

**DIMITRIOS G. TSOUKAS, M.D., MSc (HSM)
ORTHOPAEDIC SURGEON**

Adjunct Professor University Nebraska-Lincoln USA

SURNAME: Tsoukas
NAME: Dimitrios
FATHERS NAME: Georgios
NATIONALITY: Hellenic
DATE OF BIRTH: 18 / 05 / 1964
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LANGUAGES: Greek, English, French
MARITAL STATUS: Married, 2 children.
UNIVERSITY: National and Kapodistrian University of Athens Faculty of Medicine.
Bachelors in medicine with Great Distinction (25/03/1990)

CURRENT WORK STATUS – ACADEMIC AFFILIATION

Director of E' Orthopaedic Clinic for Advanced Arthroscopic Sports and Regenerative Surgery MITERA Hospital HH Group.

Adjunct Professor, Department of Nutrition and Health Sciences, University of Nebraska- Lincoln USA.

Founder and Director of MIOSMED Center ISAKOS, ESSKA and ICRS approved teaching Center.

Founder and Director of Elite Regenerative Clinic Athens a Lipogems Spa Center of Excellence.

CLINICAL EXPERIENCE

01/11/22 - Present Director of E' Orthopaedic Clinic for Advanced Arthroscopic Sports and Regenerative Surgery, MITERA Hospital HH Group

08/07/2020 - Present Associate Orthopaedic Surgeon for Diagnostic and Therapeutic Center of Athens, HYGEIA HH Group

24/10/2006 - Present Director and Founder of Minimally Invasive Orthopaedic and Sports Medicine Surgery – MIOSMED Center. ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine), ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy) and ICRS (International Cartilage Regeneration and Joint Preservation Society) Accredited Teaching Center. Collaborating organization AOSSM (American Orthopaedic Society for Sports Medicine) in the world campaign STOP Sports Injuries in children.

01/07/2019 - 30/06/2020	Associate Orthopaedic Surgeon, Apollonion Private Hospital, Nicosia, Cyprus
04/10/2017 - 01/04/2019	Associate Orthopaedic Surgeon for Diagnostic and Therapeutic Center of Athens, HYGEIA S.M.S.A.
01/10/2017 - 01/04/2019	Director Orthopaedic Sports Medicine Clinic, MITERA General Clinic, Athens, Greece
01/05/2018 – 01/04/2019	Director Women’s Sports Injuries and Health Center, MITERA General Clinic, Athens, Greece
01/11/2013 - 30/09/2017	Director Orthopaedic Sports Medicine Clinic, Meditteraneo Hospital, Athens, Greece
01/11/2009 - 0/10/2013	Director Orthopaedic Sports Medicine Clinic, Athens Medical Center
01/01/2006 - 12/12/2009	Director Orthopaedic Sports Medicine Clinic, Athens Euroclinic
12/12/2002 - 12/12/2005	Director Orthopaedic Sports Medicine Clinic, Metropolitan Hospital Athens

EXPERIENCE IN ORTHOBIOLOGICS AND REGENERATIVE MEDICINE

- Obtained a certificate of continuing education on “Stem cells and Regenerative Medicine” on 25/01/2019 from the National and Kapodistrian University of Athens, Greece.
- Completed training at Imagine Regenerative Clinic, Milan, Italy on October 4-5, 2021, with Prof. Carlo Tremolada in adipose tissue stem cells with the Lipogems technique. Prof. Tremolada is the Founder of Lipogems, an FDA cleared technique.
- International instructor of Lipogems. His clinic, Elite Regenerative Clinic Athens, is a center of Excellence and a Training Center of Lipogems SpA.
- Internationally published many scientific papers, is a regularly invited speaker at sports medicine and regenerative medicine congresses, and instructor at arthroscopic cadaveric courses.
- Global trainer of the American top biotechnology company Harvest-Terumo BCT in adipose tissue derived stem cells after minor belly liposuction that he can perform by himself, after the training he received from Terumo BCT, January 18, 2017, Poland. Has trained doctors in live surgeries with this technique in Spain, Israel, Azerbaijan, and Norway.
- The first orthopaedic surgeon in Greece and in Cyprus who has performed intra articular injections of adipose tissue derived stem cells after belly minor liposuction for arthritic problems using four different techniques: Harvest-Terumo BCT, Arthrex, Lipogems (FDA cleared) and T-LAB, and the first one in Europe after knee liposuction for the same purpose, according the Lipopras technique of the Spanish Company Proteal now FIDIA Spa.
- An expert in PRP with photoactivation and certified in Tropocells PRP.
- Certified user of T-LAB SVF technique after hands-on training with Professor Zocchi, Istanbul, November 9, 2022.

