

PERSONAL INFORMATION

GEORGE TSIKOURIS

 93, Anatolikos Romilias, 16562 Ano Glyfada, Athens (Greece)
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Sex Male | Date of birth 08/07/1963 | Nationality Greek

EDUCATION AND TRAINING

Sep 75–Jun 81	High School & "A" Levels Diploma High School, Ymittos, Athens (Greece) Graduation Mark 19.7/13out of 20 (Distinction)	EQF level 3
Oct 81–Oct 87	Degree of Medicine Aristotle University, Thessaloniki (Greece) Graduation "Very Good"	EQF level 5
Sep 81–Dec 87	Hellenic Medical Military Academy	EQF level 5
Jan 88–May 88	Internal Medicine AIR FORCE GENERAL HOSPITAL S.H.O., ATHENS (Greece)	EQF level 5
Jun 88–Aug 88	General Surgery AIR FORCE GENERAL HOSPITAL S.H.O.	EQF level 5
Jan 89–Jun 89	DIPLOMA IN AVIATION MEDICINE Aristotle University, Thessaloniki (Greece)	EQF level 6
Oct 95–Sep 97	POSTGRADUATE DIPLOMA IN SPORTS MEDICINE UNIVERSITY OF NOTTINGHAM - QUEEN'S MEDICAL CENTRE, NOTTINGHAM, (United Kingdom)	EQF level 5
Apr 99–Apr 99	EXAMS IN ORTHOPAEDIC SURGERY APPROVED BY THE HELLENIC COLLEGE OF SURGEONS (ORTHOPAEDIC SPECIALIST) HELLENIC COLLEGE OF SURGEONS, Athens (Greece)	EQF level 6

WORK EXPERIENCE

Jan 88–May 88	S.H.O Internal Medicine Air Force General Hospital, Athens (Greece) Partly civilian with families and other professional branches
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- Jun 88–Aug. 88 **S.H.O General Surgery**
Air Force General Hospital, Athens (Greece)
- Aug 88–Sep 91 **Chief Medical Officer**
120 Air Force Wing, Kalamata (Greece)
- Sep 91–Oct 94 **Registrar A&E**
Air Force General Hospital, Athens (Greece)
Part Time
- Sep 91–May 92 **S.H.O Trauma & Orthopaedic Surgery**
Air Force General Hospital, Athens (Greece)
- Oct 91–May 92 **Demonstrator in Anatomy**
University of Athens, Athens Greece
Medical School - Part Time
- May 92–Oct 92 **S.H.O General Surgery**
Air Force General Hospital, Athens Greece
- Oct 92–Oct 93 **S.H.O Trauma & Orthopaedic Surgery**
Asklepieion Trauma Orthopaedic Hospital, Athens Greece
Civilian
- Oct 93–Oct 94 **Registrar Trauma & Orthopaedic Surgery**
Asklepieion Trauma Orthopaedic Hospital, Athens Greece
- Jul 94–Aug 94 **Clinical Attachment Trauma & Orthopaedic Surgery**
Nuffield Orthopaedic Centre, University of Oxford, Oxford, **United Kingdom**
- Nov 94–Dec 94 **S.H.O Trauma & Orthopaedic Surgery**
Milton Keynes General Hospital, Milton Keynes, Buckinghamshire, **United Kingdom**
- Jan 95–Jan 95 **S.H.O Trauma & Orthopaedic Surgery**
Nuffield Orthopaedic Centre, University of Oxford, Oxford, **United Kingdom**
- Feb 95–Jul 95 **S.H.O Trauma & Orthopaedic Surgery**
Milton Keynes General Hospital, Milton Keynes, Buckinghamshire, **United Kingdom**
- Aug 95–Aug 97 **S.H.O in Orthopaedic Surgery**
King's Mill Hospital, Mansfield, Nottinghamshire, **United Kingdom**

With Mr Alan Moulton, Mr L. Neumann & Prof. A. Wallace

- Oct 95–Jul 97 **Trainee in Sports Injuries Clinic**
Queens Medical Centre, Nottingham, **United Kingdom**
Part time
- 4 Aug 97–4 Aug 98 **SSHO / Acting Registrar**
John Radcliffe NHS Trust The Horton Hospital, Oxford, **United Kingdom**
- 5 Aug 98–15 Dec 98 **Staff Grade in Orthopaedics**
Southend Hospital Associated with London University Teaching Hospital, London, **United Kingdom**
- 15 Dec 98–12 Feb 99 **Staff Grade / Locum Consultant**
Southend Hospital Associated with London University Teaching Hospital, London, **United Kingdom**
- Sept 98–Feb 99 **Clinical & Surgical Assistant (*part time*)**
Shoulder & Elbow Unit Hospital of St. John & St. Elizabeth, London & Parkside Hospital, **Wimblendon**
with Mr Paul Calver
- .13 Feb 99–15 Jun 99 **Orthopaedic Consultant**
251 Hellenic Air Force General Hospital, Athens, Greece
- Jun 99–Mar 00 **Orthopaedic Consultant**
British & American Military Hospitals, Kosovo
Deputy Commander of the Hellenic Medical Battalion – Orthopaedic Chief Consultant
- Mar 00–Nov 07 **Orthopaedic Consultant**
251 Hellenic Air Force General Hospital Chairman & NATO Working Group, Athens, Greece
Research and Technology Working Group

