

CURRICULUM VITAE

Antonis Papoutsidakis MD, MSc, MFSEM (UK)
Orthopaedic Surgeon, Sports Medicine Specialist

May 2017

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A. PERSONAL DATA

Surname : PAPOUTSIDAKIS

First name : ANTONIS

Date of birth : 2 May 1971

Place of birth : Crete, Greece

Nationality : Greek

Languages : English, German

Marital status : Married, two children

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Crete, Greece

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GMC Specialist Registry 1/6/99 : 4607937

B. DIPLOMAS AND TITLES

- 1. July 1996 (31-7-1996)** : Ptyhio Iatrikes (Medical Degree)
University of Crete, Heraklio, Greece.
- 2. August 2004 (24-8-2004)** : Specialty Exams. Title: Orthopaedic Surgeon.
Heraklio, Crete, Greece.

SOCIETIES

- 1. 1997-2004** : Member of the Hellenic Anticancer Association
- 2. Since 1997** : Member of the Sports Medicine Association of Greece. Since 15/12/2003 member of the board of the association.
- 3. 1997-2011** : Member of the International Federation of Sports Medicine
- 4. 1998-2002** : Member of the European College of Sports Science
- 5. Since 1998** : Member of the Greek Association of General Practitioners.
- 6. Since 1999** : Affiliate member of RCSE. No: 995031
- 7. 1999-2002** : Member of British Association of Sports and Exercise Medicine membership 050574
- 8. Since 2004** : Member of Hellenic Association of Orthopaedic Surgery and Traumatology
- 9. Since 2001** : Member of Latin and Mediterranean Group of Sports Medicine.
- 10. Since 2004** : Member of Hellenic Association of Arthroscopy and Knee Surgery
- 11. Since 2004** : Member of ESSKA No 1990
- 12. Since 2008** : Member of ECOSEP
- 13. Since 2008** : Member of FSEM (UK)
- 14. Since 2014** : Member of scientific committee of EPO (Greek Football Association)

C. EDUCATION AND TRAINING

1. BASIC EDUCATION AND TRAINING

1.1. 1977-1983: Primary School, Rethymno, Crete, Greece.

1.2. 1983-1989: High School, Rethymno, Crete, Greece.

1.3. 1990-1996: Medical School, University of Crete, Greece.

2. POSTGRADUATE STUDIES

2.1 Postgraduate Studies in Sport and Exercise Medicine. University of Bath, UK

2.1.1 10/1999-3/2000: First module; Primary Care.

2.1.2 18/2-20/2/2000: 1st Clinical weekend; Spinal Injuries.

2.1.3 4/2000-12/2000: Second module; Body in Motion.

2.1.4 7-9/7/2000: 2nd Clinical weekend; Upper Limb.

2.1.5 8-10/9/2000: 3rd Clinical weekend; Lower Limb.

2.1.6 1/2001-5/2001: Third module; Applied Biomechanics.

2.1.7 6/2001-2/2002: Fourth module; Exercise Physiology.

2.1.8 2/2002-8/2002: Fifth module; Sporting Mind.

2.1.9 9/2002-6/2003: Sixth module; Doping, therapeutics, ethics and law.

2.1.10 7/2003-1/2004: Seventh module; Sport Injuries.

2.1.11 26/1/2004-31/1/2004: Clinical attachment; Blackburn Rovers FC.

2.1.12 2/2004-11/2004: Eight module; Rehabilitation.

2.1.13 18/3/2005: Revision Day for PGDip Sport and Exercise Medicine, The Royal National Hospital Hospital for Rheumatic Disease, Bath, U.K.

2.2 3/2001-3/2002: Postgraduate course in urgent pre-hospital medicine. Hellenic Ministry of Health.

2.3 Scholarship of the HAOST (Hellenic Orthopaedic Association) 13/12/04-5/1/05: Clinical attachment in StAnna Hospital Herne Germany, Prof. G. Godolias.

2.4 MSc in Management and Economy in Medicine 2005-8: University of Crete, Medical School.

2.5 PhD in Cancer Biology (in progress): University of Crete, Medical School.

3. APPOINTMENTS

3.1 September 1996- November 1997: General Practitioner in Perama Health Centre in Rethymno, Crete, Greece. Participating in Orthopaedic Department in Heraklio University Hospital Crete, Greece.

3.2 September 1996- June 1997: Doctor in football matches in Rethymno's area. Doctor in sport meetings between public schools in Rethymno, Crete, Greece.

3.3 March 1997-October 1997: Locum Resident Medical Officer at "Asklipios" Private Hospital in Rethymno, Crete, Greece.

3.4 May 1997: Doctor in International Sport Meeting "Vardinogiannea" Rethymno, Crete, Greece.

3.5 June 1997-August 1997: Doctor at children's camp "Explorers" in Rethymno, Crete, Greece.

3.6 January 1998-November 1998: Senior House Officer in General Surgery Crete Naval Hospital. Participating in Orthopaedic Department Crete Naval Hospital. Participating also as ship doctor in Greek War Navy. I was Petty Officer in Hellenic Navy.

3.7 January 1999- February 1999: Senior House Officer in General Surgery. Participating in Orthopaedic Department Rethymno General Hospital.

3.8 May 1999- July 1999: Senior House Officer in Orthopaedics. Rethymno General Hospital.

3.9 29 May 1999: Doctor in International Sport Meeting "Vardinogiannea" Rethymno, Crete, Greece.

3.10 September 1998-June 1999: Doctor of Rethymno's Football Association and doctor in football matches in the same area.

