



SHORT BIO

Dr. Elías Humberto Hermida Ochoa graduated as a Medical Surgeon from the National Autonomous University of Mexico (UNAM). Subsequently, he completed his specialization in Orthopedics and Traumatology at the University of the Army and Air Force (UDEFA) and pursued a subspecialty in Spinal Column and Arthroscopic Surgery.

He is an expert in:

- Spinal Surgery
- Minimally Invasive Spinal Surgery
- Cervical Disc Herniation
- Lumbar Disc Herniation
- Spinal Fractures
- Scoliosis
- Narrow Canal Syndrome
- Piriformis Syndrome

The specialist works as an Orthopedic Surgeon at the Hipódromo de Las Américas and serves as the General Director of the Hospital de Ortopedia para Niños Dr. Germán Díaz Lombardo. Additionally, he is a Full Professor of the Spinal Surgery Subspecialty at Universidad La Salle (ULSA).

He holds recertification from the Mexican Council of Orthopedics and Traumatology A.C. (CMOT) and is a member of the Mexican Orthopedic Society, the American Academy of Orthopedic Surgeons (AAOS), the Mexican Association of Spine Surgeons A.C. (AMCICO), the Medical Society of Hospital Ángeles Lomas, and the North American Spine Society.

Considering that the intellectual authorship of the worldwide patent for an innovative therapy for cartilage regeneration is held. This therapy represents a significant advancement in the field of regenerative medicine and offers new hope for patients with cartilage injuries

Currently, Dr. Hermida Ochoa attends to his patients at Hospital Ángeles Lomas, located in the State of Mexico, and at Hospital de Ortopedia Dr. Germán Díaz Lombardo, located in Mexico City.