

2020

Dr. Dimitrios  
Agorastakis MD, PhD  
CURRICULUM VITAE

Dimitrios Agorastakis  
[www.orthopedikoi-thessaloniki.gr](http://www.orthopedikoi-thessaloniki.gr)  
17/10/2020



# CURRICULUM VITAE

## Dr Dimitrios I. Agorastakis MD, Ph.D

### PERSONAL DETAILS

<b>Title</b>	Dr. MD, PhD
<b>Surname</b>	Agorastakis
<b>Name</b>	Dimitrios
<b>Address</b>	9 Vasilissis Olgas Avenue PC 54640 Thessaloniki, Greece
<b>Tel No</b>	+30 2314 311939 (work) +30 6944 940272 (mobile Greece)
<b>E-mail</b>	diagor73@gmail.com
<b>URL</b>	<a href="http://www.orthopedikoi-thessaloniki.gr">www.orthopedikoi-thessaloniki.gr</a>
<b>Date of birth</b>	07/08/1973
<b>Gender</b>	Male
<b>Nationality</b>	Greek
<b>Marital Status</b>	Married
<b>Registration</b>	Thessaloniki Medical Association, Greece General Medical Council (GMC ref No: 6063459)

## MEMBERSHIP

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

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

**The Girdlestone Orthopaedic Society**  
(July 2009)

**Hellenic Society for Hand Surgery**  
(July 2007)

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

## **EDUCATION**

### **Medical Education**

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

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

### **Ptychio Iatrikes**

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

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

### **Grammar School**

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

## FELLOWSHIPS

### **Fellowship in Adult Hip and Knee Surgery**

Nuffield Orthopaedic Centre

Oxford, UK,

19/12/2008 – 31/12/2009

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

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

### **Fellowship in the Ilizarov Method Ospedale Alessandro Manzoni,**

Lecco, Italy, 8-26/01/2007

## **PREVIOUS APPOINTMENTS**

**Feb 2010 – Today**

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

**Feb 2012 – Today**

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

**July 2009 – Jan 2010**

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

**Dec 2008 – June 2009**

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

**Oct 2007 – Nov 2007**

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

**Jan 2007**

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

**Mar 2004 – Sep 2008**

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

**Apr 2003 – Nov 2003**

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

**Feb 2003 – Apr 2003**

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

**Feb 2001 – Nov 2002**

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

**Jun 2001 – Nov 2002**

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

**Apr 2001 – Jun 2001**

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

**Feb 2000 – Nov 2000**

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

**Nov 1998 – Jan 2000**

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

**Aug 1998 – Nov 1998**

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



## ADDITIONAL INFORMATION-SKILLS

### Languages

**Greek:** Native language

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

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

## EXTRACURRICULAR ACTIVITIES

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

Member of Thessaloniki Young Men Christian Assotiation YMCA) since 1983

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

## SCIENTIFIC ACTIVITY

### Published Papers

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

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

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

### Published Abstracts and Proceedings (International)

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

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

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

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

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

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

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

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

**The use of titanium miniature plates and screws for the treatment of intra and extra articular fractures of the hand**

S. Varitimidis, Z. Dailiana, I Antoniou, **D. Agorastakis**, S. Athanaselis, K. Malizos  
J Hand Surg [Eu] 43 (Suppl 2): S139, 2018

**Published Abstracts and Proceedings (Domestic)**

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

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

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

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

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

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

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

**Agorastakis D.**, Christou D., Vaitimidis S., Dailiana Z., Malizos K.  
Orthopediki (Ορθοπαιδική) 20 (Suppl): 34, 2007

**MRI findings in frozen shoulder syndrome**

Christou D., **Agorastakis D.**, Varitimidis S., Malizos K., Karadanas A.  
Orthopediki (Ορθοπαιδική) 20 (Suppl): 56, 2007

**Oral Presentations  
(International)**

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

S.E. Varitimidis, Z. Dailiana, **D. Agorastakis**, M. Hantes, D. Giotikas,  
KN Malizos  
FESSH & EFSHT Congress, Glasgow,  
UK 28-30/06/2006

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

**D Agorastakis**, SE. Varitimidis, Z Dailiana, D Christou, A Dimitroulias, KN Malizos  
IFSSH & IFSHT Congress, Sydney  
Australia 11-15/03/2007

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

**D Agorastakis**, S Varitimidis, ZH Dailiana, D Samaras, A Dimitroulias, KN Malizos  
12th FESSH Conference, Athens, Greece,  
27-30/06/2007

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

**D Agorastakis**, ZH Dailiana, S Varitimidis, A Liantzis, G Karydakos, KN Malizos  
12th FESSH Conference, Athens, Greece,  
27-30/06/2007

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

N Roidis, N Gougoulas, D Christou, **D Agorastakis**, K Malizos  
12th FESSH Conference, Athens, Greece,  
27-30/06/2007