3.11 August 1999-October 1999: S.H.O. in Orthopaedics. Royal Bournemouth Hospital, U.K.

3.12 November 1999-January 2000: S.H.O. in Orthopaedics and Trauma. Poole Hospital, U.K.

3.13 February 2000-July 2001: S.H.O. in Orthopaedics and Trauma. Worthing, Southlands Hospitals, U.K.

3.14 March 2001-June 2001: Doctor in sport meetings between public schools in Rethymno, Crete, Greece.

- 3.15 July 2001-June 2004:** Specialized Registrar in Orthopaedics and Trauma. Heraklio University Hospital, Crete, Greece.
- 3.16 September 2001-June 2002:** Doctor of Rethymno's Football Association and doctor in football matches in the same area.
- 3.17 March 2002-May 2002:** Doctor in sport meetings between public schools in Rethymno, Crete, Greece
- 3.18 October 2003:** Specialized Registrar in Paediatric Orthopaedics. "Agia Sofia" Paediatric Hospital Athens, Greece.
- 3.19 June 2004- September 2004:** Specialist Registrar in Orthopaedics & Trauma. Worthing- Southlands Hospital, UK.
- 3.20 September 2004-today:** Doctor of basketball club AGOR. A1 national Division.
- 3.21 September 2004-2010:** Doctor of the swimming club NOR.
- 3.22 October 2004-today:** Private praxis in Orthopaedic surgery and Sports Medicine. Address of praxis: Dimitrakaki 31 Rethymno 74100, Crete, Greece.
- 3.23 November 2004 (1-10):** Locum Specialist Registrar in Orthopaedics & Trauma. East Surrey Hospital, UK.
- 3.24 July 2006:** Doctor in International Sport Meeting "Vardinogiannea" Rethymno, Crete, Greece.
- 3.25 July 2007:** Doctor in International Sport Meeting "Vardinogiannea" Rethymno, Crete, Greece.
- 3.26 July 2008:** Doctor in International Sport Meeting "Vardinogiannea" Rethymno, Crete, Greece.
- 3.27 October 2012-today:** Tutor in musculoskeletal Anatomy, Medical School, University of Crete, Greece.
- 3.28 July 2014:** Doctor in European U20 Basketball Championship Men Rethymno, Crete, Greece.

D. PARTICIPATION IN MEDICAL REPORTS

1. "Traffic accidents in Crete. The kind of fractures, statistic and therapeutic approach." Em. Drettakis, A. Papoutsidakis, K.Pistevos, K. Stergiopoulos, I. Hatzinikolaou.
1st Greek Medical Students meeting, Athens, Greece, 1995.

2. “Proteins BCL-2 and P53 in cancer of the pharynx.” P.Ampantaki, G. Datseris, G. Delidis, P. Kanavaros, H. Kouvidi, A. Leontiadis, A. Papoutsidakis, M. Tzardi. 1st Greek Medical Students meeting, Athens, Greece, 1995.
3. “Recording the patients who have Diabetes Mellitus by a General Practitioner in an agricultural area.” S. Sasarolis, H. Lionis, A. Papoutsidakis, N.Klapsinos, A. Leontiadis, E. Adamopoulos, G. Frantzeskakis, M. Fioretos, E. Papavasileiou. 9th Meeting of General Practitioners Heraklio, Crete, Greece, 1997.
4. “Social, demographic and medical laboratory features of the patients with Diabetes Mellitus in an old, in ages, agricultural area in Crete.” (That report was awarded). S. Sasarolis, H. Lionis, G. Frantzeskakis, N. Klapsinos, A. Papoutsidakis, A. Leontiadis, E. Papavasileiou, M. Fioretos. 9th Meeting of General Practitioners Heraklio, Crete, Greece, 1997.
5. “Traffic accidents in Rethymno. Simultaneous recording from the city hospital and a district Health Centre.” J. Gaitanis, A. Papoutsidakis, N. Ksypolitas. 9th Medical Crete Congress Heraklio, Crete, Greece, 1998.
6. “Intra-Articular morphine and postoperative analgesia after knee arthroscopy.” G. Drosos, N. Gavalas, A. Papoutsidakis, G. Anthopoulos, L. Theoharis. 17th Panhellenic Medical Congress of Armed Forces Thessaloniki, Greece, 1998.
7. “Intra-Articular morphine and postoperative analgesia after knee arthroscopy.” G. Drosos, N. Gavalas, A. Papoutsidakis, G. Anthopoulos, L. Theoharis. 55th Congress of the Hellenic Association of the Orthopaedic Surgery and Traumatology Athens, 6-10 October 1999.
8. “The frequency of the neck of femur fracture in Crete during the period 1994-9” H. Vavouranakis, A. Papoutsidakis, G. Kouvidis, I. Galanakis, G. Papadopoulos, K. Stergiopoulos, A. Hadjipavlou. 10th Medical Crete Congress Rethymno, Crete, Greece, 9-12 November 2000.
9. Poster; “Incidence of hip fractures in Crete during 1994-9” H. Vavouranakis, A. Papoutsidakis, G. Kouvidis, I. Galanakis, K. Stergiopoulos, A. Hadjipavlou. 5th Congress of the European Federation of National Associations of Orthopaedics and Traumatology, Rhodes, Greece, 3-7 June 2001.
10. “Posterior ankle impingement syndrome” K. Balalis, T. Tsepelis, A. Papoutsidakis, I. Galanakis, P. Katonis. 12th Balkan’s Sport Medical Congress, 6th International Congress Greece Sport Medical Association, 3rd Greek-Cypriot Sport Medical Congress. Thessaloniki, 21-24 March 2002.
11. “Morton’s neuroma as significant cause of metatarsalgia’s pain in athletes” K. Balalis, M. Mathaiakis, A. Papoutsidakis, I. Galanakis, P. Katonis. 12th Balkan’s Sport Medical Congress, 6th International Congress Greece Sport Medical Association, 3rd Greek-Cypriot Sport Medical Congress. Thessaloniki, 21-24 March 2002.

- 12.** “Kyphoplasty and spondyloplasty in osteoporotic fractures of the spine”
I. Gaitanis, P. Katonis, S. Hohliidakis, A. Papoutsidakis, A. Hadjipavlou.
21st Congress of Macedonian-Thrace Orthopaedics and Trauma Association.
Thessaloniki 9-12 May 2002.
- 13.** “Low back pain and disability in postmenopausal women with osteoporosis”
G. Papadokostakis, P. Katonis, A. Papoutsidakis, I. Gaitanis, A. Hadjipavlou.
28th Annual meeting of the spine “N. Giannestras-P. Smyrnis”.
Hersonisos Heraklio Crete 26-9 September 2002.
- 14.** “Functional outcome of burst fractures of the thoracolumbar spine managed non-operatively, with early ambulation, evaluated using the load sharing classification”
A. Aligizakis, P. Katonis, A. Papoutsidakis, I. Galanakis, K. Stergiopoulos, A. Hadjipavlou.
58th Congress of the Hellenic Association of the Orthopaedic Surgery and Traumatology Thessaloniki, 22-7 October 2002.
- 15.** “The application of the combination of the implants Varifix/Varigrip to the unstable thoracic and lumbar vertebral fractures”
P. Katonis, I. Thalassinos, A. Papoutsidakis, P. Alpantaki, I. Gaitanis, A. Hadjipavlou.
58th Congress of the Hellenic Association of the Orthopaedic Surgery and Traumatology Thessaloniki, 22-7 October 2002.
That presentation was awarded as the best in that congress with € 880,00.
- 16.** “Analysis of the injuries after an earthquake.”
K. Balalis, T. Tsepetis, A. Papoutsidakis, A. Ieronymakis⁺, A. Hadjipavlou.
2nd Trauma Congress. “Trauma in mass disasters” Athens 14-6 February 2003.
- 17.** Poster: “Comparison study in arthroscopic meniscectomy under general and local anaesthetic.”
A. Aligizakis, E. Aligizakis, A. Papoutsidakis, D. Korakaki, K. Aligizakis, K. Stergiopoulos.
8th Panhellenic Congress of the Crete’s Orthopaedic Society.
Minoa Palace Hotel Chania, 23-5 May 2003.
- 18.** Poster: “Lateral mass plate fixation. A cadaveric and clinical study.”
P. Katonis, A. Muffoletto, Ch. Papadopoulos, A. Papoutsidakis, M. Matheakis, A. Hadjipavlou.
XIX Annual meeting of cervical spine research society.
Barcelona, Spain, 19-20 June 2003.
- 19.** “Neural block for surgery on the foot for outpatients”
K. Balalis, A. Papoutsidakis, A. Papaioannou, O. Fraidakis, P. Katonis.
5th Panhellenic Congress on regional anaesthesia and pain treatments and palliative therapy.
Delfoi, Greece, 3-5 October 2003.