- Apr 02–Dec 05 **Director Orthopaedic & Sports Medicine Clinic (*part time*)**
Mediterraneo Hospital, Glyfada , Athens ,Greece
- Apr 02–May-05 **Chief Orthopaedic & Sports Medicine (*full time*).**
Hellenic Supreme Military Sports Council, Greece
- Jan 06 – Nov 14 **Director Orthopaedic & Sports Medicine**
Athens Euromedica Sports Injuries Clinic, Athens, Greece
(Jan 06- Nov 07, Part time
Jan. 07- Nov 14, Full time)
- Dec 14- currently **Director Orthopaedic & Sports Medicine Clinic**
Mediterraneo Hospital, Glyfada , Athens ,Greece

POSITIONS HELD AS VISITOR

- 15 Jan 01–30 Jan 01 **Visitor in Shoulder & Sports Injuries**
The Hospital for Special Surgery(HSS), Manhattan, New York ,USA.
For Dr D. Altcheck

Also

- 15 - 30 Mar 2001
- 15 - 28 Sept 2001
- 10 - 25 Mar 2002
- 01- 07 Mar 2004
- 31 Jul - 05 Aug 2009
- 25 - 28 Jul 2011
- 16 - 27 Jul 2012
- 10 - 17 Jul 2013

- 26 Jan 03–30 Jan 03 **Visitor Doctor**
The Alps Shoulder & Upper Limb Surgery, Annecy (France)
For Dr L. Lafosse

Also

- 20 - 25 April 2003

- 01 - 07 July 2003
- 02 - 07 Sept 2003
- 15 - 20 Feb 2004
- 15 - 18 Nov 2004
- 10 - 12 Apr 2005
- 10 - 25 Sept 2006
- 10 - 20 Feb 2008
- 10 - 20 Sept 2011

20 Nov 03–28 Nov 03

Visitor in Knee & Hip Arthroscopy

The Knee & Sports Med. Clinic, Vancouver (Canada)

Canadian Medical License*For Dr. Brian Day (President of AANA)*

17 Jul 09–30 Jul 09

Visitor in Hip Arthroscopy

Steadmann Philippon Institute , Vail, Colorado, Denver (USA)

*For Dr Marc J. Philippon*Also

17 - 24 Jul 2011

15 May 09–30 May 09

Visitor in Spine Endoscopy

Desert Institute for Spine Care, Phoenix, Arizona (USA)

*For Dr. Anthony T. Yeung*Also

- 09 - 16 Jul 2009

06–Present

Director Orthopaedic Consultant

Euromedica Sports Injuries Clinic, Athens (Greece)

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
German	A2	A2	A2	A2	A2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2: Proficient user
[Common European Framework of Reference for Languages](#)

Job-related skills Comprehensive experience in General Medicine & Sports Medicine. Management skills including handling of laboratory information and accurate use of the therapeutic modalities. Mentoring skills, teaching in Arthroscopy Surgery to other Orthopaedic surgeons (Hellenic Arthroscopic Assosiation),evaluation skills ,communication skills (capable of motivating others to accomplish objectives).

Driving licence B

ADDITIONAL INFORMATION

Marital Status Married with Charikleia Metaxa, she is a teacher on Greek Literature, and having two children (Demetrios 10 years old male and Stavroula 8 years old female).

Memberships

- Honorary Member of AANA (Arthroscopy Association Of North America),since 2004.
- Active Elected Member for the Council of the "HELLENIC ARTHROSCOPIC ASSOCIATION", April 2014.
- Honorary Member of ISMULT (Italian Society of Muscles Ligaments and Tendons).
- Member in ESSKA (European Society of Sports Traumatology, Knee Surgery & Arthroscopy).
- International affiliate member of AAOS (American Academy of orthopaedic surgeons).
- Active member of the European college of Sports & Exercise Physicians (ECOSEP).
- Member of ISAKOS 2004.
- Member in Greek Microsurgery Society.
- Member in Greek Society of Musculoskeletal Tumours.
- Member in The Shoulder and Elbow Section of HAOST AND SECEC.
- Member in Greek Society of Arthroscopy, Knee surgery and Sports Injuries.
- Member in Greek College of Orthopaedic Surgeons.
- Member of International Society for hip arthroscopy.

Honours and awards

- **1st Prize** Mitek Shoulder Expertise Academy , Berlin. November, 19-20, 2004
- **Chief Medical Officer** for the "WEIGHTLIFTING OLYMPIC GAMES" , Athens 2004

Operative Experience **TRAUMA:**

- Closed manipulations of fractures and dislocations.
- DHS, AO cannulated screws of Hip Hemiarthroplasties of hips (Cemented-Uncemented).

- ORIF of elbow, forearm, femur, tibia, ankle, shoulder, arm, knee.
- AO Femoral – Tibial – Humeral nailing Nailing.
- External Fixation wrist – tibia – humerus – femur - Pelvis.
- Flexors and extensors tendons repair of hand.