- The first doctor that implemented on 2016, PRP with hyalouronic acid intra articular injections in Doha Qatar to the Qatar Army Forces and their families.
- Member of the Biological Task Force of ISAKOS (International Society of Arthroscopy Knee Surgery and Orthopaedic Sports Medicine): 2023-2025.
- Served for 4 years as a member of the Regulatory and Industry Liaison Committee of the International Cartilage Regeneration and Joint Preservation Society (ICRS), member of the Biologics Alliance an Orthoregeneration Network of the Arthroscopy Association of North America (AANA), American Orthopaedic Society of Sports Medicine (AOSSM) and International Cartilage Regeneration and Joint Preservation Society (ICRS), active member of the Interventional Orthobiologics Foundation, International member of the American Academy of Regenerative Medicine, and member of Scientific Academy T-Lab Regenerative.
- Editor-in-Chief of the Journal of Stem Cell Research Genesis Publications and editorial board member of the International Journal of Orthopaedic Rheumatology.
- Reviewer of the Biologic Orthopedics Journal and British Journal of Sports Medicine.
- First ever Greek Orthopaedic Surgeon invited to present to TOBI (The Orthobiologics Institute) on October 8-9, 2021, his lecture: A novel technique; Adipose tissue stem cells from knee liposuction for knee osteoarthritis.
- Awarded in Greece by Boussias Healthcare Business Awards 2021 for innovation in surgical techniques with his stem cells techniques for joints arthritis.
- Practicing orthopaedic regenerative medicine from 2015 with many orthobiological procedures like PRP, adipose stem cells after mini belly or knee liposuction, that he performs himself, bone marrow stem cells and intraarticular injections in knee, shoulder, hips, ankles for arthritis, muscle, tendons, and ligaments injuries, under ultrasound or fluoroscopic guidance.
- Currently using auricular cartilage autologous micrografts for joints arthritis K-L 3 and early 4 according to the Regenera Activa technique. He was trained and accredited in the technique by Regenera Activa in Barcelona, Spain, May 17, 2022, and he is now a KOL of the company.

EXPERIENCE IN SPORTS INJURIES

- Director of Orthopaedic Clinic of Advanced Arthroscopic, Sports, and Regenerative Surgery Mitera Hospital HHG (from 01/11/2022 to present), Director of Orthopaedic and Sports Medicine Clinic in Metropolitan Hospital Athens (2002-2005), Athens Euroclinic (2005-2009), Athens Medical Center (2009-2013), Mediterraneo Hospital (2013-2017) and MITERA Private Clinic Athens, Greece (2017-2019).
- Founder and Director of Minimally Invasive Orthopaedic and Sports Medicine Center MIOSMED, the first one in Greece, in 2006. An officially accredited teaching Center of ISAKOS (International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine), ESSKA (European Society of Sports Traumatology Knee Surgery and Arthroscopy) and ICRS (International Cartilage Regeneration and Joint Preservation Society).
- Chairman of the Executive Committee of the Sports Injuries Section of the Hellenic Association of Orthopaedic Surgery and Traumatology HAOST, 2018-2020.
- Accredited Teacher of the European Society for Sports Traumatology Knee Surgery and Arthroscopy ESSKA, from 2018.

- Doctor in Charge for various teams and sports clubs such as:
 - Foinikas Syrou Volleyball Club: 2022-2023; 1st Division
 - Kifissia Football Club: 2022-2023; Super League 2
 - Psychiko Basketball Club; 2018 – until now; A2 Division
 - APOEL Football Club Nicosia Cyprus 2019-2020. Super Cup Winners 2019; qualification in the best 32 teams of UEFA Europa League 2019-20; Winner of 7 championships in a row; Quarter finals qualifier of UEFA Champions League in 2011.
 - Anorthosis Famagusta Football Club Cyprus 2018-2019 First ever team from Cyprus qualified at the groups of UEFA Champions League.
 - Member Medical Commission of CEV (Confederation Europeenne de volleyball), 2016-2020.
 - Hellenic Volleyball Federation: Male and Female National Volleyball teams and Beach Volleyball teams. Vice President of the Hellenic Volleyball Federation medical committee. (Ref. No 15/15.07.2011).
 - Member Medical Committee of the Greek Boxing Federation (Ref No 2596/2006). AEK basketball professional team.
 - Elected Doctor in charge for the following Greek Basketball All Star Games: Drama 2002, Volos 2003, Chalkida 2004, Patra 2005, Larissa 2006, Lamia 2007, Amaliada 2008, Xanthi 2009, Iraklio-Crete 2010, Pyrgos 2011, Patra 2013, and Chania 2014.
 - Hellenic National Team for the 23rd Summer Universiade; Izmir, Turkey, August 11- 21, 2005.
 - Ilisiakos Basketball Club (1st National Division, 2009-2010).
 - Athinaikos Female Basketball Team (Greek Champions 2009-2010,2010-2011,2011- 2012, European Cup Holders 2010-2011) Enlisted at 'Record book of Guinness' for their consecutive wins (more than 91, previous world record, in the history of Basket).
 - Panathinaikos Volleyball Team (Greek Champions 2003-2004), 2012-2013.
 - Maroussi Basketball Club (Saporta Cup Holder 2004), 2007-2008, 2008-2009, 2010-2011.
 - Panellinios Basketball Club 2006-2007, 2007-2008.
 - Ilisiakos Football Club, Ethnikos Asteras Football Club, Levadeiakos FC (2nd Professional Football League).
 - Doukas Handball Club (Greek Champions 2007-2008), etc.