20. “Tourniquet use for surgery on foot under local anaesthesia”
K. Balalis, A. Papoutsidakis, A. Papaioannou, O. Fraidakis, P. Katonis.
5th Panhellenic Congress on regional anaesthesia and pain treatments and palliative therapy.
Delfoi, Greece, 3-5 October 2003.
21. Poster: “Reconstructional factors in sports in the elderly”
K. M. Balalis, A. Papoutsidakis, K. Alpantaki, P. Katonis, A. Hadjipavlou.
13th Balkan Sports Medicine Congress, 7th International Congress of Sports Medicine Association of Greece, 4th Greek-Cypriot Sports Medicine Congress.
29 April-2 May 2004.
22. Poster: “Arthroscopic Knee surgery in the elderly”
K. M. Balalis, A. Papoutsidakis, K. Alpantaki, P. Katonis, A. Hadjipavlou.
13th Balkan Sports Medicine Congress, 7th International Congress of Sports Medicine Association of Greece, 4th Greek-Cypriot Sports Medicine Congress.
29 April-2 May 2004.
23. “Low back pain treatment using extra articular block of lumbar facet joints”
A. Aligizakis, A. Polytarides, E. Aligizakis, A. Papoutsidakis
12th Cretan Medical Congress, Elounda Crete, Greece, 28-31 October 2004.
24. ‘Functional results of the treatment of acetabular fractures. Review of our treating protocol’
G.A. Datsis, A. Papoutsidakis, P. Katonis, A. Hadjipavlou
9th Cretan Orthopaedic Congress, Ag. Pelagia, Crete, Greece, 17-9 June 2005.
25. ‘Functional results of the surgical treatment of the malleolar fractures. Review’
G.A. Datsis, A. Papoutsidakis, P. Katonis, A. Hadjipavlou
9th Cretan Orthopaedic Congress, Ag. Pelagia, Crete, Greece, 17-9 June 2005.
26. ‘Arthroscopy of the ankle. Indications and techniques’
A. Aligizakis, A. Papoutsidakis, E. Klontzas, E. Aligizakis, D. Korakaki, N. Grilaki, E. Korakaki
13rd Cretan Medical Congress, Heraklio, Crete, Greece, 9-12 November 2006.

E. PARTICIPATION AS LECTURER IN SEMINARS-POSTERS

1. **Athens 1995:** Lecture: “Cerebrocranial injuries in Crete.” A. Giannopoulos, H. Kourtopoulos, A. Papoutsidakis, K. Pistevos, I. Hatzinikolaou. Statistic and epidemiological approach.
1st Greek Medical Students meeting, Athens, Greece, April 1995.
2. **Heraklio 1997:** Lecture: “Modern aspects in the treatment of meniscal tears.” A. Papoutsidakis.
3rd Greek Medical Students meeting, Heraklio, Crete, Greece, April 1997.

- 3. Heraklio 1998:** Lecture: “Comparison of clinical examination and arthroscopy’ s findings in knees with meniscal lesions.” G. Drosos, N. Gavalas, A. Papoutsidakis. 9th Medical Crete Congress Heraklio, Crete, Greece, 1998.
- 4. Athens 2001:** Lecture: “Revision partial meniscectomy of the knee. A retrospective review.” A. Papoutsidakis, P.Rauh, I. Vlachonicolis, D. Craig. 57th Annual Congress of Hellenic Association of Orthopaedic Surgery and Traumatology, Athens, Greece, September 2001.
- 5. Thessaloniki 2001:** Poster: “The physiological and health effects of oral creatine supplementation”. A. Papoutsidakis. 2nd Sports Medicine Congress in childhood and adolescence, Thessaloniki, Greece, November 2001.
- 6. Thessaloniki 2001:** Poster: “Pre-competition screening test in children”. A. Papoutsidakis. 2nd Sports Medicine Congress in childhood and adolescence, Thessaloniki, Greece, November 2001.
- 7. Thessaloniki 2002:** Poster: “Interesting case of one patient suffering from tennis elbow” Kapsalis S. , Papoutsidakis A. , Katonis P. , Balalis K. 12th Balkan’s Sport Medical Congress, 6th International Congress Greece Sport Medical Association, 3rd Greek-Cypriot Sport Medical Congress. Hotel “Makedonia Palace”,21-24 March 2002.
- 8. Thessaloniki 2002:** Lecture: “Pre-competition screening test in children”. A. Papoutsidakis. 12th Balkan’s Sport Medical Congress, 6th International Congress Greece Sport Medical Association, 3rd Greek-Cypriot Sport Medical Congress. Hotel “Makedonia Palace”,21-24 March 2002.
- 9. Thessaloniki 2002:** Lecture: “The physiological and health effects of oral creatine supplementation”. A. Papoutsidakis. 12th Balkan’s Sport Medical Congress, 6th International Congress Greece Sport Medical Association, 3rd Greek-Cypriot Sport Medical Congress. Hotel “Makedonia Palace”,21-24 March 2002.
- 10. Hersonisos Heraklio Crete 2002:** Lecture: “Chordoma’s treatment; Review of the experience of one surgeon’s series. A. Papoutsidakis, P. Katonis, I. Gaitanis, M. Tzermiadianos, I. Thalassinos, G. Datseris, A. Hadjipavlou. 28th Annual meeting of the spine “N. Giannestras-P. Smyrnis”. Hotel “Creta Maris”, 26-9 September 2002.

