

Curriculum Vitae – Konstantinos Ditsios, M.D.

1. Personal Information

- a. Sex: Male
- b. Date of Birth: August 31, 1964
- c. Place of Birth: Frankfurt, Germany
- d. Married – wife Helen, two children – Tryfon, Athena
- e.

2. Citizenship:

Greece

4. Present Position: Assistant Professor in Orthopaedic at A.U. T

1/6/18 – present Associate Professor in Orthopaedic of Aristotle University of Thessaloniki
2nd Orthopaedic Department of Aristotle University of Thessaloniki
General Hospital :g. Gennimatas” Thessaloniki, Greece



5. Education

1982 Undergraduate: Secondary School, Kastoria, Greece
1993 Graduate: Aristotelion University School of Medicine, Thessaloniki, Greece
2000 Postgraduate: 5th year Residency in Orthopaedic and Hand Surgery,
Asclepeion Hospital , Voula, Athens, Greece

6. University and Hospital Appointments and Committees:

- a. 1995 - Organizing committee member, Orthopedic Seminar of West and Central Macedonia, Kastoria
- b. 1998 – Organizing committee member, 54th Orthopedic Congress, Hellenic Association of Traumatology and Orthopedic Surgery, Athens
- c. Organizing committee member, 3rd Combined Greek – German Orthopedic Congress
- d. 1996 – Member of medical team of Greek delegation, Olympics, Atlanta
- e. Elected member, Board of Directors, Resident representative, Hellenic College of Orthopedic Surgeons
- f. 2009-2012 Elected member, in Executive Council (TREASURER) of HELLENIC SOCIETY FOR RECONSTRUCTIVE MICROSURGERY
- g. 2009-2012 Elected member, in Executive Council (TREASURER) of HELLENIC SOCIETY FOR SURGERY OF THE HAND
- h. 2013 Elected member, in Executive Council of HELLENIC SOCIETY FOR RECONSTRUCTIVE MICROSURGERY
- i. 2013 Elected member, in Executive Council in of Hellenic Association of Orthopaedic and Trauma Surgery
- j. 2013 Elected member, in Executive Council of Orthopaedic and Trauma Association of Macedonia and Thrace
- k. 2014 Elected member, in Executive Council as 2nd Vice President (I’ll be president at 2016) of HELLENIC SOCIETY FOR RECONSTRUCTIVE MICROSURGERY

7. Medical and Board Certification: November 2000, officially certified as Licensed Orthopaedic Surgeon, after successful examination, in the Ministry of Health authorized committee

10. Honors and Awards:

1979 – 1991 16 times gold medallist, National Rowing Championship, Greece

<u>1988</u>	<u>Member, Rowing Team of Greece, Olympics, Seoul</u>
<u>1985 – 1989</u>	<u>President, Greek Association of Rowing Athletes</u>
<u>1993</u>	<u>Physician, World Rowing National Cup, Ioannina, Greece</u>
<u>1993 – 1996, 2004-present</u>	<u>Head Physician, Greek National Rowing Team</u>

1. The Jacques Duparc Poster Award and The Jacques Duparc Visiting Fellowship presented by: European Federation of National Associations of Orthopaedics and Traumatology in 5th EFORTCongress,(3-7/6/2001)
to: **K. Ditsios**, H. Dinopoulos, V. Psychoyios, K. Dialetis, P. Kinnas
«The reconstruction of digital pulleys with expanded PTFE-membrane in rabbits»

2. Julian M. Bruner Award for Outstanding Poster
presented by: American Foundation for Surgery of the Hand, American Society for Surgery of the Hand
to: C Day, RH Gelberman R, **K Ditsios**, MT Vogt, M Boyer
«Basal joint arthritis of the thumb: results of a prospective trial of steroid injection and splinting»

3. Award as: outstanding research in Orthopedic surgery
presented by: 9th international Congress on Surgery of the Shoulder (2-4 /5/ 2004)
to: Yamaguchi K, Baumgarten K, Gerlach D, **Ditsios K**, Teefey SA, Middleton WD, Hildebolt CF, Galatz LM
«The demographics and morphology of rotator cuff disease: A comparison of asymptomatic and symptomatic shoulders»

4. Award for Outstanding Poster
presented by: OTEMATH in 26th Congress of OTEMATH (11-14/4/2007)
to: **K. Ditsios**, D. Kapoutsis, P. Givisis, An. Christodoulou, J. Pournaras
«INDEX POLLICIZATION AFTER TRAUMATIC AMPUTATION OF THE THUMB AND INDEX FINGER OF LEFT HAND »