CAREER ACHIEVEMENTS

- Adjunct Professor of the Department of Nutrition and Health Sciences of the University Nebraska-Lincoln USA 1/01/2022 until 31/12/2026.
- TEDex Speaker: TEDxNyarugenge Kigali, Rwanda, February 28, 2023.
- Member of the Biological Task Force of ISAKOS (International Society of Arthroscopy Knee Surgery and Orthopaedic Sports Medicine): 2023-2025.
- Member of the ISAKOS Newsletter Editorial Board 2021-2025.
- International member of the American Academy of Regenerative Medicine from 2021.
- Scientific Collaborator, European University of Cyprus, School of Medicine Orthopaedic Department July 2020-2021.
- Founder and Director of the Minimally Invasive Orthopaedic and Sports Medicine Surgery Center MISOMED, accredited Global Teaching Center of ISAKOS and ICRS, 2006 to present.
- Founder and Director of Elite Regenerative Clinic Athens, 01/01/2022, a Lipogems Center of Excellence and Training Center.

- Reviewer British Journal of Sports Medicine, September 2020-2021.
- Editor-in-Chief Journal of Stem Cell Research Genesis Pub, from September 2020.
- Accredited teacher/instructor of European Society for Sports Traumatology Knee Surgery and Arthroscopy ESSKA from 2018.
- Chairman Executive Committee of the Sports Injuries Section of the Hellenic Association of Orthopaedic Surgery and Traumatology, 2018-2020
- Adipose tissue derived stem cells expert for arthritic joints for the leading biotechnology companies TerumoBCT, Arthrex, Lipogems, T-LAB.
- Scientific collaborator in the 1st Department of Orthopaedics Athens University Medical School at Attikon University General Hospital involved in scientific activities including sports orthopaedic clinical and research work, courses, and seminars (Prof. P. I. Papageorgopoulos).
- Scientific collaborator in Medical Physics Laboratory Simulation Center (MPLSC). Trainer in simulation anatomy. Courses for pre-med students and researcher on development of a low-cost arthroscopy simulator (Prof. E. Georgiou).
- Member of the Medical Commission Confederation Europeenne de Volleyball (CEV), 2016-2020.
- Member of the Board Sports Medicine Association of Greece 2011-2015
- Member Scientific and Educational Contributor at the European College of Sports and Exercise Medicine Physicians (ECOSEP), including teaching, lecturing, and having research work since 2008.
- Member of Regulatory and Industry Liaison Committee International Cartilage Regeneration and Joint Preservation Society ICRS, 2013-2015, 2016-2018.
- Member of the European Knee Advisory Board of Smith and Nephew, which is constituted by Key Opinion Leaders of the European Countries (until 2013).
- Head Doctor for Athinaikos Female Basketball Team Greek Champions 2009-2010, 2010-2011, 2011-2012, European Cup Holders 2010-2011. Enlisted at 'Record book of Guinness' for 91 consecutive wins.
- Elected doctor in charge for the Greek All Star basketball game for 12 consecutive years.
- Reviewer Orthopaedic Journal of Sports Medicine American Orthopaedic Society for Sports Medicine AOSSM.
- Fully licensed to practice in Switzerland from 28/12/2016. Commission des professions medicales MEBEKO Suisse Confederation, Medical diploma and title of Orthopaedic Surgery and Traumatology recognition (GLN 7601003891027).

PhD THESIS IN PROGRESS – MSc-Certification in Stem Cells

PhD. University of Athens. Title: “Reaction of eccentric exercise on muscle tissue injury and post-traumatic inflammation.” In progress.

MSc (HUM) “Health Units Management development” Magister Gestion des établissements de Santé en French University Conservatoire National des Arts et Metiers CNAM, Rene Desqartes College, Paris. 2006-2008, Reward of the titles: 12/01/2009.

Certificate of Continuing Education. National and Kapodistrian University of Athens: “Stem cells and Regenerative Medicine” Academic Year 2018-19. Duration 10 weeks/60 hours.

