

CURRICULUM VITAE

AVRAAM PLOUMIS, MD, PhD

**Associate Professor of Physical Medicine and
Rehabilitation, Division of Surgery, University of
Ioannina, Greece
Orthopaedic Surgeon**

SUBMITTED TO

THE FACULTY OF MEDICINE

OF THE SCHOOL OF HEALTH SCIENCES

OF THE UNIVERSITY OF IOANNINA, GREECE

OCTOBER 2018

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PERSONAL DATA

Last Name: PLOUMIS

First Name: AVRAAM

Father's name: LEONIDAS

Gender: Male

Date of Birth: October 28 1969

Marital status: Married

Children: Two (daughters)

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MEDICAL EDUCATION

Aristotle University of Thessaloniki, Greece

09/1987-07/1993

MD Degree (grade excellent)

GRADUATE EDUCATION

Military School of Applied Medicine, Athens, Greece

01/2003-04/2003

Medical and Military Science

Military School of Applied Medicine, Athens, Greece

10/1993-10/1994

Medical and Military Science

Military Medical Academy

09/1987-10/1993

Doctor Army Officer, Military and Medical Studies

FOREIGN LANGUAGE EDUCATION

- TOEFL examinations. Thessaloniki, Greece Score 270 (max 300)
- Grundstufe (Certificate in German Language)
- Proficiency in English, Michigan University examinations, Thessaloniki, Greece
- Proficiency in English, Anatolia College, Thessaloniki, Greece

POSTGRADUATE EDUCATION

Harvard Medical School
Orthopaedic Surgery/Physical Medicine and Rehabilitation
April 2017
Visiting Professor

Aristotle University of Thessaloniki
1st Orthopaedic Dept, Papanikolaou General Hospital
November 2015-May 2016 (Anticipated)
Associate Professor (on sabbatical leave from the University of Ioannina)

Harvard Medical School
Orthopaedic Surgery/Physical Medicine and Rehabilitation
January-July 2012 (full time as sabbatical from Univ of Ioannina)/July 2012-Dec 2013 (part time)
Visiting Professor/Massachusetts licence

Scoliosis Research Society Travelling Fellowship
North America Spine Centers
9/2008
SRS Travelling Fellow

Research Spine Fellowship Program
Rothman Institute-Jefferson University
Philadelphia
03/2008-8/2008
Research Spine Fellow

Department of Rehabilitation Medicine
Regional Spinal Cord Injury Center of Delaware Valley and
Jefferson University Hospital, Magee Rehabilitation Hospital and
Dupont's Children Hospital
03/2008-8/2008
Visiting Professor

Aristotle University Medical School, Thessaloniki
Academic Teacher's Educational Course
11/2006-04/2007
Trainee as Lecturer

Rothman Institute Spine Fellowship Program under the SRS
Mentorship Program with Dr. Albert, Jefferson University,
Philadelphia
02/2007

Visiting Spine Fellow

Rush University Medical College, Spine Fellowship Program
03/2006

Visiting Spine Fellow

Washington University Spine Fellowship program
10/2005-11/2005

Visiting Spine Fellow under SRS scholarship

Twin Cities Spine Center, Minneapolis, MN
08/2004-07/2005

Spine Fellow/Minnesota License

Sister Kenny Rehabilitation Institute, Abbott Northwestern
Hospital, Minneapolis, MN

08/2004-07/2005

Spinal cord rehabilitation trainee

Aristotle University Medical School, Thessaloniki, Greece
02/2000-06/2004

Postgraduate Fellow (thesis)

PhD degree (grade excellent)

Southern Illinois University, School of Medicine, Springfield IL
04/2002-07/2002

Visiting Spine Fellow/Illinois License

11/1996-11/2002

Orthopaedic Surgery Residency

A.T.L.S. Course, 401 General Military Hospital, Athens, Greece
12/2001

Emergency physician

LICENSURE AND CERTIFICATION

1. Massachusetts Temporary Faculty License May 2012 till June 2015
2. Minnesota Residence License from August 2004 till July 2005
3. Unrestricted License to practice Orthopaedic Surgery in the European Union/District of Thessaloniki, Greece since 02/2003
4. Illinois State Physician Temporary Permit from April 2002 till July 2002
5. Permanent ECFMG certification - USLME examinations (step 1 06/1998, step 2 03/1998)
6. Unrestricted License to practice Medicine in the European Union/district of Thessaloniki, Greece since July 1993

CLINICAL WORK-RESIDENCY

05/2016 till now

Chairman of PM Rehabilitation Department
University of Ioannina, Medical School
Associate Professor of PMR

11/2015 till 05/2016 (on sabbatical leave)

1st Orthopaedic Department
Papanikolaou General Hospital
Aristotle University of Thessaloniki
Associate Professor

01/2015-08/2015

Chairman of PM Rehabilitation Department
University of Ioannina, Medical School
Associate Professor of PMR

10/2008-01/2015

PM Rehabilitation Department (Chairman since 2010)
University of Ioannina, Medical School
Assistant Professor of PMR

12/2006-04/2007

3rd Orthopaedic Department, Aristotle University,
Papageorgiou Hospital, Thessaloniki
Temporary lecturer (under law 407/80)

11/2005- 11/2007

3rd Orthopaedic Department, Aristotle University,
Papageorgiou Hospital, Thessaloniki
Clinical Assistant

08/2005-till now

Private practise-Orthopaedic Spine Surgery
25 Mitropoleos St, Thessaloniki 54624, Greece

08/2005- 2/2008

424 General Military Hospital, Thessaloniki, Greece
Attending Orthopaedic Surgeon

07/2003-07/2004

496 General Military Hospital, Didymoteihon, Greece
Attending orthopaedic surgeon

01/2004-07/2004

Didymotihon General Hospital
Orthopaedic Surgeon on call

01/2003-01/2004

Interbalkan Medical Center- Thessaloniki, Greece
Orthopaedic Surgeon on call

09/2002-2004

“Great Alexander” basketball team physician

11/2001-11/2002

Hippokration General Hospital, Orthopaedic Dept, Thessaloniki,
Greece
Chief Orthopaedic Resident- Trauma Service

11/1996-11/2002

Hippokration General Hospital, Orthopaedic Dept, Thessaloniki,
Greece
424 General Military Hospital, Orthopaedic Department,
Thessaloniki, Greece Orthopaedic Surgery Resident

10/1994-11/1996

Military Command on Samothrace Island
Supervisor of Medical care
Responsible for medical care of soldiers and civilian patients

10/1993-10/1994

401 General Military Hospital, Athens, Greece
Physician on rotation
On duty doctor in ER. Trainee physician in 1st Orthopaedic Dept

SURGICAL WORK

I have conducted 2745 orthopaedic surgeries during residency, fellowship and as an attending orthopaedic surgeon (both at the the University Hospital and at private setting).

My specialization is in Spine Surgery and Orthopaedic Rehabilitation. The last one includes the surgical treatment of patients with complex and high-demanding neuro-orthopaedic problems.

As first assistant, I have performed 1422 of these procedures during my residency.

As primary surgeon and first assistant, I have performed 302 procedures during my fellowships.

As primary surgeon, I performed **562 surgeries as an attending Orthopaedic Surgeon.**

Approximately 40% of the aforementioned surgeries were major surgeries

RESEARCH WORK

- **25/9/2018-24/3/2021**

Intelligent teleMedicine Platform for Rehabilitation based-on Virtual reality (IMPROVE)

Multicenter grant by District of Epirus (European Union financing) with the budget for the Department of PMR, University of Ioannina equal to 78.750 euros

The main objective is the development of a platform for monitoring patient mobility, by combining Virtual/Augmented Reality (VR/AR) and Mechanical Learning technologies. The concept is based on the extraction of a personalized knowledge from each patient using intelligent information systems during the rehabilitation center hosting. Patient trials will be guided by VR/AR Systems. The platform will use the extracted knowledge when the patient leaves the rehabilitation center. The data will be processed on a cloud platform, providing completed information and visualization of rehabilitation to the patient, family and specialists. The product focuses on patient with plegia, who are initially hosted in rehabilitation centers and then follows rehabilitation program in their place. It aims to the compliance of patients, and improvement of telemedicine services of specialists about their condition.

- **17/10/2018-16/4/2021**

Intelligent System of Outpatient Monitoring Evaluation during lokomotor Rehabilitation in Internet Cloud (ISOMETTRIC)

Multicenter grant by Greek Ministry of Education (EU financing) with the budget for the Department of PMR, University of Ioannina equal to 148.450 euros

ISOMETRIC aims to develop an intelligent system for the monitoring of outpatient condition towards their Rehabilitation. The system will combine data from both fully equipped gait analysis systems and wearable devices. The idea is based on the extraction of personalized knowledge during the rehabilitation of hospitalized patients, using intelligent systems and algorithms. The extracted knowledge could be useful for improving the accuracy of low cost systems, which could be used from outpatients in their own place, for rehabilitation monitoring. In this way, the patient can be able to self-organize his rehabilitation, according to specialist advices. ISOMETRIC focus

on outpatients, which suffer from some kinds of plegia (i.e. hemiplegia), who are initially hospitalized in a rehabilitation center, and then must follow a long-term recovery program in their own place. Monitoring of the patient condition will be available from a cloud based application. Rehabilitation program updating, prescribed therapy reconsidering, as well as rescheduling of patient-specialist sessions, will be all able by the daily remote monitoring of the patients.

ISOMETRIC implementation is organized in 5 different Work Packages (WPs), where the first one (WP1) is focused on user requirements and final architecture design of the system. WP2-WP4 include the implementation of the Wearable system, the intelligent system, and the cloud based application, respectively. WP5 aims the evaluation of the system, as well as the resolving of interoperability issues.

The main impact of the project focuses on the quality of life (QoL) improvement of the patient. Furthermore, financial impact will be directly presented on healthcare costs. According to ISOMETRIC business plan both Business-to-Business (B2B) and Business-to-Consumer (B2C) models will be employed. An IT company will be responsible for selling software and hardware to Rehabilitation centers, as well as for its update and maintenance. On the other hand, Rehabilitation centers will provide only health services to their patients. As a result, two business partners will have distinguish roles according their expertise.

- **January 2019-December 2022 (anticipated)**

‘Training the next generation of leaders to deliver innovations in dignified sustainable care systems for older people (INNOVATEDIGNITY)

Multicenter EU grant with the budget for the Department of PMR, University Hospital of Ioannina equal to 148.450 euros

INNOVATEDIGNITY is a trans-national network that aims to deliver a shared, world-leading research and training programme to educate the next generation of thought leaders with the necessary research experience and transferable skills to deliver innovations in dignified, sustainable care systems for older people, including new care models and digital applications. INNOVATEDIGNITY’s research examines older

peoples' perspectives of care systems with a specific focus on dignity, investigates the potential for digital applications, and analyses gender issues to provide crucial, urgently needed knowledge for sustainable and fit for purpose care that supports older people to live well. The network's programme of investigation: 1) Evaluates critically existing care systems and provide analyses that make use of older persons' insights.

