

2014

Dr. Dimitrios
Agorastakis MD, PhD
CURRICULUM VITAE

Dimitrios Agorastakis
www.orthopedikoi-thessaloniki.gr
20/11/2014



CURRICULUM VITAE

Dr Dimitrios I. Agorastakis MD, Ph.D

PERSONAL DETAILS

Title	Dr. MD, PhD
Surname	Agorastakis
Name	Dimitrios
Address	10 Vasilissis Olgas Avenue PC 54640 Thessaloniki, Greece
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E-mail	diagor73@hotmail.com diagor73@gmail.com
URL	www.orthopedikoi-thessaloniki.gr
Date of birth	07/08/1973
Gender	Male
Nationality	Greek
Marital Status	Maried
Registration	Thessaloniki Medical Association, Greece General Medical Council (GMC ref No: 6063459)

MEMBERSHIP

**International Cartilage Repair Society
(ICRS)**
(October 2014)

**European Society of Sports
Traumatology, Knee Surgery and
Arthroscopy (ESSKA)**
(March 2014)

The Girdlestone Orthopaedic Society
(July 2009)

Hellenic Society for Hand Surgery
(July 2007)

**Hellenic Society of Arthroscopic
Surgery of the Knee and Sports
Medicine « Georgios Noulis»**
(May 2007)

EDUCATION

Medical Education

**PhD from the Medical Department,
University of Thessaly, Greece**
“Metacarpal and Phalangeal Fractures
and Bone Defects Treated with Modern
Osteosynthesis Methods”
Larisa, Greece, January 2012

**Awarded the title of Orthopaedic
Surgeon**
Prefecture of Larisa, Greece,
October 2008

Ptychio Iatrikes

(Medical Degree) University of Ioannina,
Greece, July 24, 1998

University of Ioannina,
Greece Medical School, 1992-1998
Honored by the National Scholarship
Foundation of Greece for the second best
academic performance among my fellow
students for the academic year 1996-
1997.
Graduated with the grade Very Good
(7^{50/68} out of 10)

Grammar School

American College of Thessaloniki
“Anatolia”, Greece
High School Diploma 1985-1991
Graduated with honors awarded by the
Greek Ministry of Education for the
students with excellent performance
(18^{10/11} out of 20)

FELLOWSHIPS

Fellowship in Adult Hip and Knee Surgery

Nuffield Orthopaedic Centre
Oxford, UK,
19/12/2008 – 31/12/2009

Observership in the Department of Advanced Orthopaedics, Sinai Hospital, Baltimore, U.S.A

Baltimore, USA, 28/10-10/11/2007

Fellowship in the Ilizarov Method Ospedale Alessandro Manzoni,

Lecco, Italy, 8-26/01/2007

PREVIOUS APPOINTMENTS

Feb 2010 – Today

**Private Consultant Orthopaedic
Surgeon at Specialized Orthopaedic
Practice**
Thessaloniki, Greece

Feb 2012 – Today

**Member of the on-call Orthopaedic
rota at the Interbalkan Medical Centre**
Thessaloniki, Greece

July 2009 – Jan 2010

**Clinical Fellowship in Hip and Knee
Reconstruction Surgery, Nuffield
Orthopaedic Centre, Oxford, U.K.**
(To Mr Andrew Price and Mr William
Jackson)

Dec 2008 – June 2009

**Clinical Fellowship in Hip and Knee
Reconstruction Surgery, Nuffield
Orthopaedic Centre, Oxford, U.K.**
(To Mr Peter McLardy-Smith and Mr
Adrian Taylor)

Oct 2007 – Nov 2007

**Observership in the Department of
Advanced Orthopaedics, Sinai
Hospital, Baltimore, U.S.A**
(To Prof Dror Paley)
Baltimore, USA, 28/10-10/11/2007

Jan 2007

Fellowship in the Ilizarov Method
(To Prof Maurizio Cattagni)
Ospedale Alessandro Manzoni, Lecco,
Italy, 8-26/01/2007

Mar 2004 – Sep 2008

**Department of Orthopaedics,
University Hospital of Larissa, Larissa,
Greece**
Resident in Trauma & Orthopaedics
(Registrar equivalent)
To Prof K. N. Malizos

Apr 2003 – Nov 2003

**Torbay General Hospital, Torquay,
U.K.**
Senior House Officer (SHO) in
Trauma & Orthopaedics,
To Mr R. Lofthouse

Feb 2003 – Apr 2003

**University Hospitals of Leicester,
Leicester Royal Infirmary, Leicester,
U.K.**
Locum SHO in General Surgery
To Mr D. Heminway