- 11. Thessaloniki 2002:** Poster: “Chordoma’s treatment; Review of the experience of one surgeon’s series.”
A. Papoutsidakis, P. Katonis, I. Gaitanis, M. Tzermiadianos, I. Thalassinos, G. Datsaris, A. Hadjipavlou.
58th Congress of the Hellenic Association of the Orthopaedic Surgery and Traumatology
Hotel “Hyatt Regency”, 22-7 October 2002.
- 12. Rethymno 2002:** Lecture: “Pre-competition screening test in athletes”.
A. Papoutsidakis.
“Arkadi 2002” Gymnasts Association of Rethymno.
Chamber’s room, 9 November 2002.
- 13. Rethymno 2002:** Lecture: “First aid in football”
A. Papoutsidakis.
Seminar for football referees.
Workers Association Room, 23-4 November 2002.
- 14. Heraklio 2003:** Lecture: “First aids in sport fields”
A. Papoutsidakis.
4th Congress of the Hellenic Association of Sport Sciences.
Candia Maris Hotel, 31 October- 2 November 2003.
- 15. Drama 2004:** Lecture: “ACL injuries in females”
A. Papoutsidakis, P. Katonis, A. Hadjipavlou.
13th Balkan Sports Medicine Congress, 7th International Congress of Sports Medicine Association of Greece, 4th Greek-Cypriot Sports Medicine Congress.
29 April-2 May 2004.
- 16. Rethymno 2005:** Lecture: “Doping and nutrient supplements”
A. Papoutsidakis
1st High School and Sports High School of Rethymno
8 February 2005.
- 17. Thessaloniki 2006:** Lecture: “Ankle injuries. Our experience and our treatment protocol”
G. Tzagarakis, A. Papoutsidakis.
8th International Sports Medicine Congress, 5th Cypriot-Greek Sports Medicine Congress
12-4 May 2006.
- 18. Athens 2006:** Poster: Triceps tendon rupture and avulsion fracture of the coronoid process. A case report.
A. Papoutsidakis¹, N. Ergazakis ², C. Galanos ³, P. Katonis ⁴.
62nd Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology.
Athens, Greece, October 3-7, 2006.

- 19. Heraklio 2006:** Poster: Keller's and Chevron modified techniques for halux valgus.
A. Aligizakis, E. Klontzas, A. Papoutsidakis, E. Aligizakis, D. Korakaki, N. Grilaki.
13rd Cretan Medical Congress, Heraklio, Crete, Greece, 9-12 November 2006.
- 20. Nicosia 2007:** Lecture: Treatment of PCL rupture. Conservatively or surgically?
A. Papoutsidakis.
6th Greek-Cypriot & 2nd Cypriot Sports Medicine Congress, Nicosia, Cyprus, 27-8 November 2007.
- 21. Garmisch-Partenkirchen 2008:** Lecture: "Presentation of ECOSEP"
A. Papoutsidakis.
International Congress in Medigames 2008, Garmisch-Partenkirchen, Germany, 12-19 July 2008.
- 22. Thessaloniki 2008:** Lecture: "Predisposing factors for ACL injury"
A. Papoutsidakis.
1st European Congress of ECOSEP, Thessaloniki, Greece, 13-14 December 2008.
- 23. Thessaloniki 2008:** Lecture: "Muscle injury recovery"
A. Papoutsidakis.
1st European Congress of ECOSEP, Thessaloniki, Greece, 13-14 December 2008.
- 24. Veria 2010:** Lecture: "From tendonitis to tenodopathy. Pathophysiology"
A. Papoutsidakis.
10th Congress of Greek Sports Medicine Association, Veria, Greece, 19-21 March 2010.
- 25. London 2010:** Lecture: "Predisposing factors for ACL injury"
A. Papoutsidakis.
2nd European Congress of ECOSEP, London, UK, 8-11 September 2010.
- 26. Rethymno 2010:** Lecture: "Exercises as prevention of sports injuries in middle age"
A. Papoutsidakis.
7th Cretan meeting of trainers. Rethymno, Crete, Greece, 29-31 October 2010.
- 27. Thessaloniki 2012:** Lecture: "Chondral lesions in the knee joint. Conservative treatment or preparation for surgery"
A. Papoutsidakis.
Chondral lesions of the knee. THE-MIS, Thessaloniki, Greece, 7 April 2012.
- 28. Rethymno 2012:** Lecture: "Osteoporosis and cost" A. Papoutsidakis.
"The treatment of osteoporosis under the new pharmaco-economic parameters"
Rethymno, Crete, 8 September 2012.
- 29. Athens 2012:** Lecture: "ACL reconstruction with BPTB graft with video demonstration"
Greek Arthroscopy Association Training meetings, Athens 28 September 2012.

- 30. Thessaloniki 2013:** Lecture: “Plica. Is there any clinical diagnosis? Treatment options”
Anterior knee pain. THE-MIS, Thessaloniki, Greece, 20 April 2013.
- 31. Rethymno 2013:** Lecture: “When shoulder, knee and foot are painful”
Physiotherapy Meeting of West Crete, Greece, 26 May 2013.
- 32. Santorini 2013:** Lecture: “Shin splints”
11th Congress of Greek Sports Medicine Association, 27-30 June 2013.
- 33. Kalamata 2013:** Lecture: “Shin splints”
1st Summer Sports Medicine Course, ECOSEP, EFOST, ISMuLT, 26-31 August 2013.
- 34. Thessaloniki 2014:** Lecture: “ACL reconstruction with BPTB”
Save the knee. THE-MIS, Thessaloniki, Greece, 12 April 2014.
- 35. Marathonas 2015:** Lecture: “Bone oedema. Should we treat it?”
3rd Summer Sports Medicine Course, ECOSEP, EFOST, ISMuLT, 24-9 August 2015

F. PARTICIPATION AS ORGANIZING COMMITTEE IN COURSES AND SEMINARS

- 1. Hersonisos Heraklio Crete 2002.**
28th Annual meeting of the spine “N. Giannestras-P. Smyrnis”.
Hotel “Creta Maris”, 26-9 September 2002.
- 2. Athens Greece 2008.**
9th International Sports Medicine Congress, 7th Greek-Cypriot Sports Medicine Congress.
Eugenidou Foundation Building, 27-30 March 2008.

G. PARTICIPATION AS COORDINATOR IN COURSES AND SEMINARS

- 1. Hersonisos Heraklio Crete 2002.**
Coordinator in the opening ceremony.
28th Annual meeting of the spine “N. Giannestras-P. Smyrnis”.
Hotel “Creta Maris”, 26-9 September 2002.
- 2. Agia Pelagia Crete 2005.**
Coordinator in lectures.
9th Cretan Orthopaedic Congress
Hotel ‘Capsis’, 17-9 June 2005.