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

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

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

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

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

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

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

**D. Agorastakis, S. Varitimidis, S. Michalitsis, T. Karahalios, K. Bargiotas, K.N. Malizos**

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

**Minimal plates and screws for hand fractures**

Z. Dailiana, **D. Agorastakis**, S. Varitimidis, K. Tokmakova, P. Molchovski, S. Tzanova, K. Malizos. IVth National Conference of Bulgarian Society for Surgery of the Hand with International Participation, Velico Tarnovo, Bulgaria, 24-27/4/2014

**Comparison of mini plates-screws and external fixators for the treatment of 5th metacarpal fracture**

Z. Dailiana, **D. Agorastakis**, M.  
Papanagiotou, V. Raoulis, S. Varitimidis,  
KN. Malizos  
20th FESSH Congress, Milan, Italy, 17-  
20/06/2015

**The use of titanium miniature plates and screws for the treatment of intra and extra articular fractures of the hand**

S. Varitimidis, Z. Dailiana, I Antoniou,  
**D. Agorastakis**, S. Athanaselis, K.  
Malizos  
23rd FESSH Congress, Copenhagen,  
Denmark, 13-16/06/2018

**Oral Presentations  
(Domestic)**

**Mini external fixation for the treatment of fractures and skeletal defects of the hand**

Dailiana Z, Varitimidis S, Bargiotas K.,  
**Agorastakis D**, Malizos KN.  
60<sup>th</sup> Panhellenic Orthopaedic Conference,  
Athens, Greece, 6-9/10/2004

**Mini external fixation for the treatment of fractures and skeletal defects of the hand**

S.E. Varytimidis, Z. Dailiana, M. Hantes,  
K. Bargiotas, **D. Agorastakis**, K.N.  
Malizos  
10<sup>th</sup> Joint Annual Congress of the Greek  
Association of Hand Surgery and the  
Greek Association of Reconstructive  
Microsurgery, Athens, Greece  
4-6/11/2004

**Cystic Tumors, (Solitary Cyst,  
Aneurismal Bone Cyst)**

**Agorastakis D.**, Basdekis G., Hantes M.  
Educational Seminar from the  
Orhtopaedic Department of the Larissa  
General Hospital, Larissa, Greece,  
13-14/05/2005

**Functional Anatomy of the Lumbar  
Spine**

**D. Agorastakis**

Annual Educational Seminar for Thessaly  
and Central Greece, Trikala, Greece, 12-  
13/05/2006

**Results of Surgical treatment of the  
congenital trigger thumb**

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

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

**Congenital deformities of the lower  
extremity: treatment decisions protocol**

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

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



**Foot and ankle surgery using  
peripheral nerve block around the  
knee**

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

**Malizos**

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

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

**Agorastakis D., Christou D., Vaitimidis  
S., Dailiana Z., Malizos K.**

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

**MRI findings in frozen shoulder  
syndrome**

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

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

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

**D. Agorastakis**

17<sup>th</sup> Joint annual congress of the Hellenic  
Society for Surgery of the Hand and the  
Hellenic Society for Reconstructive  
Microsurgery, Athens, Greece,  
27/06/2007

**Treatment of phalangeal and metacarpal fractures with very low profile plates and screws**

**D. Agorastakis**, S. Varytimidis, Z. Dailiana, D. Samaras, A. Dimitroulias, K. Malizos,  
63rd Panhellenic Orthopaedic Conference, Athens, Greece,  
9-13/10/2007

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

S. Varytimidis, **D. Agorastakis**, R. Giannakos, D. Paridis, K.N. Malizos  
2<sup>nd</sup> Congress of Hellenic Association of Distraction Histogenesis, Thessaloniki, Greece 6-8/12/2007

**Treatment of septic pseudarthrosis of the tibia with distraction osteogenesis**

S. Varytimidis, K. Bargiotas, **D. Agorastakis**, D. Paridis, Th. Karachalios, K.N. Malizos  
2<sup>nd</sup> Congress of Hellenic Association of Distraction Histogenesis, Thessaloniki, Greece, 6-8/12/2007

**Comparison of a mini external fixator and a low profile miniature plate for the osteosynthesis of 5th metacarpal fractures**

**D. Agorastakis**, M. Papapanagiotou, S. Varytimidis, K. Alexiou, K.N. Malizos, Z. Dailiana,  
21<sup>st</sup> Joint annual congress of the Hellenic Society for Surgery of the Hand and the Hellenic Society for Reconstructive Microsurgery, Ioannina, Greece,  
19-21/11/2015

**Posters**

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

**Z.H. Dailiana, S. Varitimidis, K. Bargiotas, D. Agorastakis, Th. Moraitis, K.N. Malizos**

FESSH, and EFSHT Congress, Goteborg, Sweden

15-18/06/2005

**Treatment of Metacarpal Fractures with Mini External Fixators**

**Z.H. Dailiana, S Varytimidis, K. Bargiotas, D. Agorastakis, N. Rigopoulos, K.N. Malizos**

FESSH and EFSHT Congress, Glasgow, UK 15-18/06/2006

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

Roidis N., Basdekis G., Drougas V., Christou D., **Agorastakis D.**, Malizos K.