ELECTIVE:

- Subacromial decompression, ACJ excision and Rotator cuff repair – Shoulder Arthroscopy.
- Advanced shoulder arthroscopy.
- Advanced knee arthroscopy.
- Anterior and posterior shoulder stabilisation arthroscopically.
- Suprascapular nerve release at the suprascapular notch & spinoglenoid notch.
- Ankle arthroscopy and stabilisation.
- Wrist arthroscopy.
- Elbow arthroscopy.
- Advanced Hip arthroscopy.
- Lower back endoscopy.
- Knee Arthroscopy, arthroscopic meniscectomy and suturing, Anterior & Posterior Cruciate Ligament Reconstruction.
- Shoulder Hemiarthroplasty, Arthroplasty and reverse Arthroplasty.
- Total hip replacement.
- Total knee replacement.
- Keller's osteotomy, Mitchell's osteotomy, MTP fusion.
- Minor operations including: Carpal tunnel release (and arthroscopically), De Quervains, Excision of ganglia, Trigger finger etc.
- Management and surgical treatment of compound fractures, management of head/chest injuries and multiple injured patients generally. I assisted in many others operations such as Microdiscectomy, Spinal Decompression, etc.

Scientific Course organiser President of the Organising Committee for one week European Sports Medicine Summer Course organised by ECOSEP (European Sports Medicine Summer Course –
EFOST (European Federation Orthopaedic Sports Trauma)
ISMULT (International Society Muscles, Ligaments, Tendons)
1st 26 Aug - 31 Aug 2013, Kalamata, Greece
2nd 25 Aug - 30 Aug 2014, Kalamata, Greece
3rd 24 Aug - 29 Aug 2015, Marathon, Athens, Greece.

Academic Experience

- Competence in project development.
- Laboratory experience in microbiology and basic sciences.
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Teaching Experience

- Teaching in arthroscopic shoulder surgery to orthopaedic surgeons for the University of Patras and Larissa, Greece and an also active instructor for the Hellenic Arthroscopic Association.
- Teaching in Orthopaedics to medical students "University of Nottingham"
- Teaching in Anatomy to medical students "University of Athens".
- Medical instructions to pilots.

Academic Studies

- "*Undescended testicles in Paediatric Surgery*", THE PAEDIATRIC SURGERY
- "*Alternatives in the origin of the phrenic nerve*", MEDICAL MILITARY CONGRESS,

THESSALONIKI, GREECE, OCTOBER 1992.

- *"Reccurent liporsacoma of the femur - Preservation of a branch of the femoral nerve"*, THE COMMON MEDICAL CONGRESS OF HELLENIC AND AMERICAN ORTHOPAEDIC ASSOCIATION, ATHENS, GREECE, OCTOBER 1993.
- *"The Surgical treatment of rotator cuff lesions by transacromial approach"*, 2nd SYMPOSIUM FOR THE SURGERY OF THE SHOULDER WITH INTERNATIONAL PARTICIPATION, PATRA 27-28 MAY 1994.
- *"Fractured Neck of Femur, Survey for the Royal College of Surgeons"*, MILTON KEYNES GENERAL HOSPITAL, JULY 1995.
- *"Ipsilateral Fractures femur - tibia. (Floating knee). A Retrospective study from North Nottinghamshire area"* 5th SYMPOSIUM OF PHYSICAL MEDICINE & REHABILITATION, KEFALONIA, GREECE, 5-7 SEPT 1997.

Presentations

- *"Rupture of Biceps Brachii at its insertion after use of anabolic steroids in body builders Hands on Sports"*, BASM Course (British Association of Sports Medicine), Club La Santa, Lanzarote, 5- 12 October 1995
- *"Overuse knee injuries"* Mansfield Medical Society, 22 Jan 1997
- *"Overuse injuries of the upper limb"* Meeting in Terence Mortimer's Postgraduate Centre, Horton General Hospital, 3 Apr 1998
- *"Combined Surgical Management for the chronic groin pain"*. A Retrospective Study from the North Nottinghamshire area. Free paper in the meeting of "The Management of Sports injuries", THE ROYAL COLLEGE OF SURGEONS, 7 Apr 1998.
- *"Arthroscopically Assisted Fixation for the Tibial Plateau Fractures"*. A Retrospective Study. OXFORD CENTRAL ORTHOPAEDIC CLUB MEETING, 19 Apr 1998, Milton Keynes General Hospital.
- *"Rupture of Biceps Brachii. A case report and literature review"*. Annual Meeting of Physical Medicine & Physiotherapy Societies, Kefalonia, Greece, Sept 1998.
- *"Overuse knee injuries"*. Diagnostis-Treatment. Annual Meeting of Physical Medicine & Physiotherapy Societies, Kefalonia, Greece, Sept 1998.
- *"Differential-Diagnostic Problems regarding to the management of tibial diseases-injuries"*. Annual Meeting of Physical Medicine & Physiotherapy Societies, Kefalonia, Greece, Sept 1998.
- *"Treatment of the chronic groin pain in athletes"*, Sports Medicine Congress with appication to Football, Athens, March 1999.
- *"Overuse syndromes of the shoulder. Diagnosis – Treatment"*. Annual Meeting of Physical Medicine & Physiotherapy Societies, Kefalonia, Greece, Sept. 1999.
- *"Overuse syndromes of the elbow and forearm"*, Kefalonia, Greece, Sept. 1999.
- *"Overuse syndromes of the wrist and hand"*, Kefalonia, Greece, Sept. 1999.
- *"The patient with obesity"*, Kefalonia, Greece, Sept. 1999.
- *"The physical exercise in middle age"*, Kefalonia, Greece, Sept. 1999.
- *"The athletic groin injuries"*, British Military Hospital, Kosovo, March 2000.
- *"Common Knee injuries in young soldiers"*, American Military Hospital, Kosovo. Jan 2000.
- *"The future of arthroscopic surgery"*, Multisubject Health Congress, 9th Scientific Meeting. Kefalonia, Jun 2000.
- *"The evidence of fixation for the tibial plateau fractures with the assistance of arthroscopy"*, Annual Symposium of the Greek Association of Arthroscopy and knee Surgery, Ioannina, Greece, 15-17 June 2000.
- *"A new surgical approach for the treatment of the chronic groin pain"*. XII World Congress in Military Medicine, Helsinki, Finland, 24-30 June 2000.
- *"Reconstruction After Pseudarthrosis of Distal Clavicle Fractures"*, Athens, April 2002.