3. Thessaloniki Greece 2006.

Coordinator in free lectures.

8th International Sports Medicine Congress, 5th Cypriot-Greek Sports Medicine Congress

Hotel “Macedonia Palace”, 12-4 May 2006.

4. Thessaloniki Greece 2008.

Coordinator in free lectures.

1st European Congress of ECOSEP, Thessaloniki, Greece, 13-14 December 2008.

5. Veria Greece 2010.

Coordinator in course of ESWT

10th Congress of Greek Sports Medicine Association, Veria, Greece, 19-21 March 2010.

6. London, UK 2010.

Coordinator in free lectures.

2nd European Congress of ECOSEP, London, UK, 8-11 September 2010.

7. Larissa, Greece 2013.

Coordinator in round table.

3rd Congress of Hellenic Arthroscopic Society, Larissa, Greece, 3-6 April 2013.

8. Kalamata, Greece 2014

Coordinator in round table

2nd Sport and Exercise Medicine Summercamp, Kalamata, Greece, 25-30 August 2014.

9. Marathonas, Greece 2015

Coordinator in round table

3rd Sport and Exercise Medicine Summercamp, Marathonas, Greece, 24-9 August 2015.

H. PARTICIPATION IN TRAINING COURSES AND SEMINARS

1. Heraklio 1994: English for Communicative and Professional purposes (lectures).

University of Crete, Medical school, Heraklio, Crete, Greece, March 1994.

2. Heraklio 1995: Training course in Cardiology (lecture).

University of Crete, Medical school, Heraklio, Crete, Greece, October 1995.

3. Heraklio 1996: Basic Immunology (lectures).

University of Crete, Medical school, Heraklio, Crete, Greece, February-May 1996.

- 4. Heraklio 1996:** Degenerative arthropathy of the hip. Transtrochanteric osteotomy (lectures and workshop)
University of Crete, Medical school, Orthopaedic department, Heraklio, Crete, Greece, April 1996.
- 5. Heraklio 1996-97:** Postgraduated courses in general Orthopaedics (lectures)
University of Crete, Medical school, Orthopaedic department, Heraklio, Crete, Greece, 1996-97.
- 6. Thessaloniki 1997:** Sports Traumatology (lecture and workshop).
4th International meeting of the Northern Greece Sport Medical Association, Thessaloniki, Greece, June 1997.
- 7. Chania, 1999:** ACLS
Chania, Crete, Greece, 4-5 March 1999.
- 8. London, 1999:** Patellofemoral Joint Syndrome (lectures and workshop).
NSMI and OSCA,
London, U.K., 31 October 1999.
- 9. London, 2000:** External Fixation in Trauma and Orthopaedics (lectures and workshop). Royal College of Surgeon of England,
London, U.K., 30 May- 1 June 2000.
- 10. Athens, 2002:** 3rd Annual Symposium section of arthroscopy & knee surgery of H.A.O.S.T. (lectures and workshop; Basic Arthroscopic Technique in Knee and Shoulder. Meniscal repair(suture), ACL Reconstruction).
Athens, Greece, 21-2 June 2002.
- 11. Giannena, 2003:** 5th Annual Symposium section of intramedullary nailing of H.A.O.S.T. (lectures and workshop).
Giannena, Greece, 23-5 January 2003.
- 12. Loutraki, 2003:** 12th Intrauniversity Seminar in Osteosynthesis with Workshop.
2nd University Orthopaedic Department of Athens University.
Loutraki, Greece, 20-3 March 2003.
- 13. Athens, 2003:** ATLS
Athens, Greece, 11-2 April 2003.
- 14. Larissa, 2003:** International symposium on prevention and treatment of sports injuries. Workshop in shoulder and knee arthroscopy.
Larissa, Greece, 27-30 November 2003.
- 15. Patra, 2004:** 3rd Congress of distending osteogenesis.
Patra, Greece, 6-8 February 2004.
- 16. Athens, 2004:** 1st Educational Meeting of Trainees in Orthopaedics. College of Greek Orthopaedic Surgeons.
Athens, Greece, March 4-5, 2004.

- 17. Athens, 2004:** 2nd Educational Meeting of Trainees in Orthopaedics. College of Greek Orthopaedic Surgeons.
Athens, Greece, November 11-3, 2004.
- 18. Leeds, 2005:** 2nd Leeds Sports Imaging Course.
Leeds, UK, November 7-8, 2005.
- 19. Athens, 2007:** Revision ATLS
Athens, Greece, 12 May 2007.
- 20. London, 2009:** Foot & Ankle course
RNOH, UK, 12-14 May 2009.
- 21. Thessaloniki, 2010:** 5th Sports Rehabilitation Course ECOSEP
SEGAS, Greece, 14-5 May 2010.
- 22. Warwick, 2010:** Sports Hip Surgery
Warwick Orthopaedics, UK, 14-5 June 2010.
- 23. Oxford, 2011:** Skills Course in Musculoskeletal Ultrasound
Oxford Spires Hotel, UK, 10-12 January 2011.
- 24. Larissa, 2011:** 6th Hands on Arthroscopy course. Shoulder Arthroscopy
Larissa Medical School, Greece, 11-12 March 2011.
- 25. Oxford, 2011:** The Oxford Musculoskeletal MRI Course
Magdalena College, UK, 28-30 March 2011.
- 26. Athens, 2011:** Revision ATLS
Athens University, Greece, 8-9 April 2011.
- 27. Thessaloniki, 2011:** Training course in treatment with ESWT
Macedonia Palace Hotel, Greece, 29 May 2011.
- 28. Warwick, 2011:** Sports Foot & Ankle Surgery
Warwick Orthopaedics, UK, 13-4 June 2011.
- 29. Edinburgh, 2012:** Surgical approaches in basic hand surgery
RCSEd, UK, 21-22 June 2012.
- 30. Warwick, 2012:** Sports shoulder surgery
Warwick Orthopaedics, UK, 3-4 December 2012.
- 31. Warwick 2013:** Sports Knee Surgery
FA Rehabilitation Center Tangenhill, UK, 4-5 November 2013.
- 32. Frankfurt 2017:** COMED, Cadaver advanced shoulder course, Germany, 16-17
February 2017.