5. Award for Outstanding Poster
presented by: Hellenic Association of Orthopaedic Surgery and Traumatology in 63o Congress of EEXOT (9-13/10/2007)
to: **K. Ditsios**, D. Kapoutsis, P. Givisis, An. Christodoulou, J. Pournaras
“Thumb Reconstruction with Index Transfer after Traumatic Amputation of (L) Thumb and Index»

6. Award for Outstanding Poster
presented by: World Congress of Sports Medicine in XXX FIMS World Congress of Sports Medicine (18-23/11/2008)
to: Pagonis T, Toli P, **Ditsios K**, Karataglis D, Papadopoylos P, Cristodoulou A
με τίτλο «USE OF ANABOLIC STEROIDS IMPROVES RECUPERATION OF DISTAL BICEPS RUPTURE POST OPERATIVELY»

7. Best scientific Oral Presentation 33rd Congress of OTEMATH (24-27/4/2014)
with title “DORSAL TENDONS DISLOCATION AFTER SURGICAL TREATMENT OF DE QUERVAIN. CASE REPORT”
K. Ditsios, P. Konstantinou, P Athanasiadou, J. Theodoroudis, A. Boutsiadis, A. Christodoulou.

8. Best scientific Oral Presentation 34th Congress of OTEMATH (16-18/4/2015)
with title “COMPARISON OF INTRASYNOVIAL VS EXTRASYNOVIAL TENDON AUTOGRAFTS TO RESTORE THE ACL LIGAMENT. EXPERIMENTAL STUDY ON RABBITS”
J. Theodoroudis, **K. Ditsios**, A. Boutsiadis, G. Chatziliadis, C. Poulivos, D. Kapoucranidou, M. Alpani, A. Christodoulou

11. Professional Societies and Organizations:

Member, Sports Medicine Association of Greece,
Hellenic Association of Orthopaedic Surgery and Traumatology (HAOST)
Hellenic Societies for Surgery of the Hand
Hellenic Society for Reconstructive Microsurgery
FESSH (Federation of European Societies for Surgery of the Hand)
ASSH (American Society for Surgery of the Hand)
AAOS (American Academy of Orthopaedic Surgeons)
ORS (Orthopaedic Research Society)

12. Research Experience:

03/22/99 – 6/18/99	Practice in microsurgery at the Laboratory Research Center for the Musculoskeletal Diseases “Th. Garofalidis,” University of Athens	
	Nuclear Research Center “Democritos.” Working on “tendons graft”	
11/01/00 – 2002	Biomedical Engineering, Department of Orthopaedic Surgery (Matthew J. Silva, Ph.D.), Washington University School of Medicine, St. Louis, Missouri, USA	
2009	present	Collaboration with Physiology Department of Aristotle University of Thessaloniki (director: M Albani) on animal model for Rotator cuff and tendon to tendon healing

14. REVIEWER

JBJS Case Connector

JBJS Review

JSES

JOR

HIPPOKRATIA

HIP International

OA Case Reports

15. Bibliography

BOOKS CHAPTERS

1. Chapter « Operative Correction of Swan Neck Deformities»
DR Engles, **K Ditsios**, MI Boyer
Master Techniques in Orthopaedics: The Hand
D. Strickland

2. Chapter 14
Health Services Department of the Athens 2004 Olympic Games Organizing Committee
Costas Parisis, Demetrios Pyrros, Konstantinos Ditsios,
Polydoros Chios, Spyros Spyrou, Eleftherios Thireos, Athanasios Papamichos
Mass Gatherings and Public Health
The Experience of the Athens 2004 Olympic Games
των Agis D. Tsouros and Panos A. Efstathiou from WHO

PEER REVIEWED MANUSCRIPTS:

(CITATION: 701, H-INTEX 12, I10-INTEX 15)

