

CURRICULUM VITAE

EMMANUEL T. PAPACOSTAS, MD
Sports Orthopaedic Surgeon



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A. PERSONAL DATA

Surname	PAPACOSTAS (PAPAKOSTAS)
First name	EMMANUEL (EMMANOUIL)
Date of birth	25/11/1969
Place of birth	Katerini, Pieria, GREECE
Nationality	Greek
Languages	English (First certificate, grade A, Univ. Of Cambridge)
Marital status	Married, 3 children
Permanent address	40 Mitr Varnava str, 60100, Katerini, GREECE
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B. DIPLOMAS AND TITLES

- **Ptychio Iatrikes (Medical Degree): Aristotle University of Thessalonica, GREECE, November 3, 1993**

Scientific & professional activities - memberships

- Member of **ICRS** – International Cartilage Repair Society (2005 -), Publication & Communication Committee (2010 - 2014)
- Member of **ESSKA 2000** – European Society of Sports traumatology knee Surgery and Arthroscopy (2006 -)
- Member **ISAKOS** – International Society of Arthroscopy Knee surgery and Orthopaedic Sports Medicine (2006 -)
- **Medical Committee FIS** (International Ski Federation) (2012 -)
- **ECOSEP** (European College of Sports and Exercise Physicians) Scientific Contributor (2008 -)
- Founding member Hellenic Arthroscopic Society “Georgios Noulis” (2004 -)- member of the board (2012 -)
- Member of the Greek Sports Medicine Association (1994 -), member of the board (2001 -2003), treasurer (2003 -2007) and special Secretary (2007 – 2009)
- Member of FIMS (2004 -2008)
- Member of American College of Sports Medicine (1998 - 2002)
- Member of Hellenic Orthopaedics & Traumatology Association (EEXOT) (2001 -)

- CoFounder **TheMIS Orthopaedic Center** (2014 -)
- CoFounder Thessaloniki International Society of Arthroscopy, Knee surgery and Orthopaedic Sports medicine (**ISAKOS**) **TEACHING CENTER, St Lucas Hospital Thessaloniki** (2010 -)
- Founder - Director **Sports Clinic Thessaloniki** (2008 -)

C. SPORTS HISTORY

- **Athletics (1981 – 1992): NATIONAL CHAMPIONSHIPS**
 1. 110 m hurdles: 1 gold, 3 silver, 2 bronze medals.
 2. Decathlon: 3 silver (**1 balkan championship**), 4 bronze medals.
 3. 4X100m relays: 1 gold, 2 silver medals.
 4. Many other state and national level accomplishments in different events

- Basketball (1993 – 1996): STATE level

D. EDUCATION AND TRAINING

D1. BASIC EDUCATION AND TRAINING

Primary School, Katerini, Pieria, Greece	1975-1981
High School, Katerini, Pieria, Greece	1981-1987
Medical School, Aristotle University of Thessalonica, Greece	1987-1993

D2. POSTGRADUATE STUDIES - FELLOWSHIPS

	Title	Duration	Country
National Center of Emergency Medicine – Ministry of Health	Certificate of good standing in Emergency prehospital medicine	3/98 - 2/99	GREECE
American College of Surgeons – University of Athens	Advanced Trauma Life Support	9-10/2/2001	GREECE
Athletics Federation Sports Medicine Center	Basic myofascial trigger point release course	29–30/6/2001	GREECE
Hellenic association of orthopaedics and traumatology (arthroscopy & knee surgery division)	Potsdam – Berlin Fellowship (Martin – Luther hospital & Klinik Sanssouci)	24/6/2002 – 7/7/2002	GERMANY
University of Bath	MSc in sports and exercise medicine	12/2002 -	GREAT BRITAIN
Santa Anna Hospital, Orthopaedics dep., Herne	Arthroscopic surgery Musculoskeletal ultrasound	17/2/2003 – 12/3/2003	GERMANY
EFSMA (European Federation of Sports Medicine Associations)	2 nd Inner Europe Traveling Fellowship	14/4/2004 – 2/5/2004	Great Britain, Germany, Slovakia, Austria, Turkey, Greece
Athletics Federation Sports Medicine Center	MULLIGAN concept (NAGS, SNAGS &	12-14/11/2004	GREECE

