hand of Dr Śmigielski of many years as well as a member of Polish Medical Olympic Committee - Rio 2016 and the Chief Physician of Polish Weightlifting Federation (2013-2017). A member of Dr Śmigielski’s research team.

Tomasz Derwinis MD

Orthopaedic surgeon, specialising in soccer injuries

Experienced surgeon and sports medicine specialist. For several years the Chief Orthopaedics Specialist for the Polish National Soccer Representation and the senior MD at Carolina Medical Center clinic (FIFA clinic of excellence).

Adam Dziuba MD

Orthopaedic surgeon, specialising in hand, wrist and elbow injuries

Years of experience in the operating theatre and overseeing patients undergoing conservative treatment. In his free time he works on his research ideas concerning novel hand surgery techniques.

Tadeusz Bokwa MD, PhD

Orthopaedic Surgeon specialising in paediatric orthopaedics

Specialising in both traditional as well as minimally-invasive angular correction of knee deformities in children and young adults. Has years of experience in paediatric sports medicine.

Beata Ciszkowska MD, PhD

Radiology and Imaging Diagnostics as well as Nuclear Medicine specialist

Ultrasound, MRI, a scintigraphy are her specialties. Expert in carrying out and interpreting orthopaedics-oriented ID. A well-known lecturer, constantly undertaking new research.

Michał Wąsowski MD, PhD

Internal medicine and Endocrinology specialist

A co-author of the book „Selected metabolic disorders in elderly patients”, a frequent lecturer at the CME courses for orthopaedic, internal medicine, geriatry, and GP residents.
We are now building our future as well

Our very own specialist clinic is in the works as we speak. Next year we will open the doors to our beautifully old-fashion on the outside, absolutely modern in the inside hospital building.

We have renovated and old XXth century sanatorium building, listed as a historical landmark, and made it a perfect place for receiving high quality treatment surrounded by peace and quiet. The perfect conditions to recuperate, either on your own or with your family members close by.

The clinic will have its own two hi-tech operating theatres, a comfortable ward with single and double occupancy rooms, fully equipped physical therapy area, swimming pool, a hotel for family members, and more…