

# CURRICULUM VITAE

## PERSONAL INFORMATION

**Name:** Irene Kontopoulou

**Date of birth:** 06/04/1974

**Place of birth:** Athens Greece

**Marital status:** Married

**Nationality:** Greek

**Home address:** King Paul avenue 98 Voula Attiki 16673

**Practice Address:** Souniou Avenue 61 Markopoulo Mesogeas Attiki 19003  
Ethnikis Antistaseos 14 Chalandri Attiki

**E-mail:** [ninakont@gmail.com](mailto:ninakont@gmail.com)

[www.orthopedics-rehabilitation.gr](http://www.orthopedics-rehabilitation.gr)

**Occupation:** Psychiatrist- Public Health specialist

Sport medicine specialist- Acupuncture specialist

## EDUCATION

**2011-2012:** International School of Auricular Acupuncture Roma, Italy member of G.S.A.T.N and I.G.M.A.R.T.  
Master degree in the field of auricular acupuncture

**2004-2006:** "Acu Science" International Postgraduate Center on Acupuncture  
Master degree in the field of acupuncture

**2002-2003:** National School of Public Health  
Master degree in the field of management in "Public Health" (82, 83/100)

**1992-1999:** Aristotelion University of Thessaloniki Greece  
Department of health science - Medical degree

## TRAINING COURSES

**12/2012 :** Outpatient clinic-EMG laboratory , Injection department HSS Hospital for special surgery Cornell University USA 535 e70th Street, New York 10021. Under Ultrasound/fluoroscopy injections (cervical and lumbar epidurals and facets, shoulder, elbow, hip, knee and ankle) regenerative injection therapy (PRP) with growth factors in Platelet Rich Plasma under the guidance of Dr. Alex Simotas, Dr. Gregory Lutz, Dr. Joseph Feinberg, Dr. Christopher Lutz and Dr. Cooke

**04/2012:** Post graduate seminar in 'Autonomic neural system therapeutic

- management and autonomous ganglion deep injection technique under the philosophy of neural therapy'
- 2011-2012:** International School of Auricular Acupuncture Roma, Italy member of G.S.A.T.N and I.G.M.A.R.T.  
Post graduate 100 hours seminar in the field of auricular acupuncture (professor Giancarlo Bazzoni)
- 11/2011:** Post graduate seminar in 'Energetics in Acupuncture'(clinical tutor Dr. Radha Thambirajah MD)
- 06/2011** Post graduate seminar in 'Diagnostic techniques in traditional chinese medicine (TCM) (clinical tutor Dr. Radha Thambirajah MD)
- 04/2011:** HSS International Learning & Training center 'Update on Total joint replacement of the knee and shoulder/Current concepts in sport medicine
- 05/2011 :** Outpatient clinic-EMG laboratory HSS Hospital for special surgery Cornell University USA. Supervisor Dr. Feinberg (physiatrist-in- chief)
- 01/2011 :** Post graduate seminar in shock wave therapy
- 05/2010 :** Post graduate seminar < treating pain with acupuncture and dry needling>
- 01/2010 :** Post graduate seminar in diagnostic musculoskeletal ultrasound
- 01/2008 :** European board of physical medicine and rehabilitation certification
- 04/2007 :** Completion specialty in the field of Physical medicine and Rehabilitation
- 10-12/2006 :** Attend osteoporosis outpatient clinic at "Attico" University Hospital
- 10-12/2006 :** Attend urodynamic laboratory outpatient clinic at the national rehabilitation handicaps institution
- 11/2006 :** Attend 6<sup>th</sup> symposium of the second clinic at national rehabilitation handicaps institution concerning the " brain and spinal cord injury rehabilitation-minor and major functional interventions"
- 07/2006:** European school Marseille  
Motor disabilities: posture and movement analysis, rehabilitation, neurophysiology 03-13/07/06
- 05/2006:** Attend Postgraduate Course in "Balneotherapy": Principles and applications in rehabilitation
- 11/2005:** Attend 2<sup>nd</sup> Postgraduate Course of Neurogenic Cyst Unit:  
1) Spinal cord injury  
2) Woman incontinence-Pelvis reeducation
- 08/2005:** Participation in acupuncture training program held in the international school of Beijing university of Chinese medicine (22/8/05-1/9/05)
- 06/2005:** Attend Postgraduate Course in "Static and Dynamic Baropodometry"

- 05/2005:** Attend Postgraduate Course in “Principles of Electromyography”
- 04/2005:** Attend Postgraduate Course in “Neurogenic abnormalities in urination”
- 02/2005:** Attend Postgraduate Course about the “Model of functioning and Disability of W.H.O and I.C.F. Core sets
- 11/2003:** Attend Postgraduate Course in Urodynamics
- 05/2003:** Attend Postgraduate Course concerning “Electrotherapy applying in rehabilitation”
- 03/2003:** Attend Postgraduate Course in “Motion Plasticity”
- 06/2002:** Attend Postgraduate Course in Orthopedics
- 12/2001:** Successfully completion of ATLS Course for Doctors
- 11/1999:** Attend Postgraduate Course concerning the “Assessment of athletes’ cardiovascular function”