PUBLICATIONS

1. "Increasing consensus on terminology of Achilles tendon-related disorders." Ankle platform study collaborative-science of variation group. *Knee Surg Sports Traumatol Arthrosc* 2021 Aug; 29(8):2528-2534. Doi: 10.1007/s00167-021-06566- z.
2. "The role of cell therapies and hip arthroscopy in the management of osteonecrosis – An Update" *Journal of Hip Preservation Surgery*. 2018 June 14, 5 (3):202-208. Doi:10.1093/jhps/hny021.
3. "Large variation in use of Patient-reported Outcome Measures; a survey of 188 foot and ankle surgeons". *Foot and Ankle Surgery* 2018 Jun,24(3):246- 251.doi:10.1016/j.fas.2017.02.013
4. "No difference in osteoarthritis after surgical and non-surgical treatment of ACL-injured knees after 10 years." *Knee Surg.Sports Traumatol. Arthroscopy* (2016) Sep,24(9):2953-9 Tsoukas D.et all
5. "Evidence of a Redox-Dependent Regulation of Immune Responses to Exercise- Induced Inflammation," *Oxidative Medicine and Cellular Longevity*. 2016,2016:2840643.Epub 2016 Nov 15.
6. "The microcycle of inflammation and performance changes after a basketball match." *Journal of Sports Sciences* Vol 32, Issue 9, May 2014 pages 860-869.
7. "Oxidative stress and inflammatory responses following an acute bout of isokinetic exercise in obese women with knee osteoarthritis." *The Knee* 2013, Dec. 20(6), 581-590.
8. "The timeframe of acute resistance exercise affects football skill performance. The impact of exercise intensity." *Journal of Sports Sciences* 2013, 31(7):714-722.
9. "Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise." *American Journal of Clinical Nutrition* 2013, July, 98(1) 233-245.
10. "Physical activity is associated with bone geometry of premenarcheal girls in a dose depended manner", *Metabolism Clinical and Experimental* 62(2013), 1811-1818.
11. "Plyometrics trainability in pre-adolescent soccer athletes." *The Journal of Strength and Conditioning Research* 2013 Jan., 27(1):38-49.
12. "Validity and reliability of the single-trial line drill test of anaerobic power in basketball players." *Journal of Sports Medicine and Physical Fitness*, 2011 March; 51 (1):33-41.

CLINICAL EXPERIENCE ABROAD

- 01/07/2019 - 30/06/20** Consultant Orthopaedic Surgeon, Apollonion Private Hospital Nicosia, Cyprus.
- 08/03/16 - 30/06/16** Orthopaedic Surgeon Al Attar Rehabilitation, Physical and Sports Medicine Clinic, Qatar Armed Forces, Doha Qatar.
- 01/02/18 - 31/12/18** Orthopaedic surgeon in Bucharest, Romania. Medsana Medical Center, Academica Medical Center, and Sanodor Hospital
- 01/03/98 - 31/08/98** Post-training clinical fellowship -in a salaried position at the Universite Catholique de Louvain, Cliniques Universitaires Saint Luc, Brussels, Belgium (Director Prof. J.J. Rombouts). Spine Surgery Clinic (Director Prof. Ev. Munting). Training in Spinal elective, trauma, tumor, degenerative and deformities surgery.

- 01/10/96 - 31/12/96** University Hospital K.U. Leuven, Pellenberg, Belgium. Chosen by Dr. Ch. Papadopoulos (Director 1st Orthopaedic Department KAT General and Accident Hospital) for the U.E.M.S. exchange program. 3 months training at the Hip Surgery Clinic (Prof. J.P. Simon) and at the Knee and Sports Medicine Clinic (Professor J. Bellemans); Chairman Orthopaedic Department: Pr. G. Fabry.
- 18/05/96 - 10/06/96** Clinical attachment at the Royal Orthopedic Hospital, Birmingham, England. Hip Surgery Clinic (Consultant Ronan B.C. Treacy) and Knee and Sports Medicine Clinic, (Consultant Nigel Tubbs). Participation in hip and knee surgery especially knee arthroscopies, clinics, and ward rounds.

Scientific visitations to specialized surgery clinics in Europe with main emphasis in sports injuries, knee, shoulder, hip, and cartilage and orthobiologics.