J. ATTENDANCE TO CONGRESSES - MEETINGS - SEMINARS

1. 1st Sport Medical Congress of SEGAS (Greek Association in Classic Athletics), Heraklio, Crete, Greece, February 29 -March 1, 1992.
2. 2nd Sport Medical Congress of SEGAS (Greek Association in Classic Athletics), Heraklio, Crete, Greece, March 7, 1993.
3. Medical Meeting about Transplantation, Greek Medical Students Association, Athens, Greece, March 27, 1994.
4. 7th Medical Crete Congress
Rethymno, Crete, Greece, November 18-20, 1994.
5. Meeting: From Trauma to Rehabilitation, Greek Medical Students Association, Heraklio, Crete, Greece, December 16, 1995.
6. 2nd Congress, Greek Medical Students Association, Thessaloniki, Greece, May 3-5, 1996.
7. Meeting about Melanoma, Greek Anticancer Association, Heraklio, Crete, Greece, October 19, 1996.
8. 8th Medical Crete Congress
Ag. Nikolaos, Crete, Greece, October 24-27, 1996.
9. Pulmonary Infections, Meeting, Greek Pulmonary Association, Rethymno, Crete, Greece, April 5, 1997.
10. "Handling Alzheimer's disease in well defined primary health care of 3 European distant regions" Meeting, University of Crete, Medical School, Primary Health Department
Anogeia, Rethymno, Crete, Greece, May 23-24, 1997.
11. 1st Balkan Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology,
Thessaloniki, Greece, October 8-11, 1997.
12. 1st Inter-Balkan Congress on spinal diseases.
Athens, Greece, May 7-9, 1998.
13. 12th Regional Congress of Orthopaedics and Traumatology, University of Crete, Orthopaedic Clinic. Took part in the competition of medical photography. The photo was a patient with PCL insufficiency.
Heraklio, Crete, Greece, May 15-17, 1998.

14. 54th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology, 3rd Hellenic- German Congress of Orthopaedics and Traumatology, Athens, Greece, September 16-29, 1998.
15. 4th Crete Sport Congress
Rethymno, Crete, Greece, November 6-7, 1998.
16. International congress of Sports Medicine applied to Football.
Hellenic Football Association
Athens, Greece, March 18-21, 1999.
17. Orthopaedic Trauma in nowadays.
Hellenic College of Orthopaedic Surgeons.
Athens, Greece, March 20, 1999.
18. 6th Congress of Crete's Orthopaedic Association in Sports Injuries.
Heraklio, Crete, Greece, 30 April- 2 May 1999.
19. 5th International Congress by Northern Greece Sports Medicine Association.
Thessaloniki, Greece, November 18-21, 1999.
20. 56th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology.
Athens, Greece, September 11-6, 2000.
21. 9th Congress of European Society of Sports Traumatology, Knee Surgery and Arthroscopy.
London, U.K., September 16-20, 2000.
22. Current Concepts in Sports Medicine Meeting; Tendinopathies.
Cambridge, U.K., December 8-9, 2000.
23. 9th Panhellenic Congress of Greek Association of the study of the bone's metabolism and 5th seminar of the Greek Institute of Osteoporosis.
Rethymno, Crete, Greece, 26-9 April 2001.
24. 6th Greek Congress for Paediatrics Orthopaedics. Athens, Greece, 18-20 May 2001.
25. International Sport Medicine Conference. Trinity College, Dublin, Ireland, 26-9 September 2001.
26. Sports and Sea. Poros island, Greece, 13-4 July 2002.
27. Osteosynthese International GKK. Rethymno, Crete, Greece, 12-4 September 2002.
28. 3rd Congress of Cyprus Orthopaedic Association with College of Greek Orthopaedic Surgeons. Nicosia, Cyprus, 20-2 September 2002.

29. Seminar about Lumbar Spine Problems. Chania, Crete, Greece September 21-2 2002.
30. 11th Medical Crete Congress
Chania, Crete, Greece, November 1-3, 2002.
31. 2nd Vienna Future Symposium
Vienna, Austria, February 9-11, 2003.
32. 7th Multisubjectely Medical Congress of the Greek War Navy
Athens, Greece, February 28-March 1, 2003.
33. 3rd Congress of the European Federation of Sports Medicine Associations
Hasselt, Belgium, May 14-6, 2003.
34. 4th Annual Symposium of Hellenic Association of Arthroscopy and Knee Surgery
Nafplio, Greece, June 20-2, 2003.
35. 15th Joint conference on sports injury of the FA and RCSEd.
Daventry, Northamptonshire, UK, July 5-6, 2003.
36. Annual Congress of Hellenic Society for reconstructive microsurgery
Hersonissos, Crete, Greece, September 3-6, 2003.
37. Sports and Rehabilitation. Physiotherapist's congress.
Heraklio, Crete, Greece, September 13-4, 2003.
38. VIIIth IOC Olympic World Congress on Sport Sciences.
Athens, Greece, October 7-11, 2003.
39. 59th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and
Traumatology.
Athens, Greece, October 15-9, 2003.
40. 11th Congress of European Society of Sports Traumatology, Knee Surgery and
Arthroscopy. 4th World Congress on Sports Trauma.
Athens, Greece, May 5-8, 2004.
41. 1st Multi-topic congress in Medicine. Crete's Medical School
Heraklio, Crete, Greece, January 27-9, 2005.
42. Symposium about osteoporosis: "Osteoporosis 2005-Dilemmas and questions in
our daily clinical praxis" Crete's Medical School
Heraklio, Crete, Greece, February 19, 2005.
43. Symposium about knee lesions: "Treatment of knee lesions" Orthopaedic
Departments of Athens Naval Hospital.
Athens, Greece, April 9, 2005.

44. 7th EFFORT Congress
Lisbon, Portugal, June 4-7, 2005.
45. 4th European Sports Medicine Congress
Lemesos, Cyprus, October 13-5, 2005.
46. 2nd International Football & Sports Medicine Conference of FIFA
Düsseldorf, Germany, March 3-4, 2006.
47. XIV Balkan Sports Medicine Congress
Albena, Bulgaria, September 21-4, 2006.
48. Vith World Congress on Science & Football
Antalya, Turkey, January 16-20, 2007.
49. 26th Congress of the Orthopaedic Association of Northern Greece
Thessaloniki, Greece, April 11-15, 2007.
50. 21st Regional Seminar in Orthopaedics. H.A.O.S.T.
Alexandroupolis, Greece, June 8-10, 2007.
51. 2nd Congress of Greek Association of Arthroscopy and Knee Surgery.
Athens, Greece, June 14-16, 2007.
52. 1st Combined meeting of Greek and Austrian foot societies.
Mykonos, Greece, September 21-23, 2007.
53. Regional Orthopaedic Congress of Greek College of Orthopaedic Surgeons.
Rhodes, Greece, November 2-3, 2007.
54. 4th Seminar in Artrosopy & Sports Injuries.
Athens, Greece, April 11-2, 2008.
55. 13th ESSKA 2000 Congress
Porto, Portugal, May 21-24, 2008.
56. 4th Basel International knee congress
Basel, Swiss, June 28-July 2, 2008.
57. 64th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and
Traumatology.
Athens, Greece, October 8-11, 2008.
58. 14th Medical Crete Congress
Chania, Crete, Greece, 29 October-1 November 2008.
59. XXX FIMS World Congress of Sports Medicine
Barcelona, Spain, 12-15 November 2008.