2) Examines and offers a range of conceptual, empirical and methodological conditions to develop new innovations, including digital technology that offer dignity in care. 3) Provides an analysis of impacts of new care models on the well being of older people. 4) Critically examines impacts of gender on care delivery, on the leadership of caring and science careers, and the care workforce with insights for sustainability. INNOVATEDIGNITY addresses the European problem of how ageing people can live well in caring systems with a concentration on cross-disciplinary scholarship, producing an evidence base through fifteen PhD projects, interlinked with a series of integrated assignments, and supported by a coherent interdisciplinary training. INNOVATEDIGNITY will produce leaders well versed in innovating care from standpoints within and beyond 'healthcare', sectors that engage technology, the public, policy makers for the benefit of older people in Europe beyond the consortium nations.

- **2010-ongoing**

Supervisor professor of 5 thesis projects (2 already completed) of 5 postgraduate students of the Medical School of the University of Ioannina

- **2004-ongoing**

Team projects with

1. Twin Cities Spine Center, Minneapolis, MN
2. Rothman Institute, Jefferson Medical College, Philadelphia, PA
3. Massachusetts General Hospital/Spaulding Rehabilitation Hospital, Harvard University, Boston, MA
4. 424 General Army Hospital, Thessaloniki, Greece
5. Department of Orthopaedics, Peking University First Hospital, Beijing, China

- **02/2000-06/2004**

Aristotle University Thessaloniki, Medical School
PhD Student in Histology-Embryology Dept

Dissertation Title: *The Apoptosis during osteogenesis of neonatal rat bone*

• **10/1998-05/1999**

Aristotle University Thessaloniki, Medical School

Researcher of Pharmacology Dept

Project Title: *The effect of biphosphonates in the steroid induced osteoporosis of rat bone*

TEACHING WORK

03/2018 (ongoing)

Associate Professor

University of Ioannina

Courses 'Clinical signs in internal medicine and surgery'

3rd year med students

04/2017 (for 12 days)

Erasmus+ International Credit Mobility

Harvard Medical School

MGH and Spaulding Rehabilitation Hospital, Courses 'PMR and

Orthopaedics'

11/2015 till 05/2016 (on Sabbatical leave from U of Ioannina)

Aristotle University of Thessaloniki, A' Orthopaedic Department,

Courses 'Orthopaedics' and 'Tumors of the musculoskeletal system'

A' Neurosurgery Dept, Course 'Physical Medicine and Rehabilitation'

01/2015 till now

Associate Professor

University of Ioannina

Courses 'PMR' 'Orthopaedics' 'Neurology'

5th year Medical Students

1/2012-12/2013

Visiting Assistant Professor

Harvard Medical School

Courses 'Orthopaedic' and 'PMR'

2010 till now

Supervisor professor of 5 thesis projects (2 already completed) of

5 postgraduate students of the Department of PMR, Medical

School of the University of Ioannina

10/2008 till 01/2015

Assistant Professor

University of Ioannina

Courses 'Orthopaedics' and 'PMR'

4th year Medical Students

3/2008 till 9/2008

Visiting Professor

Jefferson Medical College

Course 'Physical Medicine and Rehabilitation'

2008 till now

Assistant/ Associate Professor

University Hospital of Ioannina, Department of PMR

Teaching at the Intradepartmental Postgraduate Lecture Program

2008 till now

Visiting Professor

Aristotle University of Thessaloniki

A' Neurosurgery Dept

Course 'Physical Medicine and Rehabilitation'

2006-2007

Lecturer (under Law 407)

Aristotle University of Thessaloniki

Papageorgiou Hospital, 3rd Orthopaedic Department

Courses 'Physical Medicine and Rehabilitation' and 'Orthopaedics'

8/2005-10/2008

424 General Army Hospital, Orthopaedic Residency Program

Attending Orthopaedic Surgeon/Lecturer

8/2004-7/2005

University of Minnesota, Orthopaedic residency program,

Fellow/Lecturer

VOLUNTEER WORK

09/2000

Royal Orthopaedic Hospital, Birmingham, England
Knee Arthroscopy trainee
Scholarship winner

08/1993-09/1993

St Orsola Hospital, Bologna, Italy
General Surgery Clerkship
Exchange Medical Student Program

07/1990-08/1990

Greek Naval Academy
Assistant Physician on 'Aris' Warship
Training trip all over Europe. First aid service to marines and officers on board

2008-till now

Public lectures on subjects of PMR and Orthopaedics in the Epirus region
Health services in uninsured civilians

ORGANISING WORK

- Chief of the Department of Physical Medicine and Rehabilitation, Division of Surgery, University Hospital of Ioannina (since 2010)
- Chief of the Orthopaedic Service, 492 General Army Hospital, Dimymotichon (2003-4)
- Medical Chief of the NATO chapter, Thessaloniki, 3rd Armed Corps
- President of the Research Chapter of Hellenic Association of Orthopaedic Surgery and Traumatology (2 years)
- President of the Organising Committee (4 Scientific Meetings, 1 Symposium and 2 Workshop)
- Member of the Organising Committee (17 Scientific Meetings and 1 Workshop)
- Member of the Scientific Committee (6 Scientific Meetings)

MEDICAL SCHOOL HONOR/AWARDS

“Excellent” distinction in “MD” Degree

Fourth in my class rank during graduation from Military Medical Academy

Chief of the Military Medical School on my graduating year

Greek State Scholarship (six consecutive years) for excellent performance

Fourth among 10000 candidates during the National Admission Exams to Medical School

POSTGRADUATE HONOR/AWARDS

Instructor of Spine Intervention Society

Scientific supervisor of the grant entitled ‘Intelligent teleMedicine

Platform for RehabilitatiOn based-On Virtual rEality’ (IMPROVE)

Multicenter grant by District of Epirus (European Union financing) with the budget for the Department of PMR, University of Ioannina equal to 78.750 euros (certificate no 144)

Scientific supervisor of the grant entitled ‘Intelligent System of

Outpatient Monitoring Evaluation during lokomotor

Rehabilitation in Internet Cloud’ (ISOMETTRIC)

Multicenter grant by Greek Ministry of Education (EU financing) with the budget for the Department of PMR, University of Ioannina equal to(148.450 euros (certificate no 146)

Scientific supervisor of the grant entitled’ Training the next

generation of leaders to deliver innovations in dignified

sustainable care systems for older people INNOVATEDIGNITY’

of the European Commision project Horizon 2020 (243.017,64 euros) (start 1/1/2019 and 36 months) (certificate no 145)

1st Oral presentation Award entitle ‘The role of isometric cervical

spine exercises in cervical alignment for dysphagic adult patients

with acquired cerebral palsy’ in the 8th Hellenic Spine Society Metting, Larissa 2014

Member of the Non-op Management Committee of the Scoliosis

Research Society

Member of the Awards Committee of the Scoliosis Research

Society

Member of the Translation Committee of the Scoliosis Research Society

President of the Research Chapter of Hellenic Orthopaedic and Traumatology Society (2010-2012)

1st Award for poster presentation entitled 'Efficacy study of sacral epidural injections in patients with sciatic pain' presented at 3rd Conference of Degenerative Lumbar Spine Rehabilitation with International Participation, Ioannina 2011

3rd Award for poster presentation entitled 'Videofluoroscopic swallow results in patients with dysphagia of cerebral origin' presented at 1ST Conference of Orthopaedic Rehabilitation with International participation, Ioannina 2010

Head of the Department of Physical Medicine and Rehabilitation, University of Ioannina (since 2010)

Award from the 2nd Annual Fellows Challenge DePuy Spine research 'Healos with marrow aspirate versus allograft in posterolateral fusion of degenerative scoliosis' presented at 2009 Annual AAOS meeting

Award from DePuy Spine Future Leaders Newsletter Spine Case Challenge #1

Edgar Dawson Fellowship grant from Scoliosis Research Society for the year 2005

Fellowship grant from the Macedonian-Thrace Orthopaedic Association for the academic year 2004-2005

Fellowship grant from the Greek Orthopaedic Association for the academic year 2004-2005

Fellow of the Greek College of Orthopaedic Surgeons following examination since 01/2004

3nd educational award of Macedonian-Thrace Orthopaedic Association for the year 2001-2002

Scholarship of "A. Onassis" Foundation for my Ph.D. dissertation from 09/2001 to 09/2003

2nd educational award of Macedonian-Thrace Orthopaedic for the year 2000-2001

2nd educational award of Macedonian-Thrace Orthopaedic for the year 1999-2000

Travel Grant from Macedonia-Thrace Orthopaedic Association during my knee arthroscopy visiting fellowship in Royal Orthopaedic Hospital, Birmingham, England (05/2000)

Travel grant from Zimmer Smith Co during my fellowship in Southern Illinois University (04/2002-07/2002)

Travel grant from I.F.M.S.A. during my elective program in St Orsola Hospital, Bologna, Italy (07/1993- 08/1993)

First place in residents' examination during 19th Congress of Macedonia-Thrace Orthopaedic Association (96/100)

Second place in residents' examination during 20th Congress of Macedonia-Thrace Orthopaedic Association (90/100)
5/2001

SOCIETY MEMBERSHIPS

Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST)

Macedonia-Thrace Orthopaedic Association

Spine Chapter of Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST)

Research Chapter of Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST)

Greek Spine Society

Greek Institute of Osteoporosis

Sports-Medicine Association of Northern Greece

International society of arthroscopy and knee surgery and orthopaedic sports medicine (ISAKOS)

Greek College of Orthopaedic Surgeons

Research Scoliosis Society

North American Spine Society

AO Spine

American Academy of Orthopaedic Surgeons

International Spine Intervention Society

International Spinal Cord Society

European Society of Physical and Rehabilitation Medicine

Orthopaedic Rehabilitation Association, USA

SCIENTIFIC PAPERS

I have participated in **318 papers in total**. These are divided as follows:

PUBLICATIONS: 146 (printed: 141, UNDER REVIEW: 5)
(English-Foreign: 107, Greek: 39)

PAPER PRESENTATIONS: 172
(64 in International Meetings and 108 in Greek Meetings)

**I. PUBLICATIONS IN INTERNATIONAL PEER-
REVIEWED MEDICAL JOURNALS**
(69 papers)

1. **Christodoulou A., Terzidis J., Metsovitis S., Ploumis A.,
Toptsis C. : Dislocation of bipolar hemiarthroplasty
following failure of the polyethylene ring. Two case
reports.**
European Journal of Orthopaedic Surgery and
Traumatology 2002;12:105-107.

2. **Christodoulou A., Ploumis A., Karkavelas G., Terzidis I.,
Tsagias I. :**
**A rare case of juxtaarticular osteoid osteoma of the
calcaneus misdiagnosed initially as JCA.**
Arthritis and Rheumatism 2003;48(3):776-779.

3. **Christodoulou A., Ploumis A., Terzidis I., Koukoulidis A. :**
**A combined proximal and distal dislocation of two
adjacent metatarsals: Double floating metatarsal bones
(second and third).**
Journal of Orthopaedic Trauma 2003;17(7):527-530.

4. **Christodoulou A., Ploumis A., Terzidis I., Chantzidis P.,
Metsovitis S., Nikiforos D. :**
**The role of timing of tourniquet release and cementing on
perioperative blood loss in total knee replacement**
Knee 2004;11(4):313-317.