1. Hands-on training with Prof. Zocchi in SVF (adipose tissue stem cells) T-LAB Academy, operating room at Kagithane Kizilay Hastanes, Istanbul, November 9, 2022.
2. Surgical training at the Chondrofiller Visiting Surgeons Programme on November 20, 2017 at the Johanna Etienne Hospital in Neuss, Germany. Prof. Jorg Jerosch.
3. Surgical Training on Hyalofast; one-step procedure for the treatment of chondral and osteochondral lesions. Rizzoli Orthopaedic Institute, Bologna Italy, 30th November 2016.
4. LCA anatomic recon and associated lesions, Knee Experts Smith and Nephew meeting, Cadaver Lab Practice, Smith and Nephew Surgical Skill Center, York, England, March 3-4, 2011.
5. Hip Arthroscopy – a day with Prof. Marc Philippon, Cotignola RA, Italy, June 3rd, 2010.
6. Interventional Pain Cadaver Lab, Bordeaux University Hospital, France, April 4, 2008.
7. Orthopaedic Institute Rizzoli Bologna, Italy, May 2-4, 2007.
8. 9th Vienna Arthroscopy Forum, Austria, September 15-16, 2006.
9. 2nd International Advanced Course on Surgical Knee Arthroscopy Tours, France, September 14-17, 2005.

FINAL EXAMS IN SPECIALIZATION

February 1998: Taken with success, both written and oral exams, in Orthopaedics and Traumatology to become a specialized Orthopaedic Surgeon.

License of practice of the medical speciality “orthopaedics” by Athens Prefecture, Direction of Health and Public Hygiene N^o: 3020/27-03-1998.

AWARDS

1. Awarded by Med Professionals and Hellenic News of America for my experience in stemcells for orthopaedic and sports injuries, Athens, May 9, 2022.
2. Bousias Healthcare Business Awards 2021: Silver award in surgical innovation for stemcells from adipose tissue for joints arthritis, Athens, September 2021.
3. Awarded by AEK Athletic Club for my contribution to Greek Sports and Athletics, Athens, Greece, March 19, 2017.

4. Awarded by the volleyball veteran player's league for contribution to volleyball. Athens, Greece, February 28, 2016.
5. Awarded for contribution in Greek Basketball by the Professional Greek Basketball League and by the Basketball Players Association, Greek Basketball All Star Game, Pyrgos, Greece, 2011.
6. Awarded by the Ionikos Athletic Club Athens, Greece on 20/01/2008 for contribution to Greek Sports and Athletics.

HANDS-ON CADAVER LAB INSTRUCTOR or INSTRUCTOR IN LIVE

1. Terumo BCT Adiprep technique for adipose tissue derived stem cells for knee arthritis instructor. Clinica de Valles Sabadell Barcelona Spain, April 4, 2017, Arad Clinic Tel Aviv Israel, August 29, 2018, TerumoBCT scientific meeting Leuven Belgium, 22-23 November 2018, Talassemiya Merkezi Hospital Baku, Azerbaijan, 17 of January 2019.
2. "Basic arthroscopic techniques: knee and shoulder." Hands-on cadaver lab, Orthopaedic Department University of Ioannina, and 2nd Orthopaedic Department Iaso General Hospital –shoulder arthroscopy center, Athens, March 19-20, 2010.
3. 2nd Hands – on arthroscopy course on cadavers "Anterior cruciate ligament reconstruction and menisci injuries/repair", University of Thessalia School of Health Sciences, Department of Orthopaedic Surgery and Traumatology, Minimally Invasive Surgery-Arthroscopy Training Center, Larissa, September 25-27, 2009.
4. ACL Reconstructive Surgery: 4th Seminar in Arthroscopy and Sports Medicine Evangelismos Hospital, Athens-Greece, April 11th-12th, 2008, Hands-on cadavers.
5. 1st Arthroscopic Instructional Seminar MIOSMED Center in ACL Advanced Surgery; Double Bundle Technique, Athens-Greece, December 5, 2007.

FIMS Team Physician Development Course, hands-on training June 27-30, 2013, Santorini, Greece

FIMS Team Physician Instructor Course, June 27-30, 2013, Santorini, Greece

STUDIES – ORAL PRESENTATIONS - POSTERS

1. Biologic therapies in athletes: Speaker, Webinar: Sports Medicine Section of the Hellenic Association of Surgical Orthopaedics and Traumatology, December 8, 2022.
2. Cartilage micrografting: Novel, non-invasive and non-arthroscopic autograft procedure for knee chondropathy: Speaker, 10th Emirates International Orthopaedic Congress, November 25-27, 2022
3. Stem cells from adipose tissue and osteoarthritis: Speaker, applied biomechanics and biomaterials in orthopaedics, National and Kapodistrian University of Athens Medical School, Athens, Greece, October 11, 2022
4. Adipose tissue derived stemcells for joints arthritis: Speaker and Chairman, 10th International Congress of the Egyptian Arthroscopy Association EGAA, Cairo, Egypt, August 23-25, 2022.
5. Adipose tissue stem cells for sports injuries. Speaker at the International Congress of Sports Medicine and 18th Turkish Sports Medicine Congress. December 3-5, 2021.
6. Stem cells for joints arthritis. Speaker at Global Regenerative Congress, November 19-21, 2021, Dubai.