- 60.** Barcelona Knee Meeting
Barcelona, Spain, 4-6 February 2009.
- 61.** 2nd Sports Medicine Meeting of ATHLETIA
Athens, Greece, 13-15 March 2009.
- 62.** Sports Medicine Meeting. Present and future of Sports Medicine in Greece.
Athens, Greece, 28 March 2009.
- 63.** 2009 Annual meeting of BASK.
Edinburgh, UK, 2-3 April 2009.
- 64.** 10th EFORT Congress.
Vienna, Austria, 3-6 June 2009.
- 65.** 15th Congress of microsurgery and surgery of hand and upper limb.
Aegean Pearl cruise 21-8 August 2009.
- 66.** FSEM Update 2009.
RCP London 10 September 2009.
- 67.** BASEM annual Congress 2009.
Barcelo, Carlton Hotel Edinburgh 7-9 October 2009.
- 68.** “Managing the sportsman hernia/groin. The answer” The English Football
Association Medical Society.
Queen Mary University of London, UK, 16 November 2009.
- 69.** “Current concept in knee prosthetic surgery”
Rozzano (MI), Centro Congressi Humanitas, Milan January 22-3 2010.
- 70.** “Meniscus core meeting 2010”
Ghent 4-6 February 2010.
- 71.** “Spring Days of Rheumatology”
Rethymno 22-4 May 2010.
- 72.** “66th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and
Traumatology”
Athens, Greece, 13-6 October 2010.
- 73.** “15th Cretan Medical Congress.
Chania, Crete, Greece, 29-31 October 2010.
- 74.** “6th International Congress of EFOST”
Brussels, Belgium, 25-27 November 2010.
- 75.** FSEM Update 2011.
Apothecaries Hall London 29 September 2011.

- 76.** “67th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology”
Athens, Greece, 12-6 October 2011.
- 77.** “Injections and athletes. Enzymes and PRP” The English Football Association Medical Society.
Liverpool, UK, 14 November 2011.
- 78.** “3rd Biennial Exercise Induced Leg Pain Symposium Differential Diagnosis”
RCSEng.
London, UK, 25-6 January 2012.
- 79.** “Knee and shoulder injuries” University of Thessaly visiting professor’s lectures:
Prof Hans Paessler.
Larissa, Greece, 17 February 2012.
- 80.** “Muscle injuries” DJO Educational Meetings.
Chandos House, London, UK, 16 March 2012.
- 81.** 13th EFORT Congress.
Berlin 23-5 May 2012.
- 82.** XXXII FIMS World Congress of Sports Medicine
Rome, Italy, 26-30 September 2012.
- 83.** “68th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology”
Athens, Greece, 3-7 October 2012.
- 84.** Sports Medicine Issues. Greek Arthroscopic Association
Athens, Greece, 1 February 2013.
- 85.** Meniscus 2013. Save the future
Versailles, France, 7-9 February 2013.
- 86.** “69th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology”
Athens, Greece, 2-5 October 2013.
- 87.** 33rd Congress of the Orthopaedic Association of Northern Greece
Thessaloniki, Greece, April 24-27, 2014.
- 88.** BOA Annual Congress 2014
Brighton, UK, September 12-3, 2014.
- 89.** 70th Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and Traumatology
Athens, Greece, 1-4 October 2014.

90. Arsenal SEM. The muscle in sports
London, UK, 24 March 2015.
91. 6th Congress of Hellenic Arthroscopic & Knee & Sports Injuries Association
Patra, Greece, 22-25 April 2015.
92. EFSMA 2015
Antwerp, Belgium, 10-12 September 2015.
93. 71st Congress of Orthopaedics, Hellenic Association of Orthopaedic Surgery and
Traumatology
Athens, Greece, 7-10 October 2015.
94. Chania Ortho topics 2015.
Chania, Greece, 25 October 2015
95. Medical Education SEM. Tendon problems and return to play
London, UK, 11 December 2015
96. Arsenal SEM. Marginal gains in sports medicine
London, UK, 22 March 2016
97. 1st Musculoskeletal Radiology Seminar
Heraklio, Crete, Greece, 8-10 July 2016
98. 1st Congress of Podiatry-Podology
Athens, Greece, 24-25 September 2016
99. 7th Balkan Congress of Sports Medicine
Thessaloniki, Greece, 29 September-1 October 2016
100. SEMS Medico-legal and Anti-Doping Issues- a Pandora's Box
RCSEng, London, UK, 9 December 2016
101. Arsenal SEM. Screening in elite sports
London, UK, 21 March 2017
102. 7th Congress of Hellenic Arthroscopic & Knee & Sports Injuries Association
Thessaloniki, Greece, 3-6 May 2017
103. Athens Sports Imaging Course
Athens, Greece, 19-20 May 2017

K. PUBLICATIONS

1. "Sport medicine in nowadays". J.Gaitanis, A. Papoutsidakis, Antibody (Ed. Rethymno's Medical Association, Crete, Greece), Nov 97: 1 ; 18-22, Aug 98 : 2 ; 16-21. (Two parts).

