



**Center for Sports Orthopaedic / Orthopaedic,
Surgery and Rehabilitation**

www.the-mis.gr

ISAKOS and ICRS
Approved Teaching center



General Info:

TheMIS is a private medical center focused on Orthopaedic Surgery, Sports injuries and Rehabilitation. It has been formed by Orthopaedic Surgeons with special interest and experience on sports injuries, minimally invasive orthopaedic procedures, along with a continuous interest and quest for new procedures and new scientific horizons. Our team offers services on all fields of Orthopaedics and Sports Medicine, while focusing on basic sciences, education, new technology, and minimal invasiveness techniques.

Regarding financial care, it should be noted that there's no salary for the fellows but we provide catering (food service) at our clinic, St. Loukas hospital (www.klinikiagiosloukas.gr), what is more we can provide information as for accommodation.

TheMIS Orthopaedic Center hosts 3 fellows per year on three-month periods.

Starting dates are September 1st, January 1st and May 1st per year.

The fellow scrub – up in the theatre and participate in all activities of the teaching center.

These include:

- Five operating days per week (Mon - Fri)
- Outpatient clinics (Mon - Fri)
- Exercise physiology testing
- Rehabilitation of sports injuries
- Musculoskeletal MRI evaluation
- Training as Team Physician
- Medical coverage of sports activities (Football/Volleyball/ Handball of national and international level)
- Scientific courses (2 annually) and sports medicine congress (annually). The fellow is expected to actively participate in the above mentioned activities and to present lectures or papers as part of this fellowship, representing the center. The participant should be involved in research activities of the Center including possible publications.

The applicant should be an orthopaedic surgeon or a sports physician, general practitioner, resident in orthopaedics or in physical medicine and rehabilitation with some amount of experience in orthopaedics as he/she is expected to be involved in history taking, examination, data input and follow-up.

Surgical Training: Besides the fellowship post, surgeons are welcomed to attend the surgical activities of the Center.

All surgical procedures are performed in St Luke's General Hospital (www.klinikiagiosloukas.gr).



The hospital is a private 230 bed hospital, with 25 intensive care beds and 25 operating rooms.

In the 15-theatre complex of the hospital, four laminar-flow theatres are used for orthopaedics and sports medicine.

The fellow will be actively involved in more than 50 arthroscopic operations and soft tissue procedures per month after sports trauma or pathology and the same amount of reconstructive knee and hip surgery and general orthopaedic trauma.

Sports Medicine Training

As part of the fellowship training, involvement in sports medicine practice is of great importance. Cases of sports injuries and overuse syndromes are examined daily by each of the involved MDs, and the fellow is expected to be actively involved and participate / assist.

Exercise Physiology Training

The fellow will also participate in exercise physiology testing at Sports Clinic Thessaloniki (www.sportsclinic.gr) of professional athletes including Olympic and World champions of several sports (football, athletics, swimming, rowing, handball etc).

Part of this testing includes Isokinetic testing with BIODEX 2000 (knee, ankle, shoulder).

Rehabilitation Training



Postoperative and posttraumatic rehabilitation protocols are designed and applied in the Center. Special interest is put in soft tissue injuries (muscle, tendon, ligaments) with the full range of physical therapy modalities and methods including manual therapy, trigger point release, Mulligan & McKenzie concepts, proprioception and core stability training, TECAR therapy, ECSW therapy etc.

Isokinetic testing and treatment are applied with BIODEX 2000 & HUMAC/NORM. BIODEX Balance System SD™ is used for proprioception assessment and re-education.

Musculoskeletal MRI Evaluation Training

As part of the fellowship program, the fellow will visit a Radiology Center (www.asklipios.com.gr) where along with an experienced Radiologist, specialized on the musculoskeletal system, will evaluate MRIs of patients having a sport injury.

Training as Team Physician and On-field Training

Most of the participating MDs and therapists are highly involved in individual and team sports as team physicians and physios. The fellow will gain experience as a team doctor, as he/she will be involved in medical coverage of training sessions, games or events in various sports (football, volleyball, handball, sailing etc).

Academic Training

The fellow is expected to participate to all academic and scientific activities of the Center. This includes data collection, presenting papers, giving lectures, writing papers etc. All members of the staff are invited to give lectures (national & international) presenting their work and experience and this situation stands for the fellows also.

LIST OF PARTICIPANTS

MDs

Ioannis TERZIDIS, MD, PhD, BSc, FEBSM Orthopaedic Surgeon, As. Prof. in Sports Injuries

Efthymios PAPASOULIS, MD, PhD, Orthopaedic Surgeon

Aristotelis SIDERIDIS, MD, Orthopaedic Surgeon

Trifon TOTLIS, MD, PhD, Orthopaedic Surgeon, As. Prof. in Anatomy

Argiris KARAVELIS, MD, Orthopaedic Surgeon

Co MDs

Anastasios GEORGOULIS, MD, PhD, Orthopaedic Surgeon, Prof. in Orthopaedic

Giannis Kalaitzoglou, MD, PhD, Radiologist

Giannis Tsifountoudis, MD, Radiologist

Efthymios SAMOLADAS, MD, PhD, Orthopaedic Surgeon, Lecturer in Orthopaedic

Panagiotis SYMEONIDIS, MD, PhD, Orthopaedic Surgeon

Health Care Professionals

Giorgos ZIOGAS, PhD, Exercise Physiologist

Alexis KARAGIANNIDIS, PT, MSc, Physical Therapist

Giorgos KOUTRAS, PT, MSc, PhD, Physical Therapist, Assoc. Prof. in Sports Injuries

Evangelia NTITSIOPOULOU, PT, Physical Therapist

CENTER ORGANISATION

TheMIS: Thessaloniki Minimally Invasive Surgery Center (www.the-mis.gr)

FELLOWSHIP Curriculum

Total duration of the program, 12 weeks of training, Includes:

- Surgical training: early daily program TheMIS Orthopaedic Center, St. Luke's Hospital, Panorama, Thessaloniki (7:00 – 14:00)
- Out-patient clinics: Monday, Tuesday, Thursday, TheMIS Orthopaedic Center Kalamaria (16:00 – 20:00)
- Training in Ergophysiology: Wednesday, SportsClinic Thessaloniki, Pylaia (16:00 – 19:00)
- Musculoskeletal MRI evaluation: Diagnostic center Asklipios Center (5 weeks, Friday, 17:00 – 21:00)
- Emergency medicine in playing ground: medical coverage of 1-5 games
- Seminar attendance: 1-3 at least with the participation of TheMIS
- Seminar organization: Annual TheMIS Seminar
- Lectures: TheMIS monthly meeting (Case reports, Literature update) every 1st Wednesday of the month
- Work on a project: presentation in TheMIS Seminar, possible publication.

12 Weeks program

	Monday	Tuesday	Thursday	Wednesday	Friday	Saturday	Sunday
07.00-14.00	Op room St Loukas	Op room St Loukas	Op room St Loukas	Op room St Loukas	Op room St Loukas		
16.00-20.00	Out patients clinics TheMIS	Out patients clinics TheMIS	Out patients clinics TheMIS	Ergo/logy Sportsclinic Thessaloniki or Physio center Koutras or karagiannidis	MRI etc Diagnostic center Asklipios		