5. **Ploumis A., Manthou M-E., Emmanouil-Nikoloussi E-N.,
Androudi S., Christodoulou A. :**
**Model of chondrocyte apoptosis in the epiphyseal
cartilage of growing bone.**

Journal of Orthopaedic Science 2004 ;9(5) :495-492.

6. **Christodoulou A., Ploumis A., Hantzidis P., Terzidis I., Tapsis K., Pournaras I. :**
Combined interbody cage and anterior plating in the surgical treatment of cervical disc disease.
Acta Orthopaedica Belgica 2004;70(5):461-465.

7. **Christodoulou A., Terzidis I., Metsovitis S., Ploumis A., Pournaras I. :**
The appearance of kissing contusion in the acutely injured knee in the athletes.
British Journal of Sports Medicine 2004;38(5):592-596.

8. **Christodoulou A., Ploumis A., Terzidis I., Pouliopoulos D., Givisis P. :**
Fixation of pilon fractures extending to the tibial diaphysis with double overlapping plates.
Orthopedics 2004;27(11):1155-1158.

9. **Christodoulou A., Ploumis A., Timiliotou K, Terzidis I., Gerogianni N., Spyridis C. :**
Spleen rupture after surgery in Marfan's syndrome scoliosis. A case report.
Journal of Pediatric Orthopedics 2004;24(5):537-540.

10. **Christodoulou A., Terzidis I., Ploumis A., Metsovitis S., Koukoulidis A., Toptsis K. :**
Supracondylar femoral fractures in elderly patients treated with the dynamic condylar screw and the retrograde intramedullary nail: a comparative study of the two methods.

Archives of Orthopaedic and Trauma Surgery 2005
Mar;125(2):73-79.

11. **Christodoulou A., Apostolou T., Ploumis A., Terzidis I., Givissis P., Pournaras I. :**
Pedicle dimensions of the thoracic and lumbar vertebrae in the Greek population.
Clinical Anatomy 2005 Sep;18(6):404-408.

12. **Christodoulou A., Ploumis A., Terzidis I., Pournaras I. :**
Vertebral body reconstruction with an injectable hydroxyapatite cement in the management of thoracolumbar burst fractures. A preliminary report.
Acta Orthopaedica Belgica 2005 Oct;71(5):597-603.

13. **Ploumis A., Hantzidis P., Dimitriou C. :**
High grade dysplastic spondylolisthesis and spondyloptosis. Report of three cases with surgical treatment and review of the literature.
Acta Orthopaedica Belgica 2005;71:750-757.

14. **Ploumis A., Christodoulou A., Terzidis I., Bibasi E. :**
Delayed ulnar neuropathy due to a radiolucent foreign body in the hypothenar.
Orthopedics 2007 Feb;30(2):163-5.

15. **Terzidis I., Christodoulou A., Ploumis A., Natsis K., Givissis P. :**
Meniscus tear morphology in young athletes with stable knee. Arthroscopic evaluation.
American Journal Sports Medicine 2006;34(7):1170-1175.

16. *Ploumis A., Transfeldt E.E., Mehbod A.A., Gilbert T.J., Dykes D.C., Perra J.H.:*
Degenerative lumbar scoliosis: Radiographic correlation of lateral rotatory scoliosis with neural canal dimensions.
Spine 2006;31(20):2353-2358.
17. *Ploumis A., Transfeldt E.T., Denis F. :*
Degenerative rotatory scoliosis associated with lumbar spinal stenosis.
The Spine Journal, 2007;7(4):428-436 .
18. *Ploumis A., Mehbod A.A., Garvey T.A., Gilbert T.J., Perra J.H., Transfeldt E.E., Wood K.W. :*
Prospective assessment of cervical fusion status: Flexion-Extension versus CT scans.
Acta Orthopaedica Belgica, 2006;72(3):342-346.
19. *Ploumis A., Pinto M.R., Schellhas K.P. :*
Disc space injection with arcaïne as a method to evaluate painful nonunion of a patient with an interbody fusion device: A case report.
The Spine Journal, 2007;7(1)74-78.
20. *Ploumis A., Transfeldt E.E. :*
Letter to the editor.
Spine 2006;31(16):1864-1865.
21. *Faundez A.A., Mehbod A.A., Wu C., Wu W., Ploumis A., Transfeldt E.E.:*
Position of interbody spacer in transforaminal lumbar interbody fusion: what is the effect on three-dimensional stability and sagittal lumbar contour?

Journal of Spinal Disorders and Techniques, 2008;21(3):175-180.

22. Ploumis A., Wu C., Mehbod A.A., Faundez A.A., Transfeldt E.E., Wu W.:

Biomechanical comparison of anterior lumbar interbody fusion and transforaminal interbody fusion.

Journal of Spinal Disorders and Techniques, 2008;21(2):120-125.

23. Ploumis A., Mehbod A.A., Dressel T., Dykes D.C.,

Transfeldt E.E., Lonstein J.E. :

Therapy of spinal wound infections using the Vacuum-assisted wound closure: Risk factors leading to resistance to treatment.

Journal of Spinal Disorders and Techniques, 2008;21(5):320-323.

24. Ploumis A., Liu H., Mehbod A.A., Transfeldt E.E., Winter R.B.:

A correlation of radiographic and functional measurements in adult degenerative scoliosis.

Spine 2009 Jul 1;34(15):1581-4.

25. Ploumis A., Christodoulou P., Vrangalas V., Milias S.:

Isolated Paget disease of the patella complicated with ipsilateral femoral head bone marrow edema.

Southern Medical Journal, 2008 Jul;101(7):753-5

26. Ploumis A., Ponnappan R.K., Maltenfort M.G., Patel R., Bessey J.T., Albert T.J., Harrop J.S., Fisher C.G., Bono C.M., Vaccaro A.R.:

**Thrombophylaxis in Patients with Acute Spinal Injuries:
An Evidence-based Analysis**
J Bone Joint Surg Am 2009;91(11):2568-76

**27. Ploumis A., Ponnappan R.K., Patel R., Bessey J.T., Vaccaro
A.R.: Thromboprophylaxis in spinal trauma surgery:
consensus among spine trauma surgeons**

The Spine Journal 2009; 9(7):530-6

**28. Ploumis A., Ponnappan R.K., Sarbello J., Dvorak M.,
Fehlings M.G., Baron E., Anand N., Okonkwo D.O., Patel
A., Vaccaro A.R.:**

**Thromboprophylaxis in traumatic and elective spinal
surgery: analysis of questionnaire response and current
practice of spine trauma surgeons**

Spine, 2010;35(3):323-329

**29. Ploumis A., Wu C., Mehbod A.A., Fischer G., Faundez A.A.,
Wu W., Transfeldt E.E.:**

**Revision of Transforaminal Lumbar Interbody Fusion with
Anterior Lumbar Interbody Fusion: A Biomechanical Study
in non-osteoporotic bone**

Journal of Neurosurgery Spine , 2010;12(1):82-87

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**II. FULL PAPERS PUBLISHED IN MEETINGS
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- 80. Stergiou A, Varvarousis D, Tzoufi M, Beris A, Plyta P, Gelalis I, Ploumis A**

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**V. Published abstracts in peer reviewed journals
(24 papers)**

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Archivos de Medicina del Deporte 2001;18(85):515.
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years follow-up
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**VI. PUBLICATIONS IN GREEK PEER REVIEWED MEDICAL
JOURNALS
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**109.Hatzidis P, Christodoulou A, Metsovitis S, Pouliopoulos D,
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- 113. S Metsovitis, A Christodoulou, I Terzidis, A Ploumis, D Nikiforos, P Savvidis:**
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- 114. S Metsovitis, A Koukoulidis, A Ploumis, P Savvidis, A Christodoulou:**
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- 140. Stavrou V, Zika Y, Ploumis A:**
The nursing rehabilitation in patients with spinal and spinal cord injuries
Interscientific Health Care 2012 4(2):55-62
- 141. Ploumis A, Christodoulou P**
Minimally invasive transforaminal interbody fusion for the surgical treatment of low-grade spondylolisthesis: a case series
Acta Orthopædica Helenica 2015;67(2):61-68, 84-90(english)

VII. MONOGRAPHY

(1 paper)

142. Ploumis A. :

The apoptotic activity in growing bone (Experimental study in rats).

PhD Thesis No 1771, Aristotle University of Thessaloniki, Medical School, Lab of Histology Embryology and Anthropology.

Pages. 1 - 152. Presentation: 10/2/2004. Grade: excellent.

Apoptosis or programmed cell death is a physiologic process for self-maintenance of living tissues. Mapping the apoptotic activity in the cartilaginous bone is an attractive scientific task and the basis which could explain the changes of apoptotic rates in pathological entities.

Five age-matched groups (0, 2, 4, 6, and 10 day old) of neonatal Wistar rats were selected as target groups. Each group consisted of six neonates. The length of the femoral bone was measured and, then, the distal femur was divided in cell zones, where the apoptotic rhythm was documented. Apoptosis was evaluated by the combination of TUNEL method with Heidenhain's method of AZAN histochemical staining and positive cells were characterized those possessing both 3-OH end labeling as well as morphological characteristics. Hypermicroscopic evidence of the death of physal chondrocytes was shown. Significant differences of apoptotic rates between age groups were manifested by Mann-Whitney test and Kruskal-Wallis test. Regression analysis was used to estimate the relationship between the apoptotic index in the zones of the epiphyseal cartilage of the distal femur and the femoral length.

The chondrocytic apoptotic activity in the epiphyseal plate, expressed as percentages, averaged $2,2 \pm 0,1(1,3)$ and reached a maximum at day 6 ($2,6 \pm 0,2(1,3)$), with statistical significance in 0-4 ($p < 0,05$) and 0-6 ($p < 0,05$) coupled groups. Apoptotic cell death was found in all growth plate cell zones with highest percentage in the hypertrophic zone (average $5,5 \pm 0,4(4,89)\%$). Statistically significant differences ($p < 0,05$) linking almost all age groups were traced in perichondrial cell zone. No statistically significant difference, in any cell zone comparison, was exhibited in 4-6 age couple. Special report should be made about the vast number of empty hypertrophic lacunae ($51,5 \pm 1(15,7)\%$ of total hypertrophic lacunae). There was not any dependence between the femoral bone length and the apoptotic frequency in the distal epiphyseal cartilage ($p > 0,05$). Variants of programmed cell death of

chondrocytes, that were observed under light microscopy, were verified by transmission electron microscopy.

It is concluded that the apoptotic rate in the epiphyseal plate maximizes at postnatal age period of 6 day and then declines to day 10. The rate of apoptosis is independent of the age at neonatal ages and is less than the known apoptotic rate in adult ages because of the rapid remodeling process. The femoral legthening rhythm is stable during this period, as well. Apoptosis of hypertrophic cartilage plays a critical role in endochondral ossification. Susceptibility to injury of the zone of provisional calcification is linked to the observation of continuous horizontal apoptotic activity in the cells of this zone. Morphologic confirmation of apoptosis by AZAN stained sections is helpful.