### **WORKING EXPERIENCE**

- 2003- today:** National anti-doping services (NADO)  
Medical officer
- 10/2007-today:** Private practice- rehabilitation services
- 10/2009-today:** Municipality of Athens medical consultant services-  
Physiatrist
- 10/2007-01/2009 :** Physiatrist-in-chief of private rehabilitation hospital  
of Athens <filoktitis>
- 06/2007- 01/2008:** Doctor of national gymnastics federation (EGO)
- 08/2006-06/2008:** Doctor first category female volleyball team A.O.  
Markopoulo
- 3/10/03-2/4/07:** General Hospital “Asklepeion” Voulas in Athens  
Trainee doctor in Physical Medicine and  
Rehabilitation
- 07/2006 :** Supervisor at medical services in Galatsi Sport Hall  
in Rhythmic gymnastic during the World  
Gymnasiade 2006
- 08/2004:** Venue manager in anti-doping control center in  
Galatsi Sport Hall during the Olympics of  
Athens 2004
- 26/3/02-25/9/02:** General Hospital of Kavala Greece  
Trainee doctor in orthopaedic clinic
- 23/7/01-22/1/02:** General Army Hospital 424 Greece  
Trainee doctor in neurology clinic
- 26/1/01-25/4/01:** General Hospital “Vouvalio” Kalymnou Greece  
Trainee doctor in pathology clinic
- 17/7/99-1/12/00:** Health Center Prosotsani Dramas  
Doctor in Community Clinic Sitagron Dramas
- 17/6/99-16/7/99:** General Hospital of Drama Greece  
Trainee doctor in cardiology clinic

- 17/5/99-16/6/99:** General Hospital of Drama Greece  
Trainee doctor in pathology clinic
- 16/4/99-16/5/99:** General Hospital of Drama Greece  
Trainee doctor in surgical clinic

### **CONGRESSES/PRESENTATIONS**

- 12/2013 :** XIII PanHellenic congress of Physical Medicine and Rehabilitation Athens Greece
- 1) Musculoskeletal injuries in Rhythmic gymnastic. A special approach in bone density in elite athletes (oral)
  - 2) Is the acupuncture treatment effective in impingement syndrome in tennis athletes? (poster)
  - 3) Back to sports after Jones fracture treatment. Systematic review and our experience. (poster)
- 06/2013 :** XI International Congress of Sport Medicine- FIMS Team Physician Instructor Course Santorini Greece
- 1) Rhythmic gymnastic impact in bone density. Study in elite athletes (oral)
  - 2) Acupuncture vs Physical therapy in impingement syndrome in tennis athletes. Controlled blinded study (oral)
- 09/2012 :** XXII World congress of sport medicine Rome Italy
- 10/2011 :** 67<sup>o</sup> PanHellenic orthopaedic congress Athens Greece
- 03/2010 :** 10th International congress of sport medicine association of Greece and 8th Greek-Cypriot sport medicine congress Veria Greece
- 01/2010 :** 11<sup>o</sup> PanHellenic P.R.M Congress Athens Greece
- 06/2009 :** 5th World Congress of the international society of physical medicine and rehabilitation Istanbul Turkey
- 10/2008 :** 15th Sports Medicine Balkan Congress Bucharest Romania
- 05/2008 :** 13th ESSKA 2000 Congress Porto Portugal
- 03/2008 :** 9th International congress of sport medicine association of Greece and 7th Greek-Cypriot sport medicine congress Athens Greece
- 09/2006 :** 9<sup>th</sup> PanHellenic P.R.M Congress
- 1) Effectiveness of special corrective inter-shoe equipment after baropodometry in patients with foot abnormalities (oral)
  - 2) Attempting quality evaluation in nowadays scientific publications (oral)
- 02/2006:** Attending convention concerning "Multiple Sclerosis"
- 01/2006:** 9<sup>th</sup> Pan-Hellenic Gerontology Congress
- 1) HMG changes in elderly patients with diabetes (poster)
  - 2) HMG changes of elderly's patient's upper limbs with formications in down limbs (poster)
- 11/2006:** Attending annual congress of reconstructive hip and knee surgery held by EEXOT
- 10/2005:** 4<sup>th</sup> European Sports medicine congress
- 1) Injuries caused during football games in a 5x5 field to

