

DR. RAFAEL PORTELA

ABOUT ME

Orthopaedic Spine Surgeon

WORK EXPERIENCE

🏢 UNIDADE LOCAL DE SAÚDE GAIA ESPINHO – VILA NOVA DE GAIA, PORTUGAL

Website <https://www.ulsge.min-saude.pt/>

SPINE SURGEON – 01/01/2021 – CURRENT

1. Unilateral Biportal Endoscopy - lumbar, cervical, decompression, discectomy, fusion
2. Spine Trauma - Lumbar, Cervical
3. Spine degenerative disease - TLIF, ALIF, XLIF
4. Lumbar Disc Arthroplasty

🏢 TROFA SAÚDE – FEIRA, PORTUGAL

Website https://www.trofasaude.pt/corpo_clinico/rafael-portela-da-silva-dr/

ORTHOPEDIC COORDINATOR, SPINE SURGEON – 01/01/2023 – CURRENT

Spine surgeon at Private Clinic

🏢 CLÍNICA ESPREGUEIRA - FIFA MEDICAL EXCELLENCE – PORTO, PORTUGAL

Website <https://clinicaespregueira.com/doctores/dr-rafael-portela/>

SPINE SURGEON AT CLINICA ESPREGUEIRA – 01/10/2022 – CURRENT

Spine surgeon at Private Clinic

🏢 PORTUGUESE WINTER SPORTS FEDERATION – PORTUGAL

Website <https://fdiportugal.pt/>

DOCTOR OF THE WINTER SPORTS FEDERATION – 2020 – CURRENT

Sports Medicine

III Congreso Bianual
SECPEC
Valencia 2026
24/25 septiembre

MÍNIMA INVASIÓN:
LA EVOLUCIÓN LÓGICA

Máxima visión para un
nuevo estándar en columna

EDUCATION AND TRAINING

2024 – 2024 Busan, South Korea

SPINE FELLOWSHIP Dr. Son, Sang Kyu

Field of study UBE (Unilateral Biportal Endoscopy)

2024 – 2024 Montpellier, France

SPINE FELLOWSHIP CCV-Montpellier

Field of study Lumbar Disc Arthroplasty

01/01/2023 – 10/01/2023

SPINE FELLOWSHIP Instituto Clavel

Website <https://www.institutoclavel.com/> Field of study ALIF

01/03/2020 – 31/03/2020 Coimbra, Portugal

SPINE FELLOWSHIP Spine Center

Field of study MIS-TLIF

01/02/2020 – 28/02/2020 Bordeaux, France

SPINE FELLOWSHIP Centre Hospitalier Bordeaux Pellegrin

Field of study ASD (Adult Spine Deformity) 01/01/2020 – 31/01/2020 Coimbatore, India

SPINE FELLOWSHIP Ganga Hospital

Field of study Spine Infections, Spine Trauma

01/01/2015 – 31/12/2020 Vila Nova de Gaia, Portugal

ORTHOPAEDIC SURGERY RESIDENCY Unidade Local de Saúde Gaia Espinho

Address R. Conceição Fernandes S/N, 4434-502, Vila Nova de Gaia, Portugal

Link <https://www.ulsge.min-saude.pt/>

LANGUAGE SKILLS

Mother tongue(s): PORTUGUESE

Other

language(s)

):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	B2	B2	B2	B2
SPANISH	B1	B1	B1	B1	B1

ITALIAN	A2	A2	A2	A2	na
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Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

RECOMMENDATIONS

Ibrahim Obeid Practicien Hospitalier CHU - PELLEGRIN

Rishi Kanna Spine Surgeon Ganga Hospital

CERTIFICATIONS

AO Spine, 31/07/2024

Global Spine Diploma

Write here the description...

Mode of learning: Online

EuroSpine, 19/03/2023

EuroSpine Diploma

Certificate number: 1042

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Mode of learning: Presential

CONFERENCES AND SEMINARS
17/06/2025 – 17/06/2025 Online

Eurospine Tuesday Webinar
CHAIRMAN
UBE in Focus: Philosophy, Technical Mastery and Global Impact
05/06/2025 – 07/06/2025 Nancy, France

Congrès Annuel SFCR
SPEAKER
"MY EXPERIENCE WITH LUMBAR DISC ARTHROPLASTY"
20/03/2025 – 22/03/2025 Grasse, France

3rd French Spine Endoscopy Course
SPEAKER
"UBE for Revision"
22/02/2025 – 22/02/2025 Porto, Portugal

1º Iberian Unilateral Biportal Endoscopy Course
SPEAKER
"UBE FOR L5-S1 EXTRAFORAMINAL PATHOLOGY"
04/07/2025 – 04/07/2025 Porto, Portugal

Spine anterior approach
CHAIRMAN