Feb 2001 – Nov 2002

**Compulsory military service as a
medical officer in the Hellenic Air
Force**

Jun 2001 – Nov 2002

**111 Combat Wing, New Anchialos
Airport, Greece
Medical Officer, 2nd Lieutenant of the
Hellenic Air Force (HAF)
To Lieutenant Colonel Dr M. Hatziris**

Apr 2001 – Jun 2001

**251 Air Force General Hospital,
Athens, Greece
Medical Officer, 2nd Lieutenant of the
HAF
To Colonel Dr P. Karakalpakis**

Feb 2000 – Nov 2000

**General Hospital “O Agios Dimitrios”,
Thessaloniki, Greece
SHO in General Surgery
To Dr D. Plytarias**

Nov 1998 – Jan 2000

**Health Center of Metsovo, Ioannina,
Greece
SHO equivalent in General Practice,
part of the Greek compulsory primary
health care policy for young doctors
To Dr C. Kalathas**

Aug 1998 – Nov 1998

**General Constituency Hospital
“Hatzikostas”, Ioannina, Greece
3 months residency in Internal
Medicine, General Surgery and
Cardiology
(SHO equivalent)
To Drs N. Akritidis, E. Tsimogiannis
and G. Siogas**

ADDITIONAL INFORMATION-SKILLS

Languages

Greek: Native language

English: Proficiency in English, awarded by the University of Cambridge (Local Examinations Syndicate) in December 1989

German: Zertificat, Deutsch als Fremdsprache, awarded by Goethe Institut in September 1990

EXTRACURRICULAR ACTIVITIES

Participated in the European Youth Parliament sessions that took place in Strasbourg in October 1990

Member of Thessaloniki Young Men Christian Assotiation YMCA) since 1983

Active Member of the Greek Boy Scout Association from 1984 to 1992

SCIENTIFIC ACTIVITY

Published Papers

Use of a Mini-External Fixator for the Treatment of Hand Fractures

Z. Dailiana, D. Agorastakis, S. Varitimidis, K. Bargiotas, N. Roidis, K.N. Malizos

J Hand Surg [Am]. 2009 Apr;34(4):630-6.

Published Abstracts and Proceedings (International)

Metacarpal fractures: evaluation of results after treatment with ORIF or a mini external fixator

Vartitmidis S, Dailiana Z., **Agorastakis D.**, Hantes M., Giotikas D, Malizos K.
J Hand Surg [Br] 31B (Suppl I): 38, 2006

Fractures of metacarpals: Evaluation of results after treatment with ORIF or a mini external fixator

D. Agorastakis, D. Christou, S. Vartitmidis, Z. Dailiana, K.N. Malizos
Orthopaedics 20 (Suppl): 34, 2007

A Versatile External Fixator for the Treatment of Fractures and Skeletal Defects of the Hand

D. Agorastakis, Z.H. Dailiana, S. Vartitmidis, A. Liantsis, G. Karydakos, K.N. Malizos
J Hand Surg [Br] 32E (Suppl I): 22-23, 2007

**Very Low Profile Minimal Plates and
Screws for the Treatment of
Phalangeal and Metacarpal Fractures
of the Hand**

D. Agorastakis, S. Vartitmidis, Z.H.
Dailiana, D. Samaras, A. Dimitroulias,
K.N. Malizos
J Hand Surg [Br] 32E (Suppl I): 22, 2007

**Published Abstracts and Proceedings
(Domestic)**

**The application of the Taylor Spatial
Frame for the treatment of high energy
tibial fractures**

S. Varitimidis, **D. Agorastakis**, R.
Giannakos, D. Paridis, K.N. Malizos
Orthopediki (Ορθοπαιδική) 20 (4): 74,
2007

**Distraction Osteogenesis for the
treatment of septic nonunions of the
tibia**

S. Varitimidis, K. Bargiotas, D.
Agorastakis, D. Paridis, K.N. Malizos
Orthopediki (Ορθοπαιδική) 20 (4): 76,
2007

**Foot and ankle surgery with the use of
nerve blocks around the knee**

Christou D, Poultsidis L, Agorastakis D,
Varitimidis S, Malizos KN
Orthopediki (Ορθοπαιδική) 20 (Suppl):
25, 2007

Fractures of Metacarpals: Evaluation of results after Treatment with ORIF or a mini External Fixator

Agorastakis D., Christou D., Vatitimidis S., Dailiana Z., Malizos K.

Orthopediki (Ορθοπαιδική) 20 (Suppl): 34, 2007

MRI findings in frozen shoulder syndrome

Christou D., **Agorastakis D.**, Varitimidis S., Malizos K., Karadanas A.