- people over 15 years old for the years 2002-2003 in Asklepieion hospital in Voula Athens (oral)
- 2) Injuries in winter sports during 1996-2003, which recorded in Asklepieion hospital in Voula Athens (oral)
- 09/2005:** 8<sup>th</sup> Panhellenic PRM Association Congress
- 1) Rehabilitation compliance in patient with rheumatoid arthritis (oral)
  - 2) Effectiveness of supraspinatus tendonitis in spinal mobility (poster)
  - 3) Re-educate gluteus program with HMG-BIOFEEDBACK in CP patients (poster)
  - 4) Comparison between FES and mental re-education in patients with cerebral injury (poster)
- 05/2005:** 31<sup>st</sup> Panhellenic Medical Congress
- 1) Relative's psychological charge of patients with motor disability and rehabilitation program effectiveness (oral)
  - 2) Fibromuscular pain and family (oral)
- 09/2004:** 43<sup>rd</sup> ISCOS annual scientific meeting
- 1) Self attending and co-responsibility of the patient in the treatment of chronic pain
- 05/2004:** 7<sup>th</sup> International Sport Medicine Congress
- 1) Musculoskeletal injuries and the parameters that contribute to their appearance in professional athletes or in athletes of high level (oral)
  - 2) Sport injuries in athletes with spinal Cord injury (poster)
- 02/2004:** 5<sup>th</sup> Panhellenic Public Health and Health Services Congress
- 1) Musculoskeletal injuries of professional athlete
- 10/2003:** 7<sup>th</sup> Panhellenic P.R.M Congress
- 11/2002:** 6<sup>th</sup> Panhellenic P.R.M Congress
- 12/2002:** 3<sup>th</sup> Panhellenic Public Health and Health Services Congress
- 10/2002:** 58<sup>th</sup> Panhellenic orthopaedic congress
- 1) Total knee arthroplasty type MG2. Results after 2 to 7 years of observation
  - 2) Results in dealing open tibia fractures with outer osteosynthesis
- 05/2002:** 2<sup>nd</sup> Kavala's Medical Association Congress
- 03/2002:** 12<sup>th</sup> Balkan- 6<sup>th</sup> International Sport medicine Congress
- 10/2001:** 3<sup>th</sup> Panhellenic Scientific Health Management Congress
- 09/2000:** 3<sup>th</sup> Mediterranean and 5<sup>th</sup> Panhellenic P.R.M Congress
- 01/2000:** 7<sup>th</sup> Panhellenic Vascular surgery Congress
- 1) Frequency of abdominal aorta aneurysms in patients who were operated for lubonocoele
  - 2) Confrontation of acute vascular constriction of limbs
- 11/1999:** 13<sup>th</sup> Diabetic association of North Greece Congress

- 1) Auscultation of extracranium arteries in patients with diabetes type 2 and evaluation of detected soufflé with triplex method (first prize)

## **INTERNATIONAL PUBLICATIONS**

MEDIMOND (10/2005)

1. Workcode: FX13C0078 Injuries in Soccer Field 5x5 During 2002-2003 in Greece
2. Workcode: FX13C0079 Injuries in Winter Sports (Ski/Snowboard) During 1996-2003 in Greece

## **FOREIGN LANGUAGES**

English: Proficiency level

German: Zertifikat level

## **OTHER QUALIFICATION**

PC Knowledge, windows, Internet, power point

## **DISTINCTIONS**

**2006** : Medical member of the national federation of Volleyball (member N<sup>o</sup>10839)

**2004**: Medical officer in anti-doping control center during the Paralympics games of Athens 2004 (voluntary)

**1991** : Volley ball team «Filathlitikos» Thessalonikis- Hellenic Championship

**1992** : Volley ball team «Filathlitikos» Thessalonikis- Hellenic Championship

**1989** : Distiction from P.S.A.T.( Panhellenic Assosiation Athletic Press) as member of the best Greek women team for the year 1989

**1989**: 5<sup>th</sup> place in 14<sup>th</sup> World Rhythmic Gymnastic Championship with the Greek national women team of ensemble

**1987**: 6<sup>th</sup> place in 1<sup>st</sup> European Rhythmic Gymnastic Championship with the Greek national teenage team of ensemble

**1986** : Greek champion rythmic gymnastic youth category

**1984** : Greek champion rhythmic gymnastic girls category

**OTHER INTERESTS**

- ❖ Member of the Greek Sport medicine association (public relations)
- ❖ Member of the international association of dance medicine and science
- ❖ Member of the Greek PRM association
- ❖ Member of the Greek Acupuncture association
- ❖ Member of the I.G.M.A.R.T.
- ❖ Member of the Greek auricular acupuncture
- ❖ Member of the Greek neural therapy
- ❖ Jury in Rhythmic gymnastic
- ❖ Medical supervisor at the Greek national table tennis and fencing team for people with disabilities (voluntary)
- ❖ Music, Reading, Traveling
- ❖ Dance (classical/modern)

**RECOMMENDATIONS**

Available if required