VIII. FULL ELECTRONIC PUBLICATIONS (E-
JOURNAL)
(4 papers)

143. *Ploumis A, Terzidis I, Savvidis P, Tapsis K, Georgopoulou S, Christodoulou A:*

The usefulness of transcutaneous closed biopsy in spinal lesions diagnosis

Annual Internet Orthopaedic Meeting, 3/2001

www.orthomath.gr/intercon21/terzidis.htm

144. *Metsovitis S, Ploumis A:*

Rotaglide mobile bearing total knee arthroplasty-Video presentation

Video Journal of Orthopaedics

<http://www.vjortho.com/2011/06/rotaglide-mobile-bearing-total-knee-arthroplasty/>

145. *Ploumis A, Papadopoulos D, Doulgeri S*

Greek translation of 'Patient and Family' website

Scoliosis Research Society

https://www.srs.org/greek/patient_and_family/

146. *Theodorou SJ, Theodorou DJ, Arka A,*

Papadopoulou S, Gkogkos V, Ploumis A:

The painful bipartite patella: imaging evaluation

Euro Rad/European Society of Radiology (May 2014)

<http://www.eurorad.org/case.php?id=11735>

IX. Paper presentations in International meetings

(64 papers)

**147. Papadopoulos D., Antonogiannakis E., Kaloudis P.,
Iliadis A., Ploumis A., Efstathiou P., Theodoridis T. :**

Stress fractures in military recruits

25th World Sports Medicine Congress, 9/1994

**148. Ploumis A., Gouvas G., Petkidis I., Marougiannis
D., Karanassos T., Tosounidis V. :**

**Chronic heel pain due to entrapment of the first branch of
lateral plantar nerve**

32nd International Congress on Military Medicine, 4/1998

**149. Terzidis I., Ploumis A., Metsovitis S., Christodoulou
A. :**

**A rare combined Monteggia type trauma in an 11 year old
athlete.**

5th International Sports Medicine Congress of the Northern
Greece Sports Medicine Association, 11/1999.

150. Terzidis I., Ploumis A., Christodoulou A. :

Dorsal carpometacarpal dislocation in a young athlete.

1st Cypriot and Greek-Cypriot Congress of Sports
Medicine, 10/2000.

**151. Natsis K., Hantzidis P., Valanos N., Tsitouridis I.,
Ploumis A., Panidis G. :**

**A case of an acute traumatic spondylolytic
spondylolisthesis in an adolescent**

II European Federation on Sports Medicine
Congress, Oviedo, 11/2001.

**152. Christodoulou A., Ploumis A., Zidrou C., Terzidis J.,
Pournaras J. :**

**Idiopathic scoliosis. Segmental fusion with
transpedicular screws.**

International Research Society of Spinal Deformities
Meeting
5/2002, Athens, Greece.

**153. Christodoulou A., Ploumis A., Terzidis J., Tapsis K.,
Hantzidis P. :**

**Surgical management of a congenital kyphotic deformity
in an adolescent**

International Research Society of Spinal Deformities
Meeting.
5/2002, Athens, Greece.

**154. Tsagias I., Ploumis A., Govaris L., Terzidis I.,
Christodoulou A. :**

**High-energy scaphoid fractures. Surgical treatment with a
modification of Matti-Russe method plus K-wires.**

International Congress of the Hellenic Societies for Surgery
of the Hand and Reconstructive surgery, 8/2002, Corfu,
Greece.

**155. Christodoulou A., Terzidis I., Ploumis A., Givissis
P., Gigis I., Pournaras J. :**

**Adolescent deformity correction with Moss Miami pedicle
screws.**

International Spine Symposium, 10th Anniversary of Moss
Miami Instrumentation, 5/2003, Vouliagmeni, Athens,
Greece.

**156. Christodoulou A., Givissis P., Terzidis I., Ploumis
A., Symeonidis P., Pournaras J. :**

**Burst fracture of the thoracolumbar spine: ligamentotaxis
and instrumental stabilization**

International Spine Symposium, 10th Anniversary of Moss
Miami Instrumentation 5/2003, Vouliagmeni, Athens,
Greece.

**157. Terzidis I., Natsis K., Sofidis G., Ploumis A.,
Christodoulou A., Koimtzis M., Gigis P. :**

**Anatomical study of the meniscus tears of the acutely
injured knee in young athletes that are diagnosed
arthroscopically.**

13th Balkan Sports Medicine Congress, 7th International
Congress of the Sports Medicine Association of Greece and
4th Greek-Cypriot Sports Medicine Congress, 4&5/2004,
Drama, Greece.

**158. Christodoulou A., Ploumis A., Terzidis I., Givissis
P., Gigis I., Pournaras I. :**

**Vertebral body reconstruction with an injectable
hydroxyapatite cement in the management of
thoracolumbar burst fractures. A preliminary report.**

11th International Meeting on Advanced Spine Techniques
(IMAST) 07/2004, Bermudes.

**159. Ploumis A., Manthou M-E., Emmanuil-Nikoloussi
E-N., Androudi S., Christodoulou A. :**

The apoptotic activity in the femoral rat cartilaginous bone and its relation to the growth rate during neonatal age.

32nd Meeting of European Teratology Society, Thessaloniki, 09/2004.

160. Ploumis A., Mehbod A.A., Garvey T.A., Gilbert T.J., Denis F., Schwender J., Perra J.H., Wood K. :

Prospective Assessment of Cervical Fusion Status: Flexion-Extension Radiographs versus CT Scans.

Annual Meeting of the Minnesota Orthopaedic Association, Minneapolis Convention Ctr, 05/2005.

161. Ploumis A., Transfeldt E.E., Mehbod A.A., Gilbert T.J., Dykes D.C., Perra J.H. :

Degenerative adult scoliosis: radiographic correlation of lateral rotatory listhesis with neural canal dimensions.

12th International Meeting on Advanced Spine Techniques (IMAST) 07/2005, Alberta, Canada.

162. Ploumis A., Transfeldt E.E., Mehbod A.A., Gilbert T.J., Dykes D.C., Perra J.H. :

Degenerative adult scoliosis: radiographic correlation of lateral rotatory listhesis with neural canal dimensions.

40th SRS meeting, 10/2005, Miami, Florida

163. Ploumis A., Schwender J.D., Folley K.T. :

Results of surgical treatment of low-grade spondylolisthesis with the use of minimally invasive transforaminal interbody fusion.

Spine Experts Group 3rd Annual Meeting, Thessaloniki 10/2005

164. Terzidis I., Natsis K., Totlis A., Ploumis A.
Morphological study of the isolated meniscal lesion in stable knees. Arthroscopic evaluation.
14th International Meeting on Physical Education and Sports, Komotini 05/2006

165. Ploumis A., Transfledt E.E., Gilbert T.J., Mehbod A.A., Pinto M.R., Wroblewski J.M. :
Degenerative lumbar scoliosis: clinical presentation with radiculopathy and correlation between canal dimensions selective nerve root injections.
International Meeting for Advanced Spine Techniques, Athens 07/2006.

166. Ploumis A., Transfledt E.E., Denis F., Hong L., Mehbod A.A., Schwender J.D.:
A classification system of lumbar degenerative scoliosis: a preliminary approach.
International Meeting for Advanced Spine Techniques, Athens 07/2006.

167. Ploumis A., Mehbod A.A., Dressel T., Dykes D.C., Polly D.W., Transfeldt E.E., Lonstein J.E. :
Risk factors influencing the frequency of procedures required for the treatment of postoperative spinal wound infections using the Vacuum-assisted wound closure.
21^o Annual NASS Meeting, Sheattle 09/2006

168. Ploumis A., Wu C., Mehbod A.A., Faundez A.A., Wu W., Transfledt E.E.:

Instrumented anterior lumbar interbody fusion and transforaminal lumbar interbody fusion: a biomechanical comparison.

International Meeting for Advanced Spine Techniques,
Athens 07/2006.

**169. Faundez A.A., Mehbod A.A., Wu C., Wu W.,
Ploumis A., Transfeldt E.E.:**

Position of interbody spacer in transforaminal lumbar interbody fusion (TLIF): effect on three dimensional stability and segmental lordosis.

International Meeting for Advanced Spine Techniques,
Athens 07/2006.

**170. Ploumis A., Transfeldt E., Gilbert T., Mehbod A.,
Pinto M., Wroblewski J., Denis F.:**

**Radiculopathy in degenerative lumbar scoliosis:
Treatment with selective nerve root injections**

4th International Conference on Conservative Management
of Spinal Deformities (SOSORT), Boston May 13-16 2007

171. Ploumis A., Hong L., Mehbod A.A., Transfeldt E.E.:

Can radiographic measurements of degenerative lumbar scoliosis predict clinical symptoms?

5th International Conference on Conservative Management
of Spinal Deformities (SOSORT), Athens, April 3-5 2008

172. Milias S., Molivas E., Ploumis A.:

Monostotic Paget disease of the patella

21st European Congress of Pathology, Istanbul, 09/2007

**173. Mehbod A.A., Wu C., Ploumis A., Fischer G.,
Faundez A.A., Transfledt E.E.:**

**Revision of transforaminal lumbar interbody fusion with
anterior lumbar interbody fusion: a biomechanical study.**

Annual Meeting of Minnesota Orthopaedic Society,
Minneapolis 05/2006.

**174. Gouvas G., Savvides A., Mpoutsiadis A., Vraggalas
V., Ploumis A.,
Pantazis E. :**

**Treatment of acute achilles tendon rupture with a new
minimal invasive method, 'Achillon'**

Combined AIOD-GKS Meeting 'Osteosynthesis
International' Strasburg 9/2007

**175. Ploumis A., Christodoulou P., Savvidis M.,
Vraggalas V., Pantazis E.:**

**Results of surgical treatment of lateral stenosis in the
lumbar spine with use of X-STOP : A preliminary report**

Spine Experts Group 5th Annual Meeting, Belgrade 12/2007

**176. Ploumis A., Transfeldt E., Denis F., Hong L.,
Mehbod A. :**

**A clinical and radiological impact classification system of
lumbar degenerative scoliosis**

Spineweek (ISSLS), Geneva, May 2008

**177. Metsovitis S., Tsakonas A., Chantzidis P., Terzidis
I., Ploumis A., Christodoulou A., Dimitriou C.:**

**Rotaglide total knee arthroplasty: a nine to seventeen
years follow-up**

9th EFORT Congress, Nice, May 2008

**178. Gouvas G., Savvidis M., Mpoutsiadis A., *Ploumis*
A., Vraggalas V., Pantazis E.:**

Humeral fracture treatment with intramedullary nailing

9th EFORT Congress, Nice, May 2008

**179. *Ploumis* A., Albert T., Brown Z, Mehbod A.,
Transfeldt E.:**

**Healos bone graft replacement with bone marrow
aspirate versus allograft in posterolateral fusion of lumbar
degenerative scoliosis: A preliminary report**

Annual AAOS meeting, Las Vegas, February 2009

**180. *Ploumis* A., Liu H., Mehbod A.A., Transfeldt E.E.,
Winter R.B.:**

**A correlation of radiographic and functional
measurements in adult degenerative scoliosis.**

Spine Experts Group 6th Annual Meeting, Sofia, Bulgaria
12/2008

**181. *Ploumis* A, Ponnappan RK, Sarbello J, Dvorak M,
Fehlings MG, Baron E, Anand N, Okonkwo DO, Patel
A, Vaccaro AR:**

**Thromboprophylaxis in spinal surgery and trauma: state
of the art with analysis of questionnaire response**

International Meeting for Advanced Spine Techniques,
Vienna 07/2009.