Orthopediki (Ορθοπαιδική) 20 (Suppl): 56, 2007

Oral Presentations

Experience with a hexapod circular fixator versus Ilizarov frame for bone lengthening and transport

K. Bargiotas, D. Agorastakis, M. Hantes, S. Michalitsis, L.

Papatheodorou, K.N. Malizos 5th Meeting of the ASAMI International, St. Petersburg, Russia, 28-30/05/2008

Gradual correction of varus deformity after High Tibial Osteotomy in osteoarthritic patients

S. Michalitsis, D. Agorastakis, M. Hantes, Z. Dailiana, K. Bargiotas, K.N. Malizos

5th Meeting of the ASAMI International, St. Petersburg, Russia, 28-30/05/2008

The Taylor Spatial Frame for the treatment of high energy tibial fractures

D. Agorastakis, S.Varitimidis, S. Michalitsis, T. Karahalios, K.

Bargiotas, K.N.Malizos

5th Meeting of the ASAMI International,
St. Petersburg, Russia,
28-30/05/2008

Treatment of high energy fractures of the tibia, using Taylor Spatial Frame

S. Varytimidis, D. Agorastakis,

R. Giannakos, D. Paridis, K.N. Malizos

2nd Congress of Hellenic Association of
Distraction Histogenesis, Thessaloniki,
Greece 6-8/12/2007

Treatment of septic pseudarthrosis of the tibia with distraction osteogenesis

S. Varitimidis, K. Bargiotas, D.

Agorastakis, D. Paridis, Th.

Karachalios, K.N. Malizos

2nd Congress of Hellenic Association of
Distraction Histogenesis, Thessaloniki,
Greece, 6-8/12/2007

Comparison of Two Surgical Treatment Options: ORIF or a Mini External Fixator for Fractures of the Hand

D. Agorastakis

13th Joint Annual Congress of the Greek
Association of Hand Surgery and the
Greek Association of Reconstructive
Microsurgery, Athens, Greece
27/06/2007

Very low profile plates and screws for the treatment of phalangeal and metacarpal fractures of the Hand

D. Agorastakis, S. Varitimidis, Z.H. Dailiana, D. Samaras, A. Dimitroulias, K.N. Malizos

FESSH Congress, Athens, Greece,
27-30/06/2007

A versatile external fixator for the treatment of fractures and skeletal defects of the hand

D. Agorastakis, Z.H. Dailiana, S. Varitimidis, A. Liantzis, G. Karydakis, K.N. Malizos

FESSH Congress, Athens, Greece
27-30/06/2007

Foot and ankle surgery using peripheral nerve block around the knee

D. Christou, L. Poultsides, D. Agorastakis, S. Varytimidis, K.N. Malizos

26th Congress of the Orthopaedic and Traumatology Association of Macedonia and Thrace, Thessaloniki, Greece
11-14/04/2007

Fractures of Metacarpals: Evaluation of results after Treatment with ORIF or a mini External Fixator,

D. Agorastakis, D. Christou, S.E. Varitimidis, Z. Dailiana, K.N. Malizos

IFSSH & IFSHT Congress, Sydney
Australia 11-15/03/2007

Results of Surgical treatment of the congenital trigger thumb

D. Agorastakis, A. Liantsis, N. Rigopoulos, S. Varytimidis, Z.H. Dailiana, K. Malizos

12th Joint Annual Congress of the Greek Association of Hand Surgery and the Greek Association of Reconstructive Microsurgery, Kyllini, Peloponese, Greece
6-10/08/2006

Congenital deformities of the lower extremity: treatment decisions protocol

D. Agorastakis, M. Papanagiotou, A. Liantsis, Z.H. Dailiana, S. Varitimidis, K.N. Malizos

12th Joint Annual Congress of the Greek Association of Hand Surgery and the Greek Association of Reconstructive Microsurgery, Kyllini, Peloponese, Greece
6-10/08/2006

Functional anatomy of the lumbar spine

D. Agorastakis

Annual Educational Congress for Central Greece, Trikala, Greece
12-13/05/2006

Solitary and Aneurismal Bone Cyst

D. Agorastakis, G. Basdekis, M. Hantes

Annual Educational Congress for Central Greece, Larissa, Greece
13-14/05/2005

The use of a mini external fixator for the treatment of fractures and skeletal defects of the hand

D. Agorastakis, Z.H. Dailiana, S. Varitimidis, A. Liantzis, G. Karydakis, K.N. Malizos

10th Joint Annual Congress of the Greek Association of Hand Surgery and the Greek Association of Reconstructive Microsurgery, Athens, Greece
4-6/11/2004