7. Stem cells from knee liposuction for knee arthritis. Speaker, at The Orthobiologic Institute TOBI annual congress USA. October 8-9, 2021.
8. "The role of stem cells in arthritic knees." Speaker, 5th Symposium of Regenerative Medicine. Stem cells-a vision beyond borders. November 29 to December 1, 2018, Belgrade Serbia.
9. "Adiprep technique for adipose tissue derived stem cells." Speaker Terumo Autologous Biologic Meeting, November 22 Leuven Belgium.
10. Injection therapies. Now and future. Acibadem Sports and Euroleague: Speaker "International Symposium on Basketball Science" on May 19-20, 2017, Istanbul Turkey.
11. "Animal trials and regulations in EU on orthopaedic stem cell applications." Speaker 2nd Pre-conference workshop on: "Stem cell Applications in Regenerative Medicine and Flow Cytometry", Omics Group, June 11-12, 2015, Athens, Greece.
12. "ACL injuries in skeletal immature football players." Speaker, 23rd International Conference on Sports Rehabilitation and Traumatology: football medicine strategies for muscle and tendon injuries. March 22-23, 2014, Milan Italy.
13. "Football injuries prevention." Speaker, 11th International Congress of Sports Medicine Association of Greece and 8th Combined Sports Medicine Congress of Greece and Cyprus, Santorini, Greece. June 27-30, 2013.
14. "Imaging and surgery." Speaker, 22nd International Conf. on Sports Rehabilitation and Traumatology: Football medicine strategies for muscle and tendon injuries. April 20-21, 2013, London.
15. "Eccentric exercise associated muscle damage upregulates intracellular signaling in human skeletal muscles." Poster, 2nd Congress for the Biochemistry and Physiology of Exercise Athens, October 12 – 13, 2012 (Tsoukas D. et al).
16. "Thiol - based antioxidant supplementation attenuates adhesion molecule elevation following intense eccentric exercise." Poster, 2nd Congress for the Biochemistry and Physiology of Exercise Athens, October 12 – 13, 2012, (A. Sakeliou, D Tsoukas et al).
17. "Anatomic ACL reconstruction with hamstrings via a medial arthroscopic portal." Greek Association of Arthroscopy teaching lessons, Athens, September 28, 2012.
18. "ACL Injuries Diagnosis and Treatment": Speaker, 7th ECOSEP Sports Injuries Seminar: lower limb, Thessaloniki-Greece, May 12-13, 2012.
19. "Anatomic ACL Reconstruction in Football Players": Speaker, XXI International Conference on Sports Rehabilitation and Traumatology – Football Medicine Strategies for Knee Injuries, Stamford Bridge Stadium, Chelsea FC, London, UK, April 21-22, 2012.
20. "Prevalence of Osteoarthritis after Conservative vs. Reconstructive Treatment with hamstrings of anterior cruciate ligament rupture": Speaker, ACL Study Group, Jackson Hole-Wyoming, USA, February 12-16, 2012.
21. "Pre-participation physical evaluation;" Speaker, 9th Combined Sports Medicine Congress of Greece and Cyprus, Nicosia-Cyprus, November 18-20, 2011.
22. "Injury risk factors and prevention in football;" Speaker, 9th Combined Sports Medicine Congress of Greece and Cyprus, Nicosia-Cyprus, November 18-20, 2011.
23. "The time course of changes in skill performance of elite football players following resistance exercise is intensity dependent." Poster-accepted; 16th European Congress of the European College of Sports Science, July 6-9th, 2011, Liverpool, England.