2. Regular page “medicine and other sciences” in Antibody.
3. “Tonsillitis. Diagnosis and treatment in primary health care. One year experience in an agricultural area in Crete. Bibliographical review.” A. Papoutsidakis, A. Ksanthos, G. Tsourous. Primary Health Care, Nov 98: 10 (1); 18-22.
4. “Are necessary the mass BCG vaccination programmes in schools?” A. Papoutsidakis. Primary Health Care, Oct-Dec 98: 10 (4); 186-8.
5. “Traffic accidents in Rethymno.” A. Papoutsidakis, J. Gaitanis, N. Ksypolitas. Antibody (Ed. Rethymno’s Medical Association, Crete, Greece), Feb 99: 3; 14-7.
6. “Recent aspects in the treatment of ruptures of the menisci” A. Papoutsidakis, G. Drosos. Acta Orthopaedica Traumatologica Hellenica, October-November 1998:49 (4);361-6.
7. “Which cases has to treat a doctor, who is doing his postgraduate training. One year experience from a big semi-urban Medical Centre” A. Papoutsidakis. Antibody (Ed. Rethymno’s Medical Association, Crete, Greece), Oct 99: 4; 16-8.
8. “Concomitant Lisfranc fracture- dislocation and displaced neck fractures of the lesser metatarsals. A case report” G. I. Drosos, N. S. Gavalas, A. N. Papoutsidakis. Foot and ankle surgery, March, 2000, 6; 49-54.
9. “Recording the contraception in females, who are in reproductive age and come for serious reasons in Health Centers, at Mylopotamos Rethymno area” A. Papoutsidakis, G. Tsourous, M. Kyriakopoulou, A. Batikas. Primary Health Care, 2000: 12 (1); 38-40.
10. “The English patient..” A. Papoutsidakis. Antibody (Ed. Rethymno’s Medical Association, Crete, Greece), Mar 2001: 6; 12-3.
11. “Effective or not the Tetanus Immune Globulin? Review of the current literature” A. Papoutsidakis. Primary Health Care, June 2001: 13 (2); 84-8.
12. “Intra-articular morphine and postoperative analgesia after knee arthroscopy” G. I. Drosos, I. G. Vlachonicolis, A. N. Papoutsidakis, N. S. Gavalas, G. Anthopoulos. The Knee, 2002: 9; 335-40.
13. “Revision arthroscopic partial meniscectomy of the knee. A retrospective review.” P. B. Rauh, A. Papoutsidakis, I.G. Vlachonicolis, D.M. Craig. Acta Orthopaedica Belgica, 2003:69(2);168-74.
14. “Preparticipation screening of children and adolescents for sports” A. Papoutsidakis. Primary Health Care, October-December 2003: 15 (4); 172-5.

15. “Complaints of the shoulder” J. Christoforakis, A. Papoutsidakis, G. Kontakis.
Book: Lessons of the bones and the joints of the extremities. A. Hadjipavlou, G. Kontakis. p. 179-200.
16. “Ankle injuries. Our experience and our treatment protocol”
G. Tzagarakis, A. Papoutsidakis.
Hellenic Sports Medicine, 2006:1(Suppl.1);16.
17. “Suturing of the meniscal tears”
A.Papoutsidakis, G. Drosos.
Acta Orthopaedica Traumatologica Hellenica, 2006:57 (3);151-4.
18. “Vertebral osteomyelitis, epidural and psoas abscess after epidural catheter use”
K. Alpantaki, A. Papoutsidakis, P. Katonis, A. Hadjipavlou.
Acta Orthopaedica Belgica, 2007: 73; 670-3.
19. “Mechanoreceptors of the PCL”
P. Katonis, A. Papoutsidakis, A. Aligizakis, G. Tzanakakis. G. Kontakis, P. Papagelopoulos.
The Internatioanal Journal of Medical Research, 2008: 36; 387-93.
20. “Peroneal nerve damage by bicortical tibial screw in ACL reconstruction”
A. Papoutsidakis, G. Drosos, O. Koukou, N. Piskopakis, D. A. Verettas.
KSSTA, 2010: 18 (6); 794-6.
21. “Lumican affects tumor cell functions, tumor-ECM interactions, angiogenesis and inflammatory response”
D. Nikitovic, A. Papoutsidakis, N. Karamanos, G. Tzanakakis.
Matrix Biology, 2014: 35; 206-14.
22. “Cross cultural translation and validation of the Greek version of the Knee Injury and Osteoarthritis Outcome Score (KOOS) in patients with total knee replacement”
M. Moutzouri, P. Tsoumpos, E. Billis, A. Papoutsidakis, J. Gliatis
Disability and Rehabilitation, 2014: 22;1-7.
23. “Cross-cultural adaptation and validation of the International Knee Documentation Committee Subjective Knee Form in Greek”
G.A. Koumantakis, K. Tsoliqkas, A. Papoutsidakis, A. Ververidis, G.I. Drosos
J Orthopaedic Traumatology, 2016: 17; 123-9.

L. TEACHING

1. **September 1995- June 1996:** Tutor in “KEPANSI” private school in Heraklio, Crete, Greece. Subject: Biology, Anatomy, Physiology and Dermatology.
2. **September 1996- June 1997:** Tutor in “KEPANSI” private school in Heraklio, Crete, Greece. Subject: Biology, Anatomy, Physiology and Dermatology.

3. **March 1997-November 1997:** Tutor in Polykladiko public Lyceum in Rethymno, Crete, Greece. Subject: Primary Health Care
4. **May 1997:** Joint pain. Presentation in teaching session in Perama Health Center, Rethymno, Crete, Greece.
5. **July 1997:** Melanoma. Presentation in teaching session in Perama Health Center, Rethymno, Crete, Greece.
6. **September 1999:** Total Hip Replacement. Presentation in teaching session in Royal Bournemouth Hospital, U.K.
7. **June 2000:** Osteochondritis dissecans. Presentation in teaching session in Worthing- Southlands Hospitals, U.K.
8. **August 2000:** Complications of Neck of Femur fractures. Presentation in teaching session in Worthing- Southlands Hospitals, U.K.
9. **September 2001-May 2002:** Tutor in “KEPANSI” private school in Heraklio, Crete, Greece. Subject: Biology, Anatomy, Plastic surgery and Dermatology.
10. **September 2002- June 2003:** Tutor in “KEPANSI” private school in Heraklio, Crete, Greece. Subject: Biology, Anatomy, Physiology and Dermatology.
11. **November 2003:** Fractures of the humerus. Presentation in teaching session in Crete’s University Hospital, Greece.
12. **January 2008-2011:** Tutor in “Morfi” private school in Heraklio, Crete, Greece. Subject: Orthopaedics, Biomechanics, Podiatry.
13. **January 2012:** Tutor in the 64th UEFA B’ football coach seminars. Subject: Sports injuries in football. Rethymno, Crete, Greece.
14. **October 2012-now:** Tutor in Crete’s Medical School. Subject: Musculoskeletal Anatomy. Heraklio, Crete, Greece.
15. **July 2015-now:** Instructor for Atlas education system for Greek Students.

M. SOCIAL MEDIA

1. **July 2013:** Trauma and injuries on vacation. Crete TV, “Health for everyone”, 13/7/2013, 15:00-16:00.

N.HOBBIES

Sports, PC, Electronics, Cinema, Reading Literature

O. REFEREES

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