- "Chronic Groin pain –Sports Hernia: A new Combined surgical approach of its treatment –A disastrous dorsal perilunate dislocation in an elite weight lifter after the 200 kgrs impactation on his wrist" (POSTER) - Arthroscopically – assisted fixation of tibial plateaux fractures (POSTER), 4th World Congress on Sports Trauma & 11th Esska Congress, 5-8 May ,2004, Athens.
- "The experience of the arthroscopic shoulder procedure in Greek national Olympic Weightlifting Team between 2000-2004", Cypriot-Hellenic Annual Meeting , Oct 2004.
- "The important role of the arthroscopic suprascapular nerve release in elite overhead athletes with shoulder injuries", Effort on tour seminar on shoulder pathology, Nicosia Mar 10th – 11th 2006.
- "The important role of the arthroscopic suprascapular nerve release in elite overhead athletes with shoulder injuries". The sports injuries in a provincial hospital, Levadia Feb 10th 2007.
- "Arthroscopic findings in shoulder instability in athletes", Iaso General Hospital, Athens April 27th 2007.
- "Instructor in shoulder arthroscopy". 2nd Congress of the Greek society of arthroscopy, knee surgery and sports injuries. Athens, June 14th-16th 2007.
- "Shoulder injuries in swimmers", 5th seminar "Sports and Sea", Poros, Greece July 6th-8th 2007.
- "Arthroscopic suprascapular nerve release in elite athletes" (poster), 63rd Congress of the Greek Society of Orthopaedic surgery and Traumatology, Athens, October 9th-13th 2007.
- "Bilateral rupture of the Achilles tendon : case report", 63rd Congress of the Greek Society of Orthopaedic surgery and Traumatology, Athens, October 9th-13th 2007.
- "Instructor in shoulder arthroscopy", 3rd Seminar of Shoulder and Elbow Trauma, Orthopaedic clinic of the University of Patras, Patra, October 26th-28th 2007.
- "Shoulder injuries during sport activity-arthroscopic treatment". 1th Congress of Sports medicine society of games' doctors, Athens November 23th-25th 2007.
- "Suprascapular Nerve Decompression", 1st Arthroscopic Congress for Sports Injuries of South West Greece, 12th-14th June 2008, Patra Greece.
- "The role of the Arthroscopic suprascapular nerve release in elite overhead athletes with shoulder pathology". 2nd Congress 'Modern Lifestyle & Prevention of Chronic Diseases' that will take place on May 28th ,29th and 30th in Thessaloniki , at the Macedonia Palace Hotel.
- "The evaluation of the Arthroscopic Shoulder Treatment for the weightlifters of the Hellenic National weightlifting federation", 4th Congress of Shoulder and Elbow Trauma, Crowne Plaza Hotel Athens, 12-13 June 2009.
- "The important role of the arthroscopic suprascapular" and "The evaluation of the Arthroscopic Shoulder Treatment for the weightlifters of the Hellenic national weightlifting federation", 3rd Seminar of Shoulder and Elbow Trauma Orthopaedic clinic of the University of Patras, Patra June 19th -20th 2009.
- "Arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study" & "Arthroscopic Treatment of shoulder injuries for the weightlifters of the Hellenic national weightlifting federation. Evaluation and outcome during period 2000-2009." 3rd Congress of Hellenic Association of Arthroscopy (HAA) Knee Surgery and Sports Injuries "George Noulis", Crete 25-28 June 2009.
- "The important role of the arthroscopic hip surgery in the athletes with hip injuries. A retrospective study". Common congress of department of correesional chirurgial hip and knee of EEXOT and company of research of hip and knee, Patra 30/10 – 1/11/2009.
- "The hip arthroscopy as an essential tool for the diagnosis and treatment in active population. A polycentric study". 20th PanCyprian Orthopaedic Congress, Cyprus 6 – 8/11/2009.
- "The arthroscopic suprascapular nerve (SSN) release, at the suprascapular and spinoglenoid notches in overhead athletes with acute or chronic shoulder injuries". 3rd Hands – ON Arthroscopy Course Larissa, 4 -5/12/2009.
- "The role of the suprascapular nerve (SSN) release, in shoulder instability (at the suprascapular and spinoglenoid notches mainly in overhead athletes with acute or chronic shoulder injuries)". 2nd International Course on Hand – Upper Limb Surgery, 27 – 29 May 2010, Divani Apollon Palace Vouliagmeni Athens Greece.

- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 9th Domestic Meeting of the European Hip Society, 9 – 11 September 2010, Hilton Athens Hotel, Athens, Greece.
- *"Posterior cruciate ligament injury in sport. Treatment options."* 2nd Congress European College of Sport and Exercise Physicians 12th Annual Scientific Conference in SEM QMUL CSEM, 9 – 11 September 2010, Bancroft Building of Queen Mary University, London, UK.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 2nd Congress European College of Sport and Exercise Physicians 12th Annual Scientific Conference in SEM QMUL CSEM, 9 – 11 September 2010, Bancroft Building of Queen Mary University, London, UK.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 21st Pancyprian Orthopaedic Conference, 1 – 3 October 2010, Hilton Hotel, Nicosia, Cyprus.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 66th Panhellenic Orthopaedic Conference, 13 – 16 October 2010, Hilton Hotel, Athens, Greece.
- *"The role of the suprascapular nerve release in overhead athletes with acute or chronic shoulder injuries"*, 6th Hands – on Course Workshop "Shoulder Arthroscopy", 11 – 12 March 2011, Larissa, Greece.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 2011 AANA Annual Meeting in San Francisco, California, April 14 – 16, 2011.
- *"The evaluation of the Arthroscopic Shoulder Treatment for the weightlifters of the Hellenic National weightlifting federation"*, 2011 AANA Annual Meeting in San Francisco, California, April 14 – 16, 2011.
- *"The evaluation of the Arthroscopic Shoulder Treatment for the weightlifters of the Hellenic National weightlifting federation"*, 8th Biennial ISAKOS Congress, Rio de Janeiro, Brazil, May 15 – 19 2011.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 2011 Girdlestone Orthopaedic Society Meeting, Oxford, UK, June 26 – 30, 2011.
- *"The role of the suprascapular nerve release in overhead athletes with acute or chronic shoulder injuries"*. 2011 Girdlestone Orthopaedic Society Meeting, Oxford, UK, June 26 – 30, 2011.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study."* 4th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Rethymno 22 – 25 June 2011, Crete, Greece.
- *"Arthroscopic reduction and fixation of shoulder's greater tuberosity fracture: Case Series"*. 4th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Rethymno 22 – 25 June 2011, Crete, Greece.
- *"Arthroscopic simultaneous bilateral hip arthroscopy"*. 4th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Rethymno 22 – 25 June 2011, Crete, Greece.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study"*. SMA Symposium of Sport Medicine in Childhood, Shanghai, China September 16-19, 2011.
- *"Posterior cruciate ligament injury in sport. Treatment options"*. SMA Symposium of Sport Medicine in Childhood, Shanghai, China September 16-19, 2011.
- *"The role of the suprascapular nerve release in overhead athletes with acute or chronic shoulder injuries"*. SMA Symposium of Sport Medicine in Childhood, Shanghai, China September 16-19, 2011.
- *"The role of the arthroscopic suprascapular nerve (SSN) release in elite overhead athletes with shoulder pathology"*. WORLD SPORTS TRAUMA CONGRESS & 7TH EFOST CONGRESS 2012 17 – 20 / 10 / 2012, LONDON, UK.
- *"An arthroscopic shoulder treatment for the weightlifters of the Hellenic National weightlifting team (2000 – 2012)"*. WORLD SPORTS TRAUMA CONGRESS & 7TH EFOST CONGRESS 2012 17 – 20 / 10 / 2012, LONDON, UK.

- "Management strategy for ankle impingement in athletes. A ten year experience". 22nd Pancyprian Orthopaedic Conference 26 – 28 October 2012, Hilton Cyprus Hotel.
- "Management strategy for ankle impingement in athletes. A ten year experience". 50th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Larissa, 3-6 April 2013.
- "Clinical Examination Correlation of the Clinical-Paraclinical and arthroscopic findings the shoulder pathology", 50th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Larissa, 3-6 April 2013.
- "Percutaneous endoscopic discectomy for lateral lumbar disc herniations: Results in 16 patients", 50th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Larissa, 3-6 April 2013.
- "Arthroscopic Management of shoulder osteoarthritis", 50th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Larissa, 3-6 April 2013.
- "Arthroscopic reduction and fixation of fractures of the greater humeral tuberosity: A case series.", 50th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", Larissa, 3-6 April 2013.
- "The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study", 11th National Conference of Sports Medicine Association of Greece - 9th Greece – Cyprus Conference, 28 – 30 / 06 / 2013, Santorini, Greece.
- "Percutaneous endoscopic discectomy for lateral lumbar disc herniations: Results in 16 patients", 11th National Conference of Sports Medicine Association of Greece - 9th Greece – Cyprus Conference, 28 – 30 / 06 / 2013, Santorini, Greece.
- "Shoulder and elbow injuries in athletes: First Aid", 11th National Conference of Sports Medicine Association of Greece - 9th Greece – Cyprus Conference, 28 – 30 / 06 / 2013, Santorini, Greece.
- "The role of the arthroscopic suprascapular nerve (SSN) release in elite overhead athletes with shoulder pathology", 11th National Conference of Sports Medicine Association of Greece - 9th Greece – Cyprus Conference, 28 – 30 / 06 / 2013, Santorini, Greece.
- "The use of arthroscopy. The treatment of the calcified patellar tendon (Osgood - Schlatter's "disease") in athletes", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "Clinical examination correlation of the clinical – paraclinical and arthroscopic findings the shoulder pathology", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "The role of the arthroscopic suprascapular nerve (SSN) release in elite overhead athletes with shoulder pathology", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "Various shoulder injuries and their arthroscopic treatment for the Weightlifters of Hellenic National Weightlifting team. A 13 years experience (2000 – 2013)", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "Posterior cruciate ligament injury in sports. Treatment options", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "Percutaneous endoscopic discectomy for lateral lumbar disc herniations: Results in 16 patients", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "The consideration of the combined surgical procedure for the treatment of the chronic groin pain in the athletic population", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "Treatment for hip sports injuries pathology", 1st EFOT – ECOSEP – ISMuLT Summer Camp, 26 – 31 August 2013, Elite City Resort, Kalamata, Greece.
- "The arthroscopic application to athletes ankle injuries", AGA (Annual Meeting for the German Arthroscopic Association) , Sept 2013.