24. "Meniscus Repair – Tips & Tricks;" Speaker, 4th Panhellenic Congress of the Greek Association of Arthroscopy Knee Surgery and Sports Injuries – "George Noulis", Rethymno-Crete, June 22-25, 2011.
25. "ACL anatomic reconstruction technique through a far anteromedial portal;" Teacher and Speaker, 1st International Congress of Mediterranean Countries on Joint Surgery, Palermo, Italy, June 16-18, 2011.
26. "The time dependent effect of the post exercise muscle inflammation in the activation of the metabolic pathways of the skeletal muscle." 19th International Congress in Physical Health and Sports, Komotini-Greece, May 20-22, 2011.
27. "The effect of a basketball game in selective markers of muscle injury during the rehabilitation phase." 19th International Congress in Physical Health and Sports, Komotini-Greece, May 20-22, 2011.
28. "The effect of a handball game in selective markers of muscle injury during the rehabilitation phase." 19th International Congress in Physical Health and Sports, Komotini-Greece, May 20-22, 2011.
29. LCA anatomic recon and associated lesions, Knee Experts Smith and Nephew meeting. "Double bundle technique EBCL for ACL reconstruction;" Speaker, Smith and Nephew Surgical Skill Center, York, England, March 3-4, 2011.
30. "Football Injuries: Risk factors and Prevention;" Speaker, 13th Panhellenic Congress Sports Science Academy, University of Athens, Athens-Greece, November 25-28, 2010.
31. "ACL Reconstruction Graft Choice Criteria;" Speaker, 66th Panhellenic Orthopaedic Congress HAOST, Athens-Greece, October 13-16, 2010.
32. "Stress fractures in athletes;" Speaker, 5th Sports Rehabilitation Course, European College of Sports and Exercise Physicians (ECOSEP), Thessaloniki-Greece, May 15-16, 2010.
33. "Risk injuries and prevention techniques in football;" Speaker, 10th International Congress of Sports Medicine Association of Greece and 8th Combined Sports Medicine Congress of Greece and Cyprus, Veria-Greece, March 19-21, 2010.
34. "Arthroscopic treatment of knee osteoarthritis;" Speaker, Basic arthroscopic techniques seminar; knee and shoulder. Orthopaedic Department University of Ioannina and 2nd Orthopaedic Department – Shoulder Arthroscopy Center, Iaso General Hospital, Athens-Greece, March 19-20, 2010.
35. "30 minutes of resistance exercise result in catecholaminergic but not hypothalamic pituitary adrenal axis stimulation"; 91st Annual meeting of the Endocrine Society, Washington DC, USA, June 2009; Chatzinikolaou A., Fatouros IG., Paltoglou G., Petridou A., Aulonitou A., Jamurtas A., Tsoukas D., Mitrakou A., Mougous V., Lazaropoulou C., Mergeli A., Papasotiriou I., Mastorakos G.
36. "Surgical indications for rotator cuff tears reconstruction;" Speaker, Basic Seminar in Sports Injuries Rehabilitation of the ECOSEP, Thessaloniki-Greece, May 16-17, 2009.
37. "Tendon injuries: Achilles tendon ruptures – plantar fasciitis;" Speaker, 2nd Panhellenic Sports Medicine Congress Athletia, Athens-Greece, March 13-15, 2009.
38. "Microfracture technique for chondral injuries;" Speaker, 1st European Congress of the European College of Sports Medicine and 12th Sports Medicine Seminar, Thessaloniki-Greece, December 13th-14th, 2008.
39. "Football injuries;" Speaker, 3rd Congress in Preventive Medicine, Athens-Greece, September 13-14, 2008.
40. "The Arthroscopic Technique for revision ACL surgery;" Poster P15-622, 13th ESSKA Congress, Porto-Portugal, May 21-24, 2008.

41. "How to prevent football injuries;" Speaker, 9th International Congress of Sports Medicine Association of Greece and 7th Combined Sports Medicine Congress of Greece and Cyprus, Athens-Greece, March 27-30, 2008.
42. "The arthroscopic revision technique for ACL rupture through medial portal;" Poster and Speaker at the 63rd Panhellenic Orthopaedic Congress, Athens-Greece, October 9-13, 2007.
43. "ACL Reconstruction in Greece 2007. Which is my favorite technique;" Speaker, roundtable, 2nd Congress of Greek Association of Arthroscopy Knee Surgery and Sports Injuries-George Noulis, Athens, Greece, June 16, 2007.
44. "Meniscal injuries in athletes;" Speaker at the Scientific Day of Physical Therapy, Athens-Greece, January 29, 2006.
45. "Meniscal and knee collateral ligaments injuries in athletes;" Speaker at the 17th Congress of the Hellenic Scientific Society of Physical Therapy, Athens-Greece, November 14-16, 2003.
46. "Knee Injuries in beach volleyball players;" Speaker at the 3rd Seminar in Sea Sports Injuries, Poros-Greece, July 4-6, 2003.
47. "Lumbar micro-discectomy in Greek high-level athletes;" 4th Annual Symposium of the Greek Arthroscopic and Knee Surgery Department, Nafplio-Greece, June 20-22, 2003.
48. "Clinical assessment of the elbow, knee and ankle;" Speaker at the seminars of the Hellenic Scientific Society of Physical Therapy, Athens-Greece, January 19, 2003.
49. "The Biochemical and Physical profile of basketball players during the game season;" 11th International Congress on Physical Education and Sports, Komotini-Greece, May 16-18, 2003.
50. "BMP's and fracture healing;" College of Greek Orthopaedic Surgeons; Speaker at the seminars, Athens-Greece, February 2, 2001.
51. "PC's and orthopaedic problems;" Speaker at the symposium of the Private College "Domi," Athens-Greece, January 24, 2001.
52. "The role of BMPs in spinal fusion;" Speaker, Poros-Greece, June 9-11, 2000.
53. "Spondylolysis and Spondylolisthesis in young athletes;" Speaker at the 1st Congress in Sports Medicine, Patra-Greece, July 2, 1999.
54. "Surgical decompression according to the Senegas Technique for lumbar spinal stenosis using power drills;" 5th International Spine Symposium, Brussels-Belgium, November 20-21, 1998.
55. "Lumbar spinal fusion by growth factors and by local gene therapy;" Speaker at the 6th Seminar on Spinal Biomechanics, Athens-Greece, April 24-25, 1999.
56. "The Jones fracture in athletes;" Info Orthopaedics and Traumatology, Oct. –Dec. '98, vol. 12, p. 14.
57. "12 years of experience with Mittelmeier hip prosthesis;" Speaker at the 1st International Congress of the Balkanian Countries, Thessalonica-Greece, October 8- 11, 1997.
58. "8 years of experience with total hip arthroplasty of the type Harris - Galante"; Pan- Hellenic Congress of the Greek Orthopaedic and Trauma Association, Athens- Greece, October 25-27, 1996.
59. "The cementless revision technique of loose acetabular components;" Speaker at the 15th Congress of the Orthopaedic Association of Northern Greece, Chalkidiki- Greece, April 17-20, 1996.