	MWM's)		
Hellenic association of orthopaedics and traumatology	2004 Fellowship , Sheffield Centre of Sports Medicine	6 – 17/6/2005, 5 – 16/9/2005	GREAT BRITAIN
National Center of Emergency Medicine	BLS & AED course	1/6/2006	GREECE
ICRS	Surgical Skills Course	28/9 – 1/10/2005	AUSTRIA
Athletics Federation Sports Medicine Center	Adverse neural dynamics course (21h)	4 – 6/11/2005	GREECE
Athletics Federation Sports Medicine Center	Sports Injuries Rehabilitation Course (14h)	1 – 2/4/2006	GREECE
3 rd Annual meeting of Greek Arthroscopic Society	Workshop: Shoulder Ultrasound	5/5/2006	GREECE
SFA	Shoulder arthroscopy course	15 - 16/11/2006	Strasburg, France
Athletics Federation Sports Medicine Center	Core stability in the management of low back pain	25/11/2006	Greece
ICRS	2nd Surgical Skills Course	30 – 31/10/2008	Miami, USA
European Resuscitation Council	BLS/AED PROVIDER COURSE	9/9/2009	GREECE
ISAKOS	Olympic Games Course	14/5/2011	Rio, Brazil
ICRS	4th Surgical Skills Course	25 – 26/8/2011	Rostock, Germany
European Resuscitation Council	BLS/AED PROVIDER COURSE	6/2/2012	GREECE
University of Thessaly Medical School	PhD *	4/2012 -	GREECE
ESSKA	Orthopaedic sports Medicine comprehensive Review course	4/5/2012	Geneva, Switzerland
FIMS – Hellenic Sports Medicine Association	FIMS Team Physician INSTRUCTOR COURSE	27/6/2013	GREECE

*Treatment of large chondral and osteochondral defects of the knee with matrix autologous chondrocyte implantation.

D3. AWARDS

FIMS	Ejnar Ericsson FIMS award	9/6/2002
Acute Lateral Ankle Injuries in Track & Field		

Athletes: a new classification

D4. APPOINTMENTS

D4.1 Professional experience		
Department	Position	Duration
Private Practise, Thessaloniki	Orthopaedic Surgeon	4/2004 -
Xanthi General hospital, Orthopaedics dep	Senior registrar in orthopaedics	2/2000 – 12/2003
Katerini General hospital, Orthopaedics dep	SHO in orthopaedics	12/1998 - 2/2000
424 military hospital of Thessaloniki, 2 nd general surgery dep	SHO in general surgery	7/1997 - 1/1998
Katerini general hospital, general surgery dep	SHO in general surgery	4/1995 - 7/1996
Pili Health Station, Trikala, Greece	SHO in general practice	3/1994 - 4/1995

D4.2 Sports Medicine Experience

- Team physician of **Hellenic Olympic Committee** during Athens Olympic Games (August 2004)
- Team physician **national athletics team** for Beijing 2008 Olympic Games (preparation camp Fukui JAPAN, July - August 2008)
- Physician (1994 -) and Consultant Orthopaedic Surgeon (2004 -) **National Athletics Sports Medicine Center**, Hellenic Athletics Federation
- Consultant orthopaedic surgeon **Hellenic Ski Federation** (2009 -)
- Team physician **ARIS Thessaloniki swimming team** (2008 -)
- Head team physician **APOLLON Kalamarias FC** (2007 - 2010)
- Assistant team physician **“SKODA Xanthi” FC** (2000 – 2004, 1st division)
- Head team Physician **IRAKLIS FC** (2012 – 2014, 2014 -)
- Head team physician **PIERIKOS F.C.** (2004 – 2006 3rd division, 2008 – 2009 2nd division, 2012 -)
- Head team Physician **AE PONTION KATERINIS FC → IRAKLIS FC** (2009 – 3RD division)
- Head team physician **MENT**, Basketball club (2005 –2008 2nd division)
- Head team physician **PIERIKOS – ARCHELAOS BC** (2004 - , 3rd, 2nd, A2 division)
- Head team Physician **PEIRAMATIKO Volleyball club** (2009 – 2011, 2nd, 1st division)
- Team physician for **Hellenic Handball Federation** (2000)
- Head team physician **“AEP Xanthi”, Handball** (2001 -2002)
- Head team physician **“Orpheus” Handball club** (2003 -)
- Head team physician for **athletics** (1994 –) & **Handball teams** (1998 – 2000) for **“GAS ARCHELAOS” sports club**
- Medical coverage of athletics events (meetings) of all level (district – IAAF & EAA permit) (1993 -)