1. **K. T. Ditsios**, M. E. Burns, M. I. Boyer, R. H. Gelberman, M. J. Silva.
The rigidity of repaired flexor tendons increases following ex vivo cyclic loading.
Journal of Biomechanics.2002 Jun; 35(6): 853-6.
2. M. J. Silva, M. I. Boyer, **K. T. Ditsios**, M. E. Burns, F. L. Harwood, D. Amiel, R. H. Gelberman.
The insertion site of the canine flexor digitorum profundus tendon heals slowly following injury and suture repair.
Journal of Orthopaedic Research.2002 May; 20(6): 447-53
3. M. I. Boyer, **K. T. Ditsios**, R. H. Gelberman, F. Leversedge,
M. J. Silva.
Repair of flexor digitorum profundus tendon evulsions from bone: An ex vivo biomechanical analysis.
Journal of Hand Surgery [Am]. 2002 Jul; 27(4): 594-8
air site may occur regardless of technique.
4. F. Leversedge, **K. T. Ditsios**, C. Goldfarb, M. J. Silva,
R. H. Gelberman, M. I. Boyer.
Vascular anatomy of the Human flexor digitorum profundus tendon insertion.
Journal of Hand Surgery [Am]. 2002 Sep; 27(5): 806-12
5. T. M. Ritty, **K. T. Ditsios**, B. C. Starcher.
Distribution of the Elastic Fiber and Associated Proteins in Flexor Tendon Reflects Fuction.
Anatomical Record. 2002 Dec; 268(4): 430-40
6. **Ditsios K**, Leversedge FJ, Gelberman RH, Silva MJ, Boyer MI
Neovascularization of the flexor digitorum profundus tendon after avulsion injury: An in vivo canine study.
Journal of Hand Surgery [Am]. 2003 Mar; 28(2): 231-6.
7. M. I. Boyer, F. Harwood, **K. Ditsios**, D. Amiel, R. H. Gelberman, M. Silva.
Two-portal repair of canine flexor tendon insertion site injuries: Histologic and immunohistochemical characterization of healing during the early postoperative period.
Journal of Hand Surgery [Am]. 2003 May; 28(3): 469-74.
8. T. T. Dowan, **K. T. Ditsios**, M. I. Boyer

Eight-strand core suture technique for repair of intrasynovial flexor tendon lacerations.
Techniques in Hand and Upper Extremity Surgery. 2003; 7(2): 70-74

9. **Ditsios K**, Boyer MI, Kusano N, Gelberman, Silva MJ
Bone loss following tendon laceration, repair and passive mobilization.
J Orthop Res. 2003 Nov;21(6):990-6.

10. Hodler J, Gilula LA, **Ditsios KT**, Yamaguchi K
Fluoroscopically guided Scapulothoracic injections. Fluoroscopically Guided Scapulothoracic Injections.
AJR Am J Roentgenol. 2003 Nov;181(5):1232-1234..

11. Boyer MI, Korcek KJ, Gelberman RH, Gilula LA, **Ditsios K**, Evanoff BA.
Anatomic tilt x-rays of the distal radius: an ex vivo analysis of surgical fixation (1).
Journal of Hand Surgery [Am]. 2004 Jan; 29(1): 116-22.

12. Day CS, Gelberman RH, Patel AA, Vogt MT, **Ditsios K**, Boyer MI
Basal joint osteoarthritis of the thumb: a prospective trial of steroid injection and splinting.
Journal of Hand Surgery [Am]. 2004 Mar; 29(2): 247-51

13. M. J. Silva, T. M. Ritty, **K. Ditsios**, M. E. Burns, M. I. Boyer, R. H. Gelberman.
Tendon injury response: Assessment of biomechanical properties, tissue morphology and viability following flexor digitorum profundus tendon transection.
J Orthop Res. 2004 Sep;22(5):990-7

14. Armstrong A, Boyer D, **Ditsios K**, Yamaguchi K
Arthroscopic versus open treatment of anterior shoulder instability.
Instr Course Lect. 2004;53:559-63. Review.

15. Dovan TT, Ritty T, **Ditsios K**, Silva MJ, Kusano N, Gelberman RH Flexor digitorum profundus tendon to bone tunnel repair: a vascularization and histologic study in canines.
J Hand Surg [Am]. 2005 Mar; 30(2):246-57

16. Yamaguchi K, **Ditsios K**, Middleton WD, Hildebolt CF, Galatz LM, Teefey SA.
The demographic and morphological features of rotator cuff disease. A comparison of asymptomatic and symptomatic shoulders
J Bone Joint Surg Am. 2006 Aug;88(8):1699-704

17. Givissis PK, Symeonidis PD, **Ditsios KT**, Dionellis PS, Christodoulou AG.
Late results of absorbable pin fixation in the treatment of radial head fractures
Clin Orthop Relat Res. 2008 May;466(5):1217-24. Epub 2008 Mar 4