EFORT Meeting, Florence, Italy

11-15/05/2007

**Osteosynthesis of 5<sup>th</sup> Metacarpal Fractures: Comparison of a mini external fixator and a low profile miniature plate**

Z. Dailiana, **D. Agorastakis**, S. Varytimidis, M. Papapanagiotou, K. Alexiou, K.N. Malizos,

71st Panhellenic Orthopaedic Conference, Athens, Greece

7-10/10/2015

## Seminars-Courses

**20th Panhellenic Convention for  
Regional Anaesthesia, Pain Treatment  
and Palliative Care**

Vravrona, Greece, 10-13/9/20

**1st Masterclass in arthroplasty surgery  
Thessaloniki**

Thessaloniki, Greece, 2/12/14

**5th ICRS Surgical Skills Course**

Larissa, Greece, 23-25/10/14

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

Thessaloniki, Greece, 23-24/5/2014

**16<sup>th</sup> ESSKA Congress**

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

**12<sup>th</sup> Arthroscopic Meeting**

Thessaloniki, Greece, 22/2/2014

**World Sports Trauma & 7<sup>th</sup> EFOST  
Congress 2012**

London, UK, 17-20/10/2012

**49<sup>th</sup> Annual Girdlestone Orthopaedic  
Association Meeting in Oxford**

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

**1<sup>st</sup> Hellenic Ponseti Course for  
Clubfoot Management**

Athens, Greece, 1-2/4/2011

**EFFORT IC Lyon 2011 – Patello  
femoral disorders**

Lyon, France, 11-12/03/2011

**Combined Exeter and Oxford  
Unicompartmental Arthritis  
Symposium**

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

**Exeter Primary Hip Symposium**

Exeter, UK, 8-9/06/2009

**Oxford Partial Knee Advanced  
Instructional Course**

Oxford, UK, 23-24/03/2009

**Seminar for Surgery of the Hip and  
Knee and Bioengineering**

Ioannina, Greece, 10-14/11/2008

**11<sup>th</sup> Instructional Course “Advances in  
Metal-on-Metal Bearings”**

Oxford, UK, 15-16/09/2008

**1<sup>st</sup> International arthroscopic  
symposium “arthroskills” with  
Cadaveric Workshops/Shoulder –  
Knee**

Thessaloniki, Greece, 9-10/05/2008

**Locking Compression Plate System  
Course**

Larissa, Greece, 24/11/2007

**22<sup>nd</sup> Microsurgery Seminar**

Ioannina, Greece, 21-25/06/2007

**14<sup>th</sup> Inter-university Osteosynthesis  
Seminar**

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

**21<sup>st</sup> Microsurgery Seminar**

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

**2<sup>nd</sup> Shoulder and Elbow Trauma Seminar**

Patra, Greece 4-6/11/2005

**3<sup>rd</sup> Hands on Course for the Surgical Anatomy of the Hand**

Metsovo, Greece 27-30/10/2005

**Elderly Trauma Patient Course**

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

**Basic Surgical Skills Course**

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

## REFEREES

**Mr Peter McLardy-Smith**

MA, MB, BS, FRCS

Consultant Orthopaedic Surgeon

Hip and Knee Team

Nuffield Orthopaedic Centre

Windmill Road, Headington,

Oxford, UK,

OX3 7LD

Tel no: 01865 738273

Fax no: 01865 738025

e-mail: [Damnjanovic@noc.nhs.uk](mailto:Damnjanovic@noc.nhs.uk)

**Mr Adrian Taylor**

Adrian Taylor MB BS, Dip Orth Eng, FRCS,

FRCS (Trauma & Orth)

Consultant Orthopaedic Surgeon

Hip and Knee Team

Nuffield Orthopaedic Centre

Windmill Road, Headington,

Oxford, UK,

OX3 7LD

Tel no: 01865 738273

Fax no: 01865 738025

e-mail: [Taylor@noc.nhs.uk](mailto:Taylor@noc.nhs.uk)

**Prof Konstantinos N. Malizos**

Professor and Chairman  
Department of Orthopaedic Surgery and  
Traumatology  
President of the School of Medicine  
University of Thessalia  
Department of Orthopaedic Surgery  
University Hospital of Larissa  
41110, Mezourlo  
Larissa, Greece  
Tel no: +30 2413 501122  
Fax No: +30 2413 5011011  
e-mail: [kmalizos@ortho-uth.org](mailto:kmalizos@ortho-uth.org)

**Prof Theophilos Karachalios**

Professor  
Department of Orthopaedic Surgery and  
Traumatology  
University of Thessalia  
Department of Orthopaedic Surgery  
University Hospital of Larissa  
41110, Mezourlo  
Larissa, Greece  
Tel no: +30 2413 501122  
Fax No: +30 2413 501107  
e-mail: [kar@med.uth.gr](mailto:kar@med.uth.gr)