- *"The important role of arthroscopy for hip injuries of football players"*, XXIII International Conference on Sports Rehabilitation & Traumatology, 22 – 23 March 2014, Milano, Italy.
- *"Labral lesions and internal impingement in athletes – evaluation and arthroscopic management"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"Neurovascular problems in the athlete's shoulder"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"Patella dislocation in a recreational football player – case report"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"Treating chondral & osteochondral knee injuries - traditional and modern methods"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"Arthroscopic treatment of the femoroacetabular impingement in the athlete"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"Neurovascular problems in the athlete's shoulder"* 2nd EFOST – ECOSEP – ISMuLT Summer Camp, 25 – 30 August 2014, Elite City Resort, Kalamata, Greece.
- *"The Important Role of the Arthroscopic Hip Surgery in Athletes with Hip Injuries. Our Experience. A Retrospective Study"*.
The 1st Annual World Congress of Orthopaedics 2014, 12 - 14 September 2014, Xi'an, China
- *"Arthroscopic reduction and fixation of fractures of the greater humeral tuberosity in athletes"*.
52nd Annual Academic GOS Meeting, 24 - 28 September 2014, Corfu Island, Greece.
- *"Cronic AC dislocation arthroscopic repair"*, 4th ISMuLT Congress, 5-6 December 2014, Rome, Italy.
- *"Frozen hip or is it?"*, 6th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", 22-25 April 2015, Patra, Greece
- *"Promising results from cartilage regeneration treatments for knee chondral lesions"*, 6th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", 22-25 April 2015, Patra, Greece.
- *"The application of the all – arthroscopic Latarjet Procedure in patients with multiple shoulder dislocation. A retrospective study. Our experience."*
6th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", 22-25 April 2015, Patra, Greece.
- *"The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study"*.
6th Panhellenic Congress of the Hellenic Association of Arthroscopy Knee Surgery & Sports Injuries "George Noulis", 22-25 April 2015, Patra, Greece.
- *"Clinical examination of the shoulder; correlation of the clinical – paraclinical and arthroscopic findings of the shoulder pathology"*,
3rd EFOST – ECOSEP – ISMuLT Summer Camp, 24 – 29 August 2015,
Golden Coast, Marathon, Athens
- *"Percutaneous endoscopic discectomy for lumbar disk herniations in athletes"*
3rd EFOST – ECOSEP – ISMuLT Summer Camp, 24 – 29 August 2015,
Golden Coast, Marathon, Athens
- *"The future of hip arthroscopy in sports"*,
3rd EFOST – ECOSEP – ISMuLT Summer Camp, 24 – 29 August 2015
Golden Coast, Marathon, Athens
- *"PCL injuries in sport"*,
3rd EFOST – ECOSEP – ISMuLT Summer Camp, 24 – 29 August 2015
Golden Coast, Marathon, Athens
- *"The role of hip arthroscopy in football"*,
3rd EFOST – ECOSEP – ISMuLT Summer Camp, 24 – 29 August 2015
Golden Coast, Marathon, Athens