- Medical coverage of team sports games (football, basketball, handball etc) up to European cup level (1995 -)
- Medical coverage of gymnastics events up to European championship level (1993 – 1997)
- Antidoping control official for several of the above mentioned events

Treating physician and orthopaedic surgeon for numerous individual athletes from different sports including Olympic medal holders, world and European champions and professional football players, national and international

E. PUBLICATIONS

<u>E1. Chapters in books</u>	<ol style="list-style-type: none">1. Papacostas Em, Terzidis Ioan. <u>Matrix Autologous Chondrocyte Implantation</u> in Georgoulis An, Michos An (ed) Chondral and Osteochondral lesions, Athens: Pub Konstantaras, 2011, pp 95 – 104, ISBN: 978-960-6802-31-72. Papacostas Em. <u>Slipped capital femoral epiphysis</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 1213-1215, ISBN: 978-04152771363. Papacostas Em. <u>Physeal (growth plate) fractures</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 1016-1018, ISBN: 978-04152771364. Papacostas Em. <u>Patellofemoral pain in women</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 993-996, ISBN: 978-04152771365. Papacostas Em. <u>Patellar Subluxation and dislocation in children</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 990-992, ISBN: 978-04152771366. Papacostas Em. <u>Menstrual cycle</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 812-813, ISBN: 978-04152771367. Papacostas Em. <u>Dysmenorrhea</u>, In: Bartlett R, Grafton C, Rolf C, (ed.) Encyclopedia of International Sports Studies, New York: Routledge, 2010. pp 382-383, ISBN: 978-0415277136
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<p>E1. International - full paper</p>	<ol style="list-style-type: none">1. Posterior thigh muscle injuries in elite track and field athletes. Malliaropoulos N, Papacostas E, Kiritsi O, Papalada A, Gougoulas N, Maffulli N. Am J Sports Med. 2010 Sep;38(9):1813-9. Epub 2010 Jun 3.2. Reinjury after acute lateral ankle sprains in elite track and field athletes. Malliaropoulos N, Ntessalen M, Papacostas E, Longo UG, Maffulli N. Am J Sports Med. 2009 Sep;37(9):1755-61. Epub 2009 Jul 17.3. Acute lateral ankle sprains in track and field athletes: an expanded classification. Malliaropoulos N, Papacostas E, Papalada A, Maffulli N. Foot Ankle Clin. 2006 Sep;11(3):497-507.4. The role of stretching in rehabilitation of hamstring injuries: 80 athletes follow-up. N. Malliaropoulos, S. Papalexandris, Ag. Papalada, Em. Papacostas. Medicine and Science in Sports and Exercise 2004; 36(5) 756-759.5. Manual massage effect in knee extensors peak torque during short-term intense continuous concentric – eccentric isokinetic exercise in female athletes. E. Sykaras, A. Mylonas, N. Malliaropoulos, A. Zakas, Em. Papacostas. Isokinetics and Exercise Science 2003; 11(3) 153-157.6. Validation of Ottawa ankle rules in Greek athletes: A study in the emergency departments of a district general hospital and a sports injuries clinic. Em. Papacostas MD, An. Papadopoulos MD, C. Liouliakis MD, and N. Malliaropoulos MD, MSc, PhD. BJSM 2001; 35: 445-447.
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F. SPECIALIZATION

Dr PAPACOSTAS is practicing sports orthopaedics in national and international level. The whole spectrum of sports injuries are diagnosed and treated by the team with special interest in knee ligament, meniscal and cartilage injuries. Surgical treatment of cartilage defects with Autologous Chondrocyte Implantation is his field of specialization and he is currently leading the project of Arthroscopic One Stage Autologous Chondrocyte Implantation (Cell Therapy with Chondrocytes and MSCs in bioabsorbable membranes).