World Spine V, Santorini, May 2010

**182. Varvarousis D, Papadopoulos A, *Ploumis* A,
Kanellakopoulou K, Beris A, Giamarellou H:**

Prospective comparative study of glycopeptide and non-glycopeptide chemoprophylaxis in TJR

28th Annual Meeting of the European Bone & Joint Infection Society, Vienna, 09/2009

2011 Annual Meeting AAOS, San Diego, March 2011

183. Ploumis A, Ponnappan RK, Sarbello J, Patrick M, Owens M, Marino R:

Care in a Model SCI Trauma Center leads to shorter acute care lengths of stay compared to non-SCI Trauma Centers

International Spinal Cord Society Annual Meeting, Florence, 10/2009

184. Ploumis A., Yadlapalli N., Fehlings M.G., Kwon B.K., Vaccaro A.R.:

A systematic review of the evidence supporting a role for vasopressor support in acute SCI

26th Annual Meeting of the European Section of Cervical Spine Research Society, Corfu, May 2010

185. Ploumis A, Ponnappan RK, Sarbello J, Vaccaro AR: Thromboprophylaxis in traumatic and elective spinal surgery: analysis of questionnaire response and current practice of spine trauma surgeons

World Spine V and World Spine 2010, Santorini, May 2010

186. Varvarousis D, Ploumis A, Beris A: Botulinum toxin injection with and without electromyographic assistance for treatment of spasticity

Annual Meeting of European Society for Physical and Rehabilitation Medicine, Florence, May 2010

**187. Ploumis A.L., Metsovitis S.R., Tsakonas A.C ,
Chantzidis P.T., Gerakis A., Christodoulou A.G.,
Dimitriou C.G.:**

**Survivorship of revised polyethylene inserts in the
Rotaglide knee prosthesis: medium to long term follow up**
11th EFORT Congress, Madrid, June 2010

**188. Ploumis A., Pelidou S-E., Varvarousis D., Kyritsis
A., Beris A.:**

**Therapeutic rehabilitation of a patient with NMO-positive
relapsing longitudinal myelitis: a case report**
9th International Congress on current treatment and
therapeutic perspectives in Alzheimer, Parkinson's disease,
MS and Epilepsy, Athens, January 2011

**189. Liu H, Ploumis A, Schwender JD, Garvey TA:
Posterior Cervical Lateral Mass Screw Fixation and Fusion
to Treat Pseudarthrosis of Anterior Cervical Fusion.**

International Meeting for Advanced Spine Techniques,
Copenhagen 07/2011

190. Ploumis A, Cha T, Wood KB:

**Natural History of Coronal Spinal Balance in Patients
with Long Spinal Fusions: A Two-Year Follow-Up Study**

International Meeting for Advanced Spine Techniques,
Istanbul 07/2012

191. Herzog J, Ploumis A, Dazley J, Wood KB:

**A comparison of Hemodynamics in the Iliac Artery
between a Flat and Hyperextended Position for Anterior
Lumbar Interbody Fusion**

International Meeting for Advanced Spine Techniques,
Istanbul 07/2012

**192. Ploumis A, Chrostodoulou P, Varvarousis D,
Vrangalas V, Beris A:**

**Prospective Efficacy Study of Caudal and Transforminal
Epidural Steroid Injections in Patients with Lumbar
Sciatica**

International Meeting for Advanced Spine Techniques,
Istanbul 07/2012

**193. Ploumis A, Mehbod A, Gelalis I, Wood KB,
Transfeldt E:**

**In Vitro Study of Rotatory Olisthesis in the Lumbar
Spine: An Experimental Model**

International Meeting for Advanced Spine Techniques,
Istanbul 07/2012

**194. Papadopoulou S, Ploumis A, Exarchakos G, Beris A:
Adaptation and assessment of reliability and validity of
the Greek version of the Okhuma questionnaire for
dysphagia screening**

2nd Congress of the European Society for Swallowing
Disorders, Barcelona 10/ 2012

**195. Ploumis A, Pelidou S-E, Kitsanou M, Varvarousis D,
Tsianos E, Beris A:**

**Cerebral venous thrombosis and the role of rehabilitation:
a case report study**

7th World Congress on Controversies in Neurology,
Istanbul 04/2013

196. Phan P, Ploumis A, Hess K, Wood KB:
Surgical decision making in adult spine deformity: a cross-sectional survey of 28 spinal deformity surgeons
11th Annual AO Spine North America Fellows Forum, Banff
03/2013

**197. Wood KB, Shannon B, Buttermann G, Harrod C,
Ploumis A, Mehbod A:**
**Operative vs non-operative Treatment Of Thoracolumbar
Burst Fractures: 15-20 Year follow up**
2013 AAOS Annual Meeting, Chicago 03/2013

**198. Ploumis A, Trivedi V, Shin JE, Wood KB, Grottkau
B:**
**Progression of limb-length discrepancy and pelvic
obliquity in pediatric idiopathic scoliosis patients**
48th Scoliosis Research Society Meeting, Lyon 09/2013

199. Phan P, Ploumis A, Hess K, Wood B:
**Evaluating the extent of clinical variability among
treatment options for patients with adult spinal deformity**
2014 AAOS Annual Meeting, New Orleans 03/2014

200. Ploumis A, Cha T, Melikian R, Grottkau B, Wood B:
**Comparison of radiographic measurements by standard
digital versus EOS radiographs in adult spine patients**
2014 AAOS Annual Meeting, New Orleans 03/2014

**201. Ploumis A, Pelidou S-E, Rina C, Tatsi D,
Kalogeropoulos C:**
**Correlation of visual and motor recovery in stroke patients
during early rehabilitation period**

2014 Joint Congress of European Federation of Neurological Societies and European Neurological Society, Istanbul, May 2014

202. Ploumis A, Donovan J, Mobolaji O, Clark D, Wu J, Sohn D, O'Connor KO

Association between Aledronate, Serum Alkaline Phosphatase Level, and Heterotopic Ossification in Individuals with Spinal Cord Injury

19th Congress of European Physical and Rehabilitation Medicine, Marseille May 2014

203. Stavrou V, Ploumis A, Zyga S, Psychogiou M, Serpanou I, Krepia-Sapountzi D:

Needs of the in-hospital informal carers who provide care to their hospitalized relatives in a rehabilitation unit

1st International Balkan Conference on Health Sciences, Istanbul, May 2014

204. Phan P, Ploumis A, Hess K, Wood K

Evaluating the Extent of Clinical Variability Among Treatment Options for Patients with Adult Spinal Deformity

Ελεύθερη ανακοίνωση

50th Annual Meeting Scoliosis Research Society, Minneapolis, 09/2015

205. Ploumis A, Papadopoulou S, Theodorou S, Exarchakos G, Varvarousis D

The role of cervical isometric exercises in cervical spine alignment of dysphagic adult patients with hemiparesis of cerebral origin: a prospective comparative study

Ελεύθερη ανακοίνωση

20th Eur Congress of Phys Med Rehab, Estoril, Lisbon 04/
2016

206. Trivedi V, Ploumis A, Grottkau B, Shin J, Wood KB

**Progression of limb length discrepancy and pelvic obliquity
in pediatric idiopathic scoliosis patients**

Ελεύθερη ανακοίνωση

89th Annual Meeting of The Japanese Orthopaedic
Association, Yokohama 5/2016

**207. Theodorou S, Theodorou D, Papadopoulou S, Ploumis A,
Kakitsubata Y**

**MR imaging of skeletal muscle disease: cardinal patterns of
involvement**

Ελεύθερη ανακοίνωση

The UK Radiological Congress, Manchester 06/2017

208. Theodorou S, Theodorou D, Papadopoulou S, Ploumis A

**Toxic encephalopathy in the form of osmotic myelinolysis:
MR diffusion imaging findings**

Ελεύθερη ανακοίνωση

The UK Radiological Congress, Manchester 06/2017

**209. Ploumis A, Zaviaks K, Petrou I, Cherouveim P, Korompilias
A**

**Heterotopic ossification in Gullain Barre syndrome: a case
report and review of the literature**

Αναρτημένη ανακοίνωση

56th ISCoS Annual Scientific Meeting, 10/2017, Dublin, Ireland

210. Ploumis A, Varvarousis D, Bekou S, Theodorou A

Inadvertent psoas hematoma following 'Blind' intrathecal injection: a case report and review of the literature

Αναρτημένη ανακοίνωση

Spine Intervention Society 2018 European Congress, 03/2018,

London

X. Paper presentations in Greek meetings

(108 papers)

211. Stress fractures in freshly-joined soldiers
Papadopoulos D, Kaloudis P, Antonogiannakis E,
Efstathiou P, Iliadis A, **Ploumis A**, Theodoridis T
15th Armed Forces Medical Conference, Thessaloniki 1994.

212. Metal implants removal from long bones and
refracture
A Ploumis, A Vareltzidis, S Theofanidis, H Havanidis, D
Marougiannis, T Karanassos, V Tosounidis
16th Congress of Macedonia Thrace Orthopaedic Association,
5/1997

213. Complications after operative treatment of diaphyseal
fractures of the forearm
A Ploumis, N Valanos, D Varvarousis, D Ergeletzis, E
Pantazis, D Marougiannis, T Karanassos
17th Congress of Macedonia Thrace Orthopaedic Association,
4/1998

214. ACL reconstruction using patellar tendon autograft
T Bellis, D Barbarousis, **A Ploumis**, D Hantziemmanouil, E
Pantazis, D Marougiannis, T Karanassos
17th Medical Congress of Armed Forces, 11/1998
Abstracts, 217:331

215. Intramedullary nailing of tibial fractures
D Hantziemmanouil, K Tapsis, **A Ploumis**, I Petkidis, T
Karanassos, E Pantazis, D Marougiannis
17th Medical Congress of Armed Forces, 11/1998

216. Unstable fractures of lower cervical spine. Anterior
decompression and fusion
P Chantzidis, A Christodoulou, S Metsovitis, D Pouliopoulos,
A Ploumis, K Tapsis
26th Annual Meeting of the Spine 'Giannestras-Smyrnis',
3/2000

217. Comparative study of blood loss in TKR with or
without tourniquet deflation intraoperatively
P Chantzidis, I Terzidis, **A Ploumis**, D Nikiforos, S
Metsovitis, A Christodoulou

19th Annual Meeting of Orthopaedic Association of Macedonia-Thrace, 5/2000

218. The use of MRI for the evaluation of knee injuries
S Metsovitis, I Terzidis, P Chantzidis, **A Ploumis**, A Christodoulou
4th Seminar in the Arthroscopic Surgery and Sports Medicine.
Annual Symposium of the Greek Association of Arthroscopy and Knee Surgery, 6/2000

219. A case of transscaphoid perilunate carpal dislocation
A Ploumis, I Terzidis, I Tsagias, A Christodoulou
56th Congress of the Greek Orthopaedic and Trauma Association, 9/2000

220. Unstable peritrochanteric fractures. Comparative study of two different methods of treatment
C Balaftsalis, I Terzidis, I Papageorgiou, **A Ploumis**, D Pouliopoulos, A Christodoulou
12th District Orthopaedic Congress of Central and South Macedonia, 09/2000