18. Baumgarten KM, Gerlach D, Galatz LM, Teefey SA, Middleton WD, **Ditsios K**, Yamaguchi K.
Cigarette smoking increases the risk for rotator cuff tears.
Clin Orthop Relat Res. 2010 Jun;468(6):1534-41. Epub 2009 Mar 13

19. Mantziari A, Vassilikos VP, Giannakoulas G, Karamitsos TD, Dakos G, Girasis C, Papadopoulou KN, **Ditsios K**, Karvounis H, Styliadis IH, Parcharidis G.
Left ventricular function in elite rowers in relation to training-induced structural myocardial adaptation
Scand J Med Sci Sports. 2010 Jun;20(3):428-33. Epub 2009 Jun 15
20. Pagonis T, **Ditsios K**, Givissis P, Pagonis A, Christodoulou A.
Abuse of growth hormone increases the risk of persistent de Quervain tenosynovitis
Am J Sports Med. 2009 Nov;37(11):2228-33. Epub 2009 Sep 24
21. Givissis P, Stavridis SI, **Ditsios K**, Christodoulou A.
One-stage thumb lengthening with use of an osteocutaneous 2nd metacarpal flap
Strategies Trauma Limb Reconstr. 2009 Nov 26
22. Givissis PK, Stavridis SI, **Ditsios KT**, Christodoulou AG.
Isolated injury of the posterior interosseous nerve complicating a deep laceration of the proximal forearm dorsolateral muscles: a case report
J Trauma. 2009 Dec;67(6):E194-6.
23. **Ditsios KT**, Stavridis SI, Christodoulou AG.
The effect of haematoma aspiration on intra-articular pressure and pain relief following Mason I radial head fractures
Injury. 2011 Apr;42(4):362-5
24. Pagonis T, **Ditsios K**, Toli P, Givissis P, Christodoulou A.
Improved corticosteroid treatment of recalcitrant de Quervain tenosynovitis with a novel 4-point injection technique.
Am J Sports Med. 2011 Feb;39(2):398-403. Epub 2010 Nov 3.
25. **Ditsios KT**, Werner BS, Yamaguchi K
[Arthroscopic capsular release of the elbow]
Orthopade. 2011 Apr;40(4):296-302. German
26. Pagonis T, Givissis P, **Ditsios K**, Pagonis A, Petsatodis G, Christodoulou A.
The effect of steroid-abuse on anatomic reinsertion of ruptured distal biceps brachii tendon.
Injury. 2011 Nov;42(11):1307-12. Epub 2011 Apr 11

27. Pagonis T, **Ditsios K**, Christodoulou A, Petsatodis G
Outcome of surgical treatment for complicated humeral shaft fractures in elderly adults with osteoporosis.
J Am Geriatr Soc. 2012 Apr;60(4):795-6.
28. Karataglis D, Papadopoulos P, Boutsiadis A, Fotiadou A, **Ditsios K**, Hatzokos I, Christodoulou A.
Ultrasound evaluation of the distal migration of the long head of biceps tendon following tenotomy in
patients undergoing arthroscopic repair of tears of the rotator cuff.
J Bone Joint Surg Br. 2012 Nov;94(11):1534-9. doi: 10.1302/0301-620X.94B11.29499.
29. **Ditsios K**, Agathangelidis F, Boutsiadis A, Karataglis D, Papadopoulos P
Long head of the biceps pathology combined with rotator cuff tears.
Adv Orthop. 2012;2012:405472. doi: 10.1155/2012/405472. Epub 2012 Nov 19.
30. **Ditsios K**, Boutsiadis A, Papadopoulos P, Karataglis D, Givissis P, Hatzokos I, Christodoulou A.
Floating elbow injuries in adults: prognostic factors affecting clinical outcomes.
J Shoulder Elbow Surg. 2013 Jan;22(1):74-80. doi: 10.1016/j.jse.2012.09.005
31. Agathangelidis F, Boutsiadis A, **Ditsios K**.
Open pisiform fracture: excision or internal fixation?
BMJ Case Rep. 2013 Jan 9;2013. pii: bcr2012007621. doi: 10.1136/bcr-2012-007621.
32. **K Ditsios**, A Boutsiadis, F Agathangelidis, M Tyllianakis, A Christodoulou
Elbow Hemiarthroplasty for Late Reconstruction of a Traumatic Elbow Bone Defect in a Young Patient.
A Case Report
The Journal of Bone & Joint Surgery Case Connector 3 (4), e129 1-5. 2013
33. KALOUPSIS SOCRATIS, DIMAKOPOULOU ELENI, **DITSIOS KOSTAS**, DIAFAS VASILIOS
Injuries of Greek rowers participating on different competitive categories
JOURNAL OF BIOLOGY OF EXERCISE 9 (2): 29-40, 2013 D.O.I: <http://doi.org/10.4127/jbe.2013.0068>
- 34.Ditsios K**, Boutsiadis A, Kapoukranidou D, Chatzisotiriou A, Kalpidis I, Albani M, Christodoulou A.
Chronic massive rotator cuff tear in rats: in vivo evaluation of muscle force and three-dimensional histologic analysis.
J Shoulder Elbow Surg. 2014 Dec;23(12):1822-1830. doi: 10.1016/j.jse.2014.04.016. Epub 2014 Jun 26.
PMID: 24981552
35. Boutsiadis A, Karataglis D, Agathangelidis F, **Ditsios K**, Papadopoulos P.
Arthroscopic 4-point suture fixation of anterior cruciate ligament tibial avulsion fractures.
Arthrosc Tech. 2014 Nov 24;3(6):e683-7. doi: 10.1016/j.eats.2014.08.008. eCollection 2014 Dec.
PMID: 25685674
- 36.Ditsios K**, Konstantinidis I, Agas K, Christodoulou A.
Comparative meta-analysis on the various vascularized bone flaps used for the treatment of scaphoid nonunion.
J Orthop Res. 2017 May;35(5):1076-1085. doi: 10.1002/jor.23242. Epub 2017 Apr 13.
PMID: 27018317