Posters

Distal ulnar arthroplasty as a definitive treatment of a recurrent giant cell tumor

Roidis N., Basdekis G., Drougas V., Christou D., **Agorastakis D.**, Malizos K.
EFORT Meeting, Florence, Italy
11-15/05/2007

Treatment of Metacarpal Fractures with Mini External Fixators

Z.H. Dailiana, S Varytimidis, K. Bargiotas, D. Agorastakis, N. Rigopoulos, K.N. Malizos
FESSH and EFSHT Congress, Glasgow, UK
15-18/06/2006

A versatile external fixator for the treatment of fractures and skeletal defects of the hand,

Z.H. Dailiana, S. Varitimidis, K. Bargiotas, D. Agorastakis, Th. Moraitis, K.N. Malizos
FESSH, and EFSHT Congress, Goteborg, Sweden
15-18/06/2005

Seminars-Courses

5th ICRS Surgical Skills Course

Larissa, Greece, 23-25/10/14

Correction of limb malformation with the use of circular external fixators (Advanced Course)

Thessaloniki, Greece, 23-24/5/2014

16th ESSKA Congress

Amsterdam, The Netherlands,
14-17/5/2014

12th Arthroscopic Meeting

Thessaloniki, Greece, 22/2/2014

World Sports Trauma & 7th EFOST Congress 2012

London, UK, 17-20/10/2012

49th Annual Girdlestone Orthopaedic Association Meeting in Oxford

Nuffield Orthopaedic Centre
Oxford, UK, 27-29/6/2011

1st Hellenic Ponseti Course for Clubfoot Management

Athens, Greece, 1-2/4/2011

EFFORT IC Lyon 2011 – Patello femoral disorders

Lyon, France, 11-12/03/2011

Combined Exeter and Oxford Unicompartmental Arthritis Symposium

Nuffield Orthopaedic Centre
Oxford, UK, 18/11/2009

Exeter Primary Hip Symposium

Exeter, UK, 8-9/06/2009

Oxford Partial Knee Advanced Instructional Course

Oxford, UK, 23-24/03/2009

Seminar for Surgery of the Hip and Knee and Bioengineering

Ioannina, Greece, 10-14/11/2008

11th Instructional Course “Advances in Metal-on-Metal Bearings”

Oxford, UK, 15-16/09/2008

1st International arthroscopic symposium “arthroskills” with Cadaveric Workshops/Shoulder – Knee

Thessaloniki, Greece, 9-10/05/2008

Locking Compression Plate System Course

Larissa, Greece, 24/11/2007

22nd Microsurgery Seminar

Ioannina, Greece, 21-25/06/2007

14th Inter-university Osteosynthesis Seminar

Heraclion, Crete, Greece, 2-4/03/2007

21st Microsurgery Seminar

Isle of Leukada, Greece, 22-26/06/2006

2nd Shoulder and Elbow Trauma Seminar

Patra, Greece 4-6/11/2005

**3rd Hands on Course for the Surgical
Anatomy of the Hand**

Metsovo, Greece 27-30/10/2005

Elderly Trauma Patient Course

Isola D'Elba, Italy, 17-18/06/2005

Basic Surgical Skills Course

Royal College of Surgeons Edinburgh,
Edinburgh, UK, 15-17/10/2003

REFEREES

Mr Peter McLardy-Smith

MA, MB, BS, FRCS

Consultant Orthopaedic Surgeon

Hip and Knee Team

Nuffield Orthopaedic Centre

Windmill Road, Headington,

Oxford, UK,

OX3 7LD

Tel no: 01865 738273

Fax no: 01865 738025

e-mail: Damnjanovic@noc.nhs.uk

Mr Adrian Taylor

Adrian Taylor MB BS, Dip Orth Eng, FRCS,

FRCS (Trauma & Orth)

Consultant Orthopaedic Surgeon

Hip and Knee Team

Nuffield Orthopaedic Centre

Windmill Road, Headington,

Oxford, UK,

OX3 7LD

Tel no: 01865 738273

Fax no: 01865 738025

e-mail: Taylor@noc.nhs.uk

Prof Konstantinos N. Malizos

Professor and Chairman
Department of Orthopaedic Surgery and
Traumatology
President of the School of Medicine
University of Thessalia
Department of Orthopaedic Surgery
University Hospital of Larissa
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Larissa, Greece
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Prof Theophilos Karachalios

Professor
Department of Orthopaedic Surgery and
Traumatology
University of Thessalia
Department of Orthopaedic Surgery
University Hospital of Larissa
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