CHAIRMAN AND MEMBER OF CONGRESSES ORGANIZING AND SCIENTIFIC COMMITTEES

1. Co-Chairman: "Articular Cartilage." 10th International Congress of the Egyptian Arthroscopy Association EGAA, Cairo, August 23-25, 2022.
2. Co-Chairman: "Rotator Cuff tears." 5th Symposium Shoulder-Elbow Surgery Section Hellenic Association of Orthopaedic Surgery and Traumatology. 5-6 April 2019, Athens Greece.
3. Chairman: "Children Orthopaedics" Review of Orthopaedics by Hellenic Association for Orthopaedic Surgery and Traumatology. Athens February 25 to March 3, 2019.
4. Chairman: 'Arthroscopic techniques: Tips and tricks.' 74th Congress of the Hellenic Association of Orthopaedic Surgery and Traumatology, Athens October 10-13, 2018.
5. Member Organizing Committee 1st Panhellenic congress for football orthopaedic and sports medicine. April 22-24, 2016, Olympus, Greece.
6. Chairman: "Surgical solutions for hip and groin pain" Football Medicine Strategies for player care, 11th-12th April 2015 London.
7. Member of the Organizing Committee 11^t International Congress of Sports Medicine Association of Greece and 8th Combined Sports Medicine Congress of Greece and Cyprus, Santorini, Greece. June 27-30, 2013.
8. Chairman: Round Table, "Children's safe participation in high level exercise program;" 9th Combined Sports Medicine Congress of Greece and Cyprus, Nicosia-Cyprus, November 18-20, 2011.
9. Member of the Organizing Committee, 10th International Congress of Sports Medicine Association of Greece and 8th Combined Sports Medicine Congress of Greece and Cyprus, Veria-Greece, March 19-21, 2010.
10. Member of the Scientific Committee, 2nd Panhellenic Sports Medicine Congress Athletia, Athens-Greece, March 13-15, 2009.
11. "Spine Problems in Athletes;" Co-Chairman with Prof. N. Maffulli, 1st European Congress of the European College of Sports Medicine and 12th Sports Medicine Seminar, Thessaloniki-Greece, December 13th-14th, 2008.
12. "Total Shoulder Arthroplasties;" Co-Chairman, 64th Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedic Surgery and Traumatology, Athens-Greece, October 10, 2008.
13. "Sports Medicine and Football Injuries;" Co-Chairman and Member of Organizing Committee, 9th International Congress of Sports Medicine Association of Greece and 7th Combined Sports Medicine Congress of Greece and Cyprus, Athens-Greece, March 27- 30, 2008.
14. Chairman: "Sports Medicine and Sea Sports;" 3rd Seminar in Sea Sports Injuries, 1st Orthopaedic University Clinic of Athens, Poros-Greece, July 4-6, 2003.
15. "Biomechanics of the Spine;" Chairman, 7th Part 7th Seminar 1st Orthopaedic University Clinic of Athens, Poros-Greece, June 9-11, 2000.
16. 1st Congress of the Greek Foundation of Osteoporosis, Member of Organizing Committee, Athens-Greece, May 10-11, 1997.

HEALTH MANAGEMENT EXPERIENCE

- Masters Degree in Health Services Management, CNAM University of France (Conservatoire National des Arts et Metiers) Magister-Gestion des Etablissements de Sante. 2006-2008, Diploma: 12/01/2009
- Certification of specialization: "Alternative Tourism," Center of Professional training of National and Kapodistrian University of Athens, January 5, 2009 until May 25, 2009.
- Member of the Greek Health Services Management Association.
- Oral Presentation "Center of Excellence in Preventative Medicine," Co-Speaker; 9th Pan-Hellenic Congress of Greek Health Services Management Association, Corfu-Greece, October 4-7, 2007.