37.Ditsios K, Papadakis N, Theodoroudis I, Kostretzis L, Konstantinou P, Pinto I, Christodoulou A.
A Misguiding Osteoid Osteoma in the Bicipital Tuberosity of the Radius.
Case Rep Orthop. 2016;2016:6428137. doi: 10.1155/2016/6428137. Epub 2016 Jul 17.
PMID: 27493816

38.Sachinis NP, Boutsiadis A, Papagiannopoulos S, **Ditsios K**, Christodoulou A, Papadopoulos P.
Suprascapular neuropathy in the setting of rotator cuff tears: study protocol for a double-blinded randomized controlled trial.
Trials. 2016 Nov 22;17(1):554.
PMID: 27876086

39.Ditsios K, Stavridis SI, Savvidis P, Dinopoulos H, Petsatodis G.
Midterm clinical and radiological outcomes of the surgical treatment of complex AO type C distal humeral fractures with two different double plate fixation techniques.
Hippokratia. 2017 Jan-Mar;21(1):38-42.
PMID: 29904255

40.Petsatodis E, **Ditsios K**, Konstantinou P, Pinto I, Kostretzis L, Theodoroudis I, Pilavaki M.
A Case of Trapezium Avascular Necrosis Treated Conservatively.
Case Rep Orthop. 2017;2017:6936013. doi: 10.1155/2017/6936013. Epub 2017 May 25.
PMID: 28626591

41.Ditsios K, Iosifidou E, Kostretzis L, Konstantinou P, Pinto I, Theodoroudis I, Hatzokos I.
Combined Bone Transportation and Lengthening Techniques for the Treatment of Septic Nonunion of the Forearm Followed by Tendon Transfer.
Case Rep Orthop. 2017;2017:9672126. doi: 10.1155/2017/9672126. Epub 2017 Jul 20.
PMID: 28808593

43.Petsatodis E, Pilavaki M, Kalogera A, Drevelegas A, Agathangelidis F, **Ditsios K.**
Comparison between conventional MRI and MR arthrography in the diagnosis of triangular fibrocartilage tears and correlation with arthroscopic findings.
Injury. 2019 Aug;50(8):1464-1469. doi: 10.1016/j.injury.2019.07.032.
PMID: 31387739

44.Ditsios K, Kostretzis L, Pinto I.
Dorsal tendon dislocation after de Quervain's release and its surgical management: a case report.
J Hand Surg Eur Vol. 2020 Jan;45(1):92-93. doi: 10.1177/1753193419871862. Epub 2019 Sep 5. No abstract available.
PMID: 31488007

Research/Clinical Interests

- Tendon-to-tendon and tendon-to-bone healing
- Nerve grafting
- Tendon grafting

- Traumatic, degenerative and sports disorders of the hand and upper extremity