Seminars

- 1)Seminar: 'Total Knee Replacement', Milton Keynes General Hospital, 25 Jan 1995.
- 2) Introductory Course in Sports Medicine, Lileshall Hall National Sports Centre, Shropshire, 23 - 28 April 1995.
- 3) External Fixation Course in Trauma & Orthopaedics, Royal College of Surgeons of England ,London 24 -26 May 1995.
- 4) Attendance of 22 hours of a series of lessons of the electrocardiogram of the Academic year 1992 - 1993.
- 5) Seminar in intramedullary nailing of long bones of lower limbs, Milton Keynes, 17th June 1995.
- 6) AO BASIC COURSE, THE ROYAL COLLEGE OF SURGEONS OF ENGLAND, LONDON, 4 - 7 JULY 1995.
- 7) Intermediate Course in Sports Medicine, Lileshall Hall National Spots centre, Shropshire, 9 -14 July 1995.
- 8) Hands on Sports, BASM Course, Club La Santa, Lanzarotte, 5 - 12October 1995.
- 9) BASM National Congress, Nottingham, 2 -5Nov 1995.
- 10) AO ADVANCE COURSE, QUEEN'S MEDICAL CENTRE, NOTTINGHAM, 4 -7 JULY 1996
- 11) European Congress of Shoulder and Elbow, Nottingham, 18-21 Sep 1996.
- 12) Course in external fixators Northern General Hospital, Sheffield, 16 Nov 1996.
- 13)11TH Foundation Course on Locking Nailing, Birmingham, 13-15 Oct. 1999.
- 14)POPUMET Radiation Protection Certificate, Oct 1997.
- 15)Advance Knee Arthroscopy Course, Royal National Orthopaedic Centre, Middlessex, 14Nov 1997.
- 16)The Management of Sports Injuries,The Royal College of Surgeons,7-8 April 1998..
- 17) Surgical Anatomy of The Hand, , Royal National Orthopaedic Centre & Anatomic Department, University of London, London, 7-9 July 1998.
- 18)Advanced Intencive Seminar in External Fixation, Northern General Hospital, Sheffield, 12-13 October 1998.
- 19)Advanced Course on Unicondylar Knee Replacement, Nuffield Orthopaedic Centre, Oxford, 14-15 October 1998.
- 20)Hot Topics in Knee Injuries, Imperial College School of Medicine, Charing Cross Hospital, London, \$ November 1998.
- 21)The Third Leeds Practical Knee Course, St James University Hospital, Leeds. 20 Nov. 1998
- 22)Total Knee Arthroplasty, Southend Hospital, 12 Dec. 1998.
- 23)Advanced Techniques in Arthroscopic Knee Surgery, The Royal College of Surgeons, 15-16 ,January 1999.
- 24)Instructional Course on Total Shoulder &Elbow Replacement, Queen's Medical Centre, Nottingham, January 1999.
- 25)The Open Shoulder Surgery ,The Royal College of Surgeons, London, 9-10 Feb. 1999.
- 26)A Total Knee Replacement Philosophy, Royal Liverpool University Hospital, 5 May 1999
- 27)4th Seminar in Arthroscopic Surgery and Sports Medicine Annual Symposium of the Greek Association of Arthroscopy and Knee Surgery, Orthopaedic department of university of Ioannina,15-17 June, 2000.
- 28) European Congress Shoulder & Elbow, Budapest, Hungary,18-23 Sept.2003.
- 29) 4thAdvanced Shoulder Arthroscopy Course, Val' d' Isere, France, 17-25 Jan. 2003
- 30) 3rd European Arthroscopic Shoulder Course, France , July 4-7, 2003

- 31) 4th European Arthroscopic Shoulder Techniques Course, Annecy, France, Feb.19-21, 2004
- 32) Masters Experience (Arthroscopic Association of North America)
Advanced Arthroscopic Shoulder Reconstruction, Chicago, Feb 27-29.2004.
- 33) Shoulder European Course,Villach, Austria, June 5-9, 2004
- 34) The Masters Experience (AANA) Advanced Comprehensive Knee Arthroscopic Surgical Skills Course, Aug. 27-29 2004.
- 35) Mitek Shoulder Academy, Berlin, Nov. 19-20,2004.
- 36) Targon interlocking nailing course, Athens Feb 26th 2005
- 37) AANA wrist & elbow course, May 2005, Chicago, USA
- 38) Advanced arthroscopy course of shoulder, elbow and wrist, 8th Ienna arthroscopy forum, Vienna Sep 23th – 24th 2005
- 39) AANA shoulder course, Oct 2005, Chicago, USA
- 40) Knee expertise live , Mitek surgical academy, Vienna Oct 14th- 15th 2005
- 41) Annecy live surgery international shoulder advanced course, Annecy Jun 2nd – 5th 2005
- 42) Mitek shoulder institute, Annecy Jan 26th – 28th 2006
- 43) MRI and sonography in sports medicine and developmental dysplasia of the hip course, Ioannina Feb 11th 2006
- 44) AANA foot & ankle course, Sept 2006, Chicago, USA
- 45) 20th congress of the European society for surgery of the shoulder and the elbow (ESSSE), Athens Sep 20th – 23th 2006
AANA Fall course, Mini Fellowships, November 2006
- 46) AANA hip course, March 23th-25th 2007
- 47) Advanced Course in Musculoskeletal Ultrasound, Noordwijk, Switzerland, May 4th – 5th 2007
- 48) Annecy live surgery international shoulder advanced course May 31th-June 1th 2007
- 49) National Orthopaedic & Traumatology Congress, 9th-13th October 2007, Athens Greece
- 50) National Congress for Shoulder & Elbow, 26th-28th October, Patra Greece
- 51) AANA Fall course, Knee and Shoulder Mini Fellowships, November 1st-3rd 2007
- 52) 1st National Congress of the Sports Injuries Association, 23rd -25th November 2007, Athens Greece
- 53) International Conference on Conservative management of Spinal Deformities
- 55) Arthroscopic Surgery Course, 2nd – 5th February 2008, Sun Valley, Idaho.
- 56) 13th ESSKA 2000 Congress, 21st-24th May 2008, Porto Portugal
- 58) Symposium on Advanced Limb Reconstruction, 2nd-3rd June 2008,Liverpool
- 59) 1st Arthroscopic Congress for Sports Injuries of South West Greece, 12th-14th June 2008, Patra Greece
- 60) 11th International PCL Study Group Meeting, 16th-21st June 2008, Mykonos Greece
- 61) European Spine Review and Cadaver Hands- On Course 2008
25th July – 1st August 2008, Crete, Greece.
- 62) AANA meeting – Knee Cartilage , 5th – 7th September 2008, Chicago, U.S.A
- 63) 21st Congress of the European Society for Surgery of the Shoulder & the Elbow, 17th- 20th September 2008, Brugge, Belgium
- 64) Heidelberg Shoulder Convention 2008 – Strategies in shoulder arthroplasty, 7-8 November 2008
- 65) 3rd International Hip Arthroscopy Meeting 2008, 21-22 November 2008
- 66)EACCME “7th Advanced Course on Shoulder Arthroscopy”, on 18th-23rd January 2009 at the