221. The study of the clinical tests positive predictive value in meniscal and cruciate lesions of the knee. Arthroscopic confirmation
S Metsovitis, I Terzidis, D Nikiforos, **A Ploumis**, A Christodoulou
18th Medical Congress of Armed Forces, 11/2000

222. The usefulness of transcutaneous closed biopsy in spinal lesions diagnosis
A Ploumis, I Terzidis, P Savvidis, A Christodoulou
18th Medical Congress of Armed Forces, 11/2000

223. Operative treatment of spinal tuberculosis
A Christodoulou, P Chantzidis, C Zidrou, **A Ploumis**, I Pournaras
27th Annual Meeting of the Spine 'Giannestras-Smyrnis, 04/2001

224. A case of compound phalangeal fractures of the hand treated with external fixation systems
A Ploumis, S Metsovitis, I Terzidis, D Nikiforos, A Christodoulou
Hippokration Hospital, Orthopaedic Dept

20th Congress of Macedonia Thrace Orthopaedic Association,
4/2001

225. Indications of anterior spinal fusion for thoracolumbar fractures

A Ploumis, I Terzidis, P Savvidis, A Christodoulou
Hippokration Hospital, Orthopaedic Dept
13th District Orthopaedic Congress of Central and South
Macedonia, 06/2001

226. Neglected fracture-dislocation of the head of the humerus and the role of the Velpeau's axial view

S Metsovitis, **A Ploumis**, L Govaris, I Terzidis, I Papageorgiou, A Christodoulou
Hippokration Hospital, Orthopaedic Dept
57th Congress of the Greek Orthopaedic and Trauma
Association, 9/2001

227. Analysis-The evolution of the complications of total knee arthroplasty after a five-ten year follow-up

S Metsovitis, I Terzidis, A Christodoulou, **A Ploumis**, L Govaris, D Pouliopoulos
Hippokration Hospital, Orthopaedic Dept
57th Congress of the Greek Orthopaedic and Trauma
Association, 9/2001

228. Results of total knee replacement after high tibial osteotomy

S Metsovitis, A Koukoulidis, **A Ploumis**, P Savvidis, A Christodoulou
Hippokration Hospital, Orthopaedic Dept
57th Congress of the Greek Orthopaedic and Trauma
Association, 9/2001

229. Fixation with screw of posterior cruciate ligament's tibial attachment. A four case report

S Metsovitis, **A Ploumis**, I Papageorgiou, P Hantzidis, A Christodoulou
21st Congress of Macedonia Thrace Orthopaedic Association
5/2002, Thessaloniki, Greece

230. The study of plain x-rays positive and negative prognostic value in thoracolumbar fractures. Confirmation with CAT scan

A Christodoulou, I Christoforidis, I Terzidis, **A Ploumis**, S Metsovitis, H Balafstalis
21st Congress of Macedonia Thrace Orthopaedic Association

5/2002, Thessaloniki, Greece

231. Surgical treatment of cervical disc disease with interbody cage and fixation plate

A Christodoulou, P Hantzidis, **A Ploumis**, K Tapsis, I Terzidis, G Panidis

21st Congress of Macedonia Thrace Orthopaedic Association
5/2002, Thessaloniki, Greece

232. The incidence of appearance of “kissing contusion” lesion in MRI after knee injuries

I Terzidis, A Christodoulou, S Metsovitis, I Papageorgiou, **A Ploumis**, I Tsagias

21st Congress of Macedonia Thrace Orthopaedic Association
5/2002, Thessaloniki, Greece

233. Comparative study between posterior and lateral approach of total hip arthroplasty in patients with osteoarthritis

A. Ploumis, K. Tapsis, I. Papageorgiou, I. Terzidis, D. Pouliopoulos, A. Christodoulou

57th Congress of the Greek Orthopaedic and Trauma Association, Thessaloniki, Greece 10/2002

234. Surgical treatment of postoperative femoral fracture following hip arthroplasty

A. Ploumis, K. Tapsis, H. Zezrzllidis, I. Papageorgiou, F. Monga, A. Koukoulidis, K. Toptsis

19th Armed Forces Medical Congress, Thessaloniki, Greece
11/2002

235. Circumferential stabilisation for the treatment of thoracic and lumbar fractures

A. Christodoulou, **A. Ploumis**, P. Hantzidis, I. Terzidis, P. Savvidis, G. Panidis

28th Annual Meeting of the Spine ‘Giannestras-Smyrnis’,
Crete 09/2002

236. Lumbar spondylolisthesis treatment with interbody cage and posterior instrumentation

A. Christodoulou, P. Hantzidis, **A. Ploumis**, I. Terzidis, A. Christoforidis, G. Panidis

28th Annual Meeting of the Spine ‘Giannestras-Smyrnis’,
Crete 09/2002

- 237.** Surgical treatment with hemiarthroplasty of three- and four-part fractures of the humeral head
A Christodoulou, S Metsovitiss, H Zerzelidis, I Terzidis, **A. Ploumis**, I Papageorgiou
21st Congress of Macedonia Thrace Orthopaedic Association
5/2002, Thessaloniki, Greece
- 238.** Femoral neck buttressing and osteophytosis in osteoarthritic hips. Radiographic analysis and incidence between sexes
A. Christodoulou, I. Terzidis, P. Savvidis, **A. Ploumis**, I. Pournaras
22nd Congress of Macedonia Thrace Orthopaedic Association
5/2003, Chalkidiki, Greece
- 239.** Total knee replacement with mobile polyethylene platform
S. Metsovitiss, K. Tapsis, L. Govaris, I. Papageorgiou, **A. Ploumis**, K. Toptsis
22nd Congress of Macedonia Thrace Orthopaedic Association
5/2003, Chalkidiki, Greece
- 240.** Evaluation of apoptotic activity in the growing rat bone.
A. Ploumis, A. Manthos, E-N Emmanouil-Nikoloussi, V. Papavasiliou, A. Christodoulou
1st HAOST Basic Research in Orthopaedics Meeting, Larisa
09/2003
- 241.** Circumferential stabilization for the treatment of vertebral tumors
A. Christodoulou, **A. Ploumis**, I Terzidis, J. Pournaras
29th HAOST Spine section congress 'N. Giannestras-P. Smirnis', 09/2003
- 242.** Burst fracture of the thoracolumbar spine ligamentotaxis and instrumented stabilization. Preliminary report
A. Christodoulou, **A. Ploumis**, I Terzidis, P. Givissis, P. Symeonidis, J. Pournaras
29th HAOST Spine section congress 'N. Giannestras-P. Smirnis', 09/2003
- 243.** Rotaglide total knee arthroplasty. 4-12 years postoperative follow-up.

S Metsovitis, A. Tsakonas, P. Hantzidis, K. Tapsis, A. Ploumis, K. Toptsis.
58th Congress of the Greek Orthopaedic and Trauma Association, Athens, Greece 10/2003.

244. Degree of translation of the femoral head in osteoarthritic hips. Radiographic analysis and incidence between sexes.

A. Christodoulou, I. Terzidis, P. Savvidis, **A. Ploumis**, I. Pournaras

23rd Congress of Macedonia Thrace Orthopaedic Association 5/2004, Thessaloniki, Greece

245. The surgical treatment of malignant spinal tumors.

A. Christodoulou, **A. Ploumis**, I. Terzidis, I. Pournaras.

30th HAOST Spine section congress 'N. Giannestras-P. Smirnis', 09/2004 Samos Abstract book p. 40

246. Quality of life in scoliosis patients

Christodoulou A, Symeonidis PD, **Ploumis A**, Antonarakos P, Hatzokos I, Pournaras I. :

30th HAOST Spine section congress 'N. Giannestras-P. Smirnis', 09/2004

(FULL REPORT OF ALL THE FREE ANNOUNCEMENTS IN
UPLOADED PDF 'ERGASIES 211-318' OF PAPER COPIES)

XI. IMPACT FACTORS & CITATIONS

The 69 published full papers, following peer review, were published in the following journals (Impact Factor 2017):

<u>PUBLISHED FULL PAPERS</u>	<u>IMPACT FACTOR</u>
Acta Orthopaedica Belgica: 4 paper	0.542X4
American Journal of Sports Medicine: 1 paper	6.057
Archives of Orthopaedic and Trauma Surgery: 1 paper	1.967
Arthritis and Rheumatism: 1 paper	8.955
British Journal of Radiology: 1 paper	1.814
British Journal of Sports Medicine: 1 paper	7.867
Clinical Anatomy: 1 paper	1.908
European Journal of Orthopaedic Surgery and Traumatology: 1 paper	0.181
European Spine Journal: 1 paper	2.634
Journal of Bone Joint Surgery Am 2 papers	4.583X2
Journal of Neurosurgery Spine: 2 papers	2.761X2
Journal of Orthop Science: 1 paper	1.264
Journal of Orthopaedic Trauma: 1 paper	2.381
Journal of Pediatric Orthopaedic: 1 paper	1.853
Journal of Spinal Disorders and Techniques: 6 papers	2.310X6
Knee: 1 paper	1.903
Orthopedics: 3 papers	1.463X3
Pain Medicine: 2 papers	2.782X2
Southern Medical Journal: 1 paper	0.854
Spinal Cord: 2 paper	1.936X2
Spine: 5 papers	2.792X5
The Spine Journal: 3 papers	3.119X3
J Orthop Surg Res: 1 paper	1.610
Disabil Rehabil: 1 paper	2.042

Hernia: 1 paper	2.417
Journal of Shoulder and Elbow Surgery: 1 paper	2.849
Dysphagia: 1 paper	2.531
J Spinal Cord Med: 1 paper	1.882
J Cardiothor Surg: 1 paper	1.117
Clinical Rehabilitation: 1 paper	2.930
Am J of Phys Med Rehab: 1 paper	1.843
Clinical Spine Surgery: 2 papers	2X1.987
<hr/>	
TOTAL IMPACT FACTOR	130.691

21 out of 24 published abstracts were included in the following Journals (impact factor 2017):

<u>PUBLISHED ABSTRACTS</u>	<u>IMPACT FACTOR</u>
Eur J Phys Med Rehab: 8 abstracts	2.208X8
European Spine Journal: 3 abstracts	2.133X3
Journal of Bone Joint Surgery Br: 5 abstracts	3.309X5
Reproductive Toxicology: 1 abstract	2.580
Virchows Archiv: 1 abstract	2.936
European J Neurology: 2 abstracts	4.261X2
J. Neurol: 1 abstract	3.781
<hr/>	
TOTAL IMPACT FACTOR	58.429

CITATIONS:

According to Scopus

1147 citations of my 64 papers

h-index 18 (18 papers with 18 citations or more)

According to Google Sholar

2175 citations of my 96 papers

h-index 23 (23 papers with 23 citations or more)

m-index 1.437

According to Web of Science

913 citations of my 60 papers

h-index 17 (17 papers with 17 citations or more)

Below are presented best cited (in Scopus) papers

1. *Ploumis A., Transfeldt E.T., Denis F. :*

Degenerative lumbar scoliosis associated with lumbar spinal stenosis.

The Spine Journal, 2007;7(4):428-436 .

Cited by (104)

2. *Ploumis A., Transfeldt E.E., Mehbod A.A., Gilbert T.J., Dykes D.C., Perra J.H. :*

Degenerative lumbar scoliosis: Radiographic correlation of lateral rotatory scoliosis with neural canal dimensions.