Conference Centre in Val d' Isere, France

67) 1st E.C.O.S.E.P Congress, 13-14 December 2008, Thessaloniki – Greece (European College of Sports and Exercise Physicians)

68) Annecy Live Surgery International Shoulder Advanced Course, 4-7 June 2009, Annecy France

69) Vail Hip Arthroscopy Symposium, 17 – 20 March 2010, Vail Colorado

70) World Spine 2010 Hands On Course, 10 – 14 May 2010, Larissa Greece

71) 1st Sports on Field Emergencies COURSE SOFE COURSE & 5th ECOSEP 2010 Sports rehab course lower Limb, 14 – 16 May 2010, Thessaloniki Greece

72) 27th Annual San Diego Meeting, Arthroscopy Arthroplasty Fractures, June 23 – 26, 2010, San Diego

73) AANA meeting – Knee Cartilage, 27 – 29 August 2010, Chicago, U.S.A

74) 4th International Hip Arthroscopy Meeting, 19 – 20 November 2010, Munich, Germany

75) 6th Hands – on Course Workshop “Shoulder Arthroscopy”, 11 – 12 March 2011, Larissa, Greece

76) Vail Hip Arthroscopy Symposium, 17 – 19 March 2011, Vail Colorado, USA

77) Visiting Surgeons Day for Hip Arthroscopy - Vail, Colorado - July 22 - 23, 2011

78) Annual Scientific Meeting of ISHA, 14 – 15 October 2011, Paris, France

79) 4th Advance Course on Knee Surgery, 22 – 27 January 2012, Val D'Isere, France

80) AANA statistic review course, Corfu, April 2012

81) 5th Annecy Live Surgery – International Shoulder Advance Course, 6 – 8 June 2012 Annecy, France

82) 3rd ECOSEP Congress, 25 – 27 April 2013, Frankfurt, Germany

83) International Hip arthroscopy, 10-12 October 2013, Munich, Germany.

84) Director and President of the Organising Committee of 1st ECOSEP - EFOS - ISMuLT Summer Course, 26 - 31 August 2013, Kalamata, Greece.

85) 5th Advance Course on Knee Surgery, 02-07 January 2014, Val D'Isere, France.

86) Heidelberg Shoulder Convention 2014 – All around the cuff, 14 – 15 February 2014, Heidelberg, Germany.

87) MSKUS, Musculoskeletal Ultrasound Nerves Diagnostic Course, 13 – 14 June 2014, Avon, New England, USA.

88) 31st Annual San Diego Meeting, Arthroscopy Arthroplasty Fractures, 18 – 21 June 2014, San Diego, USA.

89) 5th ICRS Surgical Skills Course, 23 - 25 October 2014, Larissa, Greece

90) AOTrauma Course - Fragility Fractures and Orthogeriatrics, 14 - 16 November 2014, Patra, Greece

91) 6th International Hip Arthroscopy Meeting, 21 - 22 November 2014, Munich, Germany

92) Arthro Latarjet Training, 24-25 February 2015, Alps Surgery Institute, Annecy, France.

93) AOTrauma Regional Course-Advanced Principles of Fracture Management, 23-26 May 2015 Warsaw, Poland

94) Girdlestone Orthopaedic Society Meeting, Oxford, UK, June, 2015.

Annual Academic GOS Meeting,

95) ISHA Annual Scientific Annual Meeting, Cambridge, UK, 23rd - 26th September, 2015.

96) 7th MTN Workshop and 4th ECOSEP Congress, Barcelona, Spain, 7-9, October 2015

97) AOSS International Meeting in San Diego, USA

16-December 2015

98) 2nd Seminar on Tendon Transfers of the Upper Limb on fresh frozen cadaveric specimens, 28-30 January 2016, Thessaloniki

- Publications**
- “*Posterior cruciate ligament injuries in sports: Treatment options*” at BJSM February issue 2011.
 - “*The important role of the arthroscopic hip surgery in the athletes with hip injuries. Our experience. A retrospective study*” at BJSM February issue 2011.

Objectives To expand my orthopaedic experience and follow a University Career in Orthopaedic Sports and Medicine.

- Leisure Interests**
- Physical Fitness
 - Volleybal
 - Soccer
 - Sailing
 - History
 - Literature

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