Spine 2006;31(20):2353-2358 .

Cited by (49)

3. *Gelalis ID, Paschos NK, Pakos EE, Politis AN, Arnaoutoglou CM, Karageorgos AC, Ploumis A, Xenakis TA:*

Accuracy of pedicle screw placement: a systematic review

of prospective in vivo studies comparing free hand, fluoroscopy guidance and navigation techniques.

Eur Spine J 2012;21(2):247-55

Cited by (193)

4. Wood KB, Li W, Lebl DR, Ploumis A.

Management of thoracolumbar spine fractures.

Spine J. 2014 Jan;14(1):145-64

Cited by (91)

**5. Ploumis A., Liu H., Mehbod A.A., Transfeldt E.E.,
Winter R.B.:**

**A correlation of radiographic and functional
measurements in adult degenerative scoliosis.**

Spine 2009 Jul 1;34(15):1581-4.

Cited by (83)

**6. Ploumis A., Mehbod A.A., Dressel T., Dykes D.C.,
Transfeldt E.E., Lonstein J.E. :**

**Therapy of spinal wound infections using the
Vacuum-assisted wound closure: Risk factors leading
to resistance to treatment.**

**Journal of Spinal Disorders and Techniques,
2008;21(5):320-323.**

Cited by (27)

**7. Ploumis A., Wu C., Mehbod A.A., Faundez A.A.,
Transfeldt E.E., Wu W.:**

**Biomechanical comparison of anterior lumbar
interbody fusion and transforaminal interbody
fusion.**

**Journal of Spinal Disorders and Techniques,
2008;21(2):120-125.**

Cited by (32)

8. Terzidis I., Christodoulou A., Ploumis A., Natsis K., Givissis P. :
Meniscus tear morphology in young athletes with stable knee. Arthroscopic evaluation.
American Journal Sports Medicine 2006;34(7):1170-1175.

Cited by (44)

9. Ploumis A., Mehbod A.A., Garvey T.A., Gilbert T.J., Perra J.H., Transfeldt E.E., Wood K.W. :
Prospective assessment of cervical fusion status: Flexion-Extension versus CT scans.
Acta Orthopaedica Belgica, 2006;72(3):342-346.

Cited by (27)

10. Christodoulou A., Apostolou T., Ploumis A., Terzidis I., Givissis P., Pournaras I. :
Pedicel dimensions of the thoracic and lumbar vertebrae in the Greek population.
Clinical Anatomy 2005 Sep;18(6):404-408.

Cited by (21)

11. Christodoulou A., Terzidis I., Ploumis A., Metsovitis S., Koukoulidis A., Toptsis K. :
Supracondylar femoral fractures in elderly patients treated with the dynamic condylar screw and the retrograde intramedullary nail: a comparative study of the two methods.
Archives of Orthopaedic and Trauma Surgery 2005 Mar;125(2):73-79.

Cited by (27)

12. Christodoulou A., *Ploumis A., Terzidis I., Chantzidis P., Metsovitis S., Nikiforos D. :*

The role of timing of tourniquet release and cementing on perioperative blood loss in total knee replacement

Knee 2004;11(4):313-317.

Cited by (41)

13. *Ploumis A, Belbasis L, Ntzani E, Tsekeris P, Xenakis T.*

Radiotherapy for prevention of heterotopic ossification of the elbow: a systematic review of the literature

J Shoulder Elbow Surg. 2013 Nov;22(11):1580-8

Cited by (17)

14. *Ploumis A, Christodoulou P, Vavrarousis D, Sarni J, Wood K, Beris A*

Caudal versus Transforaminal Epidural Steroid Injections as Short-term (6 months) Pain Relief in Lumbar Spinal Stenosis Patients with Sciatica

Pain Med 2014 15(3):379-85

Cited by (16)

15. *Faundez A.A., Mehbod A.A., Wu C., Wu W., Ploumis A., Transfeldt E.E.:*

Position of interbody spacer in transforaminal lumbar interbody fusion: what is the effect on three-dimensional stability and sagittal lumbar contour?

Journal of Spinal Disorders and Techniques, 2008;21(3):175-180.

Cited by (24)

16. Ploumis A., Mehbod A.A., Dressel T., Dykes D.C., Transfeldt E.E., Lonstein J.E. :
Therapy of spinal wound infections using the Vacuum-assisted wound closure: Risk factors leading to resistance to treatment.
Journal of Spinal Disorders and Techniques, 2008;21(5):320-323.

Cited by (27)

17. Ploumis A.,Kolli S.,Sarbelo J., Patrick M, Owens M., Marino R.:
Length of stay and medical stability for spinal cord injured patients on admission to an inpatient rehabilitation hospital: a comparison between Model SCI trauma centre and non-SCI trauma centre.
Spinal Cord 2011 Mar;49(3):411-5

Cited by (18)

18. Ploumis A., Albert T., Brown Z., Mehbod A., Transfeldt E.:
Healos bone graft replacement with bone marrow aspirate versus allograft in posterolateral fusion of lumbar degenerative scoliosis.
Journal of Neurosurgery Spine, 2010; 13(2):211-5

Cited by (22)

19. Ploumis A., Michailidis N., Christodoulou P., Gouvas G., Kalaitzoglou I., Pantazis E. :
Ipsilateral Atrophy of Paraspinal and Psoas Muscle In Unilateral Chronic Back Pain Patients with Monosegmental Degenerative Disc Disease

British Journal of Radiology 2011 Aug;84(1004):709-13

Cited by (45)

20. Ploumis A., Ponnappan R.K., Maltenfort M.G., Patel R., Bessey J.T., Albert T.J., Harrop J.S., Fisher C.G., Bono C.M., Vaccaro A.R.:

Thrombophylaxis in Patients with Acute Spinal Injuries: An Evidence-based Analysis

J Bone Joint Surg Am 2009;91(11):2568-76

Cited by (26)

21. Ploumis A., Ponnappan R.K., Patel R., Bessey J.T., Vaccaro A.R.: Thromboprophylaxis in spinal trauma surgery: consensus among spine trauma surgeons

The Spine Journal 2009; 9(7):530-6

Cited by (19)

22. Ploumis A., Yadlapalli N., Fehlings M.G., Kwon B.K., Vaccaro A.R.:

A systematic review of the evidence supporting a role for vasopressor support in acute SCI

Spinal Cord, 2010;48(5):356-62

Cited by (48)

JOURNAL REVIEWER

I have served as an Assistant editor in
EUROPEAN SPINE JOURNAL
DIAGNOSTIC AND THERAPEUTIC ENDOSCOPY

I have served as a reviewer in the following Journals

CLINICAL ANATOMY

(Impact factor 2017: 1.908)

SPINAL CORD

(Impact factor 2017:1.9636)

CLINICAL ORTHOPAEDICS AND RELATED RESEARCH

(Impact factor 2017:4.091)

EUROPEAN SPINE JOURNAL

(Impact factor 2017:2.634)

AMERICAN JOURNAL OF PHYSICAL MEDICINE AND
REHABILITATION

(Impact factor 2017:1.843)

INVITED SPEAKER IN INTERNATIONAL SCIENTIFIC MEETINGS

1. Spinal Infections (part I)

Orthopaedic Resident Spine Conference, University of Minnesota, Minneapolis, January 26 2005.

2. Cervical Spine Injuries (part I)

Orthopaedic Resident Spine Conference, University of Minnesota, Minneapolis, April 13 2005.

3. Spine Care in the Geriatric Population

Allina course on "Spine and Rehabilitation – A closer look", Minneapolis, Minnesota, April 15 2005
(πιστοποιητικά αρ. 52).

4. Degenerative rotatory scoliosis

Visiting Professor Day, Grand rounds, Twin Cities Spine Center, Minneapolis, May 6 2005.

5. Spinal Infections (part II)

Orthopaedic Resident Spine Conference, University of Minnesota, Minneapolis, June 8 2005.

6. Cervical Spine Injuries (part II)

Orthopaedic Resident Spine Conference, University of Minnesota, Minneapolis, July 27 2005.

7. Iliac screw fixation in Neuromuscular scoliosis

Grand Rounds, Department of Orthopaedic Surgery, A.I.
Dupont Hospital for Children, Willmington, Delaware,
June 18 2008

8. **Indications for spinal surgery in back pain patients**
PM&R Resident Lectures, Jefferson Univeristy,
Philadelphia, June 18 2008.
9. **Pediatric idiopathic scoliosis: diagnosis and treatment**
Orthopaedic Resident Lectures, Jefferson Univeristy,
Philadelphia, July 14 2008.
10. **Electronic Medical Records**
Lecture, Jefferson Spine Fellows Meeting, Orlando, FL,
USA, July 25-26 2008
11. **A Clinical and Radiological Impact Classification
System of Lumbar Degenerative Scoliosis**
Lecture as Travelling Fellow 2008 for the Scoliosis
Research Society, September 2008.
12. **The Use of Interspinous Distraction Devices in the
Symptomatic Treatment of Lumbar Spinal Stenosis**
Lecture as Travelling Fellow 2008 for the Scoliosis
Research Society, September 2008.
13. **Pelvic Fixation in Neuromuscular Scoliosis: Indications,
Techniques and Results**
Lecture as Travelling Fellow 2008 for the Scoliosis
Research Society, September 2008.
14. **Spinal cord syndromes**

Spine Conference
Massachusetts General Hospital, Spine Service
May 2012

15. Failed back surgery syndrome (FBSS)

PMR resident conference
Spaulding Rehabilitation Hospital
May 2012

16. Diagnosis and treatment of sagittal imbalance of the spinal column

Spine Conference
Massachusetts General Hospital, Spine Service
May 2012

17. Cervical spine fractures

Orthopaedic Resident Conference
Women's and Bringham Hospital
March 2013

18. Perioperative complications in spine surgery

Spine Conference
Massachusetts General Hospital, Spine Service
March 2013

19. Idiopathic Scoliosis

Rehabilitation of spinal sports injuries
Physical examination of the spine
Thoracolumbar fractures
Prevention and management of spinal sagittal imbalance
Hip-spine syndrome
Pediatric spinal cord injury

Neuromuscular scoliosis

Cerebral palsy in children

Paediatric Spine Conference & PMR Resident's

Massachusetts General Hospital, Paediatric Spine Service

& Spaulding Rehabilitation Hospital, Boston

April 2017

INVITED SPEAKER IN GREEK SCIENTIFIC MEETINGS

(37 lectures)

PARTICIPATION IN SCIENTIFIC ROUND TABLES

(41 lectures)

CHAIR IN SCIENTIFIC MEETINGS

(chairman in 16 meetings)

FACULTY IN MEETINGS WITH HANDS-ON TRAINING

1. Transforaminal Lumbar Interbody Fusion

Minneapolis, Laboratory of the Foundation for the Advancement of Spinal Knowledge (F.A.S.K.), March 4-5 2005

Lectures and Cadaver workshop

Instructors: Amir A. Mehbod, **Avraam Ploumis**, Daryll C. Dykes, Elizabeth Ames, David W. Polly

Round table lectures:

Moderator: Daryll C. Dykes

Lecturers: Amir A. Mehbod, **Avraam Ploumis**, Daryll C. Dykes, Elizabeth Ames, David W. Polly

2. Transforaminal Lumbar Interbody Fusion

Minneapolis, Laboratory of the Foundation for the Advancement of Spinal Knowledge (F.A.S.K.), June 4 2005

Lectures and Cadaver workshop

Instructors: Amir A. Mehbod, **Avraam Ploumis**, Daryll C. Dykes, Elizabeth Ames, James D. Schwender

Round table lectures:

Moderator: Daryll C. Dykes

Lecturers: Amir A. Mehbod, **Avraam Ploumis**, Daryll C. Dykes, Elizabeth Ames, James D. Schwender

3. Long bones intramedullary nailing

Thessaloniki, Annual Meeting of Intramedullary Nailing Chapter, January 2008

4. Prestige-Zephir-Cornerstone (Medtronics cadaveric course)

Thessaloniki 8/2/2008, 2nd International Symposium Advances in Spinal Surgery

5. Legacy-Peek rod-Diam (Medtronic cadaveric course)

Thessaloniki 9/2/08, 2nd International Symposium Advances in Spinal Surgery

6. Interventional pain management-Intradiscal Pain Therapy

Arta, April 2009, 1st Symposium of Minimally Invasive Spinal Surgical Techniques & Treatment

7. 1st Seminar of Surgical Anatomy of the Foot & Ankle

March 2010, Ioannina

8. World Spine V and World Spine 2010 Hands on course,

Santorini Larissa, 7-9 Μαΐου 2010

9. 2nd Seminar of Surgical Anatomy of the Foot & Ankle

March 2011, Ioannina

10. Sagittal Balance Master Course

November 2013, Ioannina

11. European Spine Course Diploma Module 1

December 2013, Thessaloniki

12. European Spine Course Diploma Module 1, Thessaloniki

November 2014

13. European Spine Course Diploma Module 1, Thessaloniki

December 2015

14. European Spine Course Diploma Trauma Module ,

Thessaloniki November 2017

15. International Outreach Course - Lumbar Hands-On Lab,

Ioannina October 2018

REFERENCES

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Spine Fellowship Director
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Medical Director, Spinal Cord Injury Unit
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Earle P. and Ida S. Charlton Professor of Physical Medicine and
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Harvard Medical School
Spaulding Rehabilitation Hospital
Dept of Physical Medicine & Rehabilitation
300 First Avenue
Charlestown MA 02129-3109
Phone 617/573-2754
Fax 617/573-2759
Email: rzafonte@partners.org

DIPLOMAS-CERTIFICATES

1. Medical School diploma
2. Diploma in Greek
3. Diploma in Greek
4. Certification of Exchange Student Committee for volunteer work in St Orsola Hospital, Bologna, Italy
5. Certification of Educational Commission for Foreign Medical Graduates (E.C.F.M.G. certificate)
6. Licensure of medical profession from the Prefecture of Thessaloniki Greece
7. PhD diploma from Aristotle University of Thessaloniki
8. Diploma in Greek
9. Diploma in Greek
10. Diploma in Greek
11. Diploma in Greek
12. Diploma in Greek
13. Certificate of fellowship at Sports Injury Dept of Royal Orthopaedic Hospital, Birmingham, Great Britain
14. Certificate of attendance as resident at the Orthopaedic Dept of Southern Illinois University, Springfield, Illinois, USA
15. Diploma in Greek
16. Title of the Medical Specialty of Orthopaedics
17. Diploma in Greek
18. Certificate of Spine Fellowship at Twin Cities Spine Center, Minneapolis, USA
19. Certificate of training in Spinal Cord Injuries at Sister Kenny, Minneapolis USA
20. Certificate of Visiting Spine Fellowship of the Southern Illinois University

21. Diploma of Traveling Spine Fellowship at Washington University, Saint Louis, MI, USA
- 21.1 Diploma of Spine Fellowship at Rush University, Chicago, IL, USA
22. Certificate of Edgar G. Dawson Scholarship of the Scoliosis Research Society
23. Certificate of teaching activities within Orthopaedic Residency Program at the University of Minnesota, USA
24. Certificate from Allina Health System, Minneapolis, USA on my fellowship presentations (2004-2005) within CME
25. Certificate on spinal injections from the Center of Diagnostic Imaging, St. Louis Park, MI, USA
26. Minnesota Medical License, USA.
27. Illinois Medical License, USA
28. Diploma in Greek
29. Certificate in Advance Life Trauma Support (A.T.L.S.) of the American College of Surgeons/Hellenic Chapter
30. Diploma in Greek
31. Diploma in Greek
32. Diploma in Greek
33. Diploma in Greek
34. Diploma in Greek
35. Diploma in Greek
36. Diploma in Greek
37. Diploma in Greek
38. Diploma in Greek
39. Diploma in Greek
40. Active Fellowship of the Scoliosis Research Society
41. Membership of the North American Spine Society
42. Membership of International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine

42.1 Membership of the American Academy of Orthopaedic Surgeons

43. Participation in AO Comprehensive Spine Course for Surgeons, Patra, Greece
44. Attendance to Kyphon Inflatable Bone Tamp Technology Course, Memphis, TN, USA
45. Attendance to Current and Emerging Issues in Complex Lumbar Spine Surgery, St. Louis, Missouri, USA
46. Attendance to Practical Strategies in Spine Surgery: Current Applications and Techniques, Rosemont, Illinois, USA
47. Attendance of Charité Artificial Disc Comprehensive training Program, Cincinnati, Ohio, USA
48. Certificate of Proficiency in English
49. Certificate of Zertificat Deutch als Fremdsprache, Gothe Institute
50. Diploma in Greek
51. Diploma in Greek
52. Invitation letter as lecturer, Minnesota, USA.
53. Letter as Journal reviewer (Clinical Anatomy)
54. Diploma in Greek
55. Certificate of scholarship from Zimmer company, during my fellowship at Southern Illinois University, USA
56. Diploma in Greek
57. Diploma in Greek
58. Diploma in Greek
59. Diploma in Greek
60. Diploma in Greek
61. Diploma in Greek
62. Invitation from SPINE journal to submit for publication a paper presented at annual Scoliosis Research Society Meeting, 2005, Miami USA

63. Diploma in Greek
64. Congratulation letter from the Scoliosis Research Society for the Edgar G. Dawson scholarship
- 64.1Diploma in Geek
65. Diploma in Greek
66. Letter of acceptance, Spine Fellowship, 2004-2005 Twin Cities Spine Center, Minneapolis, MN, USA
67. Letter of acceptance, Spine Fellowship, 2005-2006 Rush University, Chicago, IL, USA
68. Certificate of research continuation with Twin Cities Spine Center
69. Reference letter from Ensor E. Transfeldt, MD, Associate Professor in the Univerity of Mnnesota, Twin Cities Spine Center, Spine Fellowship Director, Minneapolis, MN 55044
70. Reference letter from Professor David W. Polly Jr, University of Minnesota
71. Reference letter from Professor Kirkham B. Wood, Harvard University
72. Reference letter from Amir A. Mehbod, Twin Cities Spine Center, (F.A.S.K.), Minneapolis
73. Diploma in Greek
74. Diploma in Greek
75. Diploma in Greek
76. Diploma in Greek
77. Diploma in Greek
78. Certificate of participation ath Spine Service of Rothman Institute and the Orthopaedic Dept of Thomas Jefferson University
79. Diploma in Greek
80. Diploma in Greek
81. Diploma in Greek

82. Award from DePuy Spine Future Leaders Newsletter Spine Case Challenge #1
83. Diploma in Greek
84. Invitation letter from Professor D. Bagley for the position of Assistant Editor of the Journal Diagnostic and Therapeutic Endoscopy
85. Updated reference letter from Professor David W. Polly Jr, University of Minnesota
86. Certificate of Research Spine Fellowship, Rothman Institute, Philadelphia, PA USA
87. Certificate of Visiting Professorship of Rehabilitation Medicine, Jefferson University, Philadelphia, PA USA
88. Certificate of Traveling Fellowship of the Scoliosis Research Society
89. Diploma in Greek
90. Membership of International Spinal Injection Society
91. Membership of International Spinal Cord Society
92. Membership of Orthopaedic Rehabilitation Association
93. Attendance of the 15th Advanced Techniques in Cervical Spine Decompression and Stabilization, Saint Louis, MO, USA
94. Certificate of fellowship at Alfred Dupont Hospital
95. Attendance to Midas Rex Cadaver Course, Saint Louis, MO, USA
96. Diploma in Greek
97. Diploma in Greek
98. Reference letter from Professor Alexander Vaccaro, Jefferson University, Philadelphia, PA USA
99. Reference letter from Professor Ralph Marino, Jefferson University, Philadelphia PA USA
100. Diploma in Greek

101. Diploma in Greek
102. Diploma in Greek
103. Attendance to Phase 2 Cervical Procedures Bio-Skills Lab,
Amsterdam, Netherlands
104. Attendance to Lumbar Procedures Bio-Skills Lab,
Amsterdam, Netherlands
105. Membership of European Society for Physical and
Rehabilitation Medicine
106. Membership of AO Spine
107. Award from the 2nd Annual Fellows Challenge DePuy
Spine research 'Healos with marrow aspirate versus allograft
in posterolateral fusion of degenerative scoliosis' presented at
2009 Annual AAOS meeting
108. Certificate of Spine Fellowship from Combined Program of
MGH/BWH, Harvard University, Boston MA USA
109. Letter of fellowship at Spaulding Rehabilitation Hospital,
Harvard Medical School, Boston, MA USA
110. Certificate of Visiting Professorship, Harvard Medical
School, Boston MA USA
111. Massachusetts Medical License
112. Diploma in Greek
113. Letter of invitation as a reviewer from Clinical Orthopaedic
and Related Research
114. Diploma in Greek
115. Diploma in Greek
116. Diploma in Greek
117. Diploma in Greek
118. Diploma in Greek
119. Diploma in Greek
120. Diploma in Greek
121. Diploma in Greek

122. Diploma in Greek
123. Scoliosis Research Society Certificate as member of Awards Committee
124. Scoliosis Research Society Certificate as member of Translation Committee
125. Assistant Editorial Board of the European Spine Journal
126. Diploma in Greek
127. Diploma in Greek
128. Diploma in Greek
129. Diploma in Greek
130. Diploma in Greek
131. Diploma in Greek
132. Diploma in Greek
133. Diploma in Greek
134. Diploma in Greek
135. Certificate of Instructor for the Spine Intervention Society
136. Member of non-op committee of the Scoliosis Research Society
137. Reviewer of the American Journal of Physical Medicine and Rehabilitation
138. Diploma in Greek
139. Diploma in Greek
140. Letter from Professor Grottkau reporting my Erasmus + International Credit Mobility program at MGH/SRH hospitals in Harvard Medical School, BOSTON
141. Letter of short-term fellowship on spinal injections at Halifax Spine Center, Canada
142. Diploma in Greek
143. Diploma in Greek
144. Diploma in Greek

145. Grant approval by European Commission of the research project INNOVATEDIGNITY
146. Diploma in Greek
147. Diploma in Greek
148. Diploma in Greek
149. Diploma in Greek

DIPLOMAS-CERTIFICATES