

# CURRICULUM VITAE

**THEODOSIOS D. KOUKOUBIS, MD, PhD**

**ORTHOPAEDIC SURGEON**

**Specialized in:**    **MIS Total Hip Replacement,  
MIS Total Knee Replacement,  
PSI Total Knee Replacement**

**Address:**            Alexandrou Svolou 29  
Thessaloniki, 54622.  
GREECE  
Tel: ++ 30-2310-220628  
Mobile: ++30-6945-597249  
e-mail: koukoubi@otenet.gr  
site: www.hipkneereplacement.eu, www.hkr.gr

Date of birth: February 25<sup>th</sup>, 1959  
Place of birth: Thessaloniki, Greece

**Medical School:**    Medical School of Ioannina, University of Ioannina, Ioannina, Greece,  
(1977-1983)

Internship in General Surgery (September 1985 - September 1986), General Hospital of Hatzikosta, Ioannina.

Residency in Orthopaedic Surgery: Orthopaedic Department, Medical School of Ioannina, University of Ioannina (December 1986 - December 1990)  
(Chairman: Prof. Panayotis N. Soucacos).

## **THESIS**

“Gait Analysis in Patients with Total Hip Replacement”

## **POST-RESIDENCY FELLOWSHIP**

**Adult Reconstructive Surgery.** 1992-1994.

Duke University Medical Center, Department of Surgery, Division of Orthopaedic Surgery, Durham, NC, USA. (Chairman: Prof. James R Urbaniak)

12° Postgraduate course for trainees in orthopaedic surgery organized by  
 “The Coordinating Committee of Societies of Orthopaedic and Traumatic Surgery of  
 the European Common Market (COCOMAC)”.  
 13/5/1990 - 19/5/1990. Aarhus, Copenhagen, Odense, Denmark.

He has also followed several others educational courses on **Current Hip and Knee** surgery techniques in many University Orthopaedic Departments and Hospitals, such as in Berne (Switzerland), Paris (France), Tubingen (Germany), Berlin (Germany), HSS – Hospital for Special Surgery (New York – USA).

## **CURRENT STATUS**

Private practice in Thessaloniki, Greece.  
 Surgeries perform at Interbalkan Medical Center of Thessaloniki.

He has a **special interest in adult Hip and Knee Reconstruction**, mainly with:

1. The new **MIS** (Minimal Invasive Surgery) **Total Hip Replacement** with the PMIS or ALMIS techniques (depending of the hip pathology). These procedures are muscle sparing, producing minimal trauma of the soft tissues, and thus allowing immediate mobilization and full weight bearing walking.
2. The new **MIS** (Minimal Invasive Surgery) midvastus **Total Knee Replacement**. This procedure is muscle sparing, producing minimal trauma of the soft tissues (quadriceps tendon), and thus allowing immediate mobilization and full weight bearing walking.
3. The new **PSI** (Patient Specific Instruments) **Total Knee Replacement**. He applies a special tetechnique using “**Patient Specific Instruments – PSI**” after a CT examination with a special protocol, in order to achieve the best knee prosthesis position and orientation. This best prosthesis implantation allows immediate knee movements, forces and walking.
4. The **Fast Track** Techniques of the Total Hip and Knee Replacements. These techniques includes special patient education, drugs, surgery techniques and prosthesis, allowing early discharging of the patient at home and in selective cases in a day.

## **PREVIOUS POSITION HELD**

Consultant Orthopaedic Surgeon in Orthopaedic Department of the University Hospital of Ioannina. 1995 – 1997 (Chairman: Prof. P.N. Soucacos)

During the period 2011 and 2012 he was **President of the Hellenic Hip and Knee Society** of the Hellenic Association of Orthopaedic Surgery and Traumatatology (HAOST).

During that period he organized as a president a Pan-Hellenic Meeting held at Thessaloniki, Greece, and an One Day Meeting Held at Athens.

## **EDITORIAL BOARD**

Acta Orthopaedica et Traumatologica Hellenica.

## MEMBERSHIP OF SCIENTIFIC SOCIETIES

1. The Hellenic Association of Orthopaedic Surgery & Traumatology.
2. Hellenic Society for Hip and Knee Surgery.
3. Piedmont Orthopaedic Society.

## AWARDS

1. "Howard A. Paul Award 1996", for the study:  
 "The effect of modulus on surface strain in whole femora implanted with a collarless hip stem"  
 Thomas Parker Vail, Theodosios D. Koukoubis, Richard R. Glisson  
 9th Annual Symposium of the International Society for Technology and Arthroplasty, Amsterdam, 20-21 August 1996.
2. "Albert Trillat Young Investigator's Award 1995", for the study:  
 "Meniscus Regeneration with and without an Autogenous Tissue Scaffold: A Comparative Canine Study"  
 Thomas Parker Vail, Theodosios D. Koukoubis, Richard R. Glisson  
 Combined Congress of the International Arthroscopy Association and The International Society of the Knee, Hong Kong, 26 May 1995 - 1 June 1995.

## PUBLICATIONS

1. Kitsoulis, P, Papathanasopoulou, V, Koukoubis, T D, Zaharis K C, Vartziotis, C, Xenakis, T. "Microstrains of the femur with a cemented custom made prosthesis and different offsets. A new biomechanical model." **Acta Orthopaedica et Traumatologica Hellenica 52(3): 263-267, 2001.**
2. Xenakis T A, Gelalis J, Koukoubis, T D, Zaharis K C, Soucacos P N. "Cementless Hip Arthroplasty in the Treatment of Patients with Femoral Head Necrosis". **Clin Orthop 2001; 386: 93-99.**
3. Koukoubis, T D, Glisson R R, Vail T P. "The Effect of Design and Material Properties of the Femoral Prosthesis of Total Hip Arthroplasty in Stress Shielding". **Acta Orthopaedica et Traumatologica Hellenica 50(4): 525-32, 1999.**
4. Koukoubis, T D, Glisson, R R, Feagin, J A Jr, Seaber, A V, Schenkman D, Korobilias, A V, Stahl, D L. "Meniscal Fixation with an Absorbable Staple. An Experimental Study in Dogs." **Knee Surg, Sports Traumatol, Arthrosc 1997; 5: 22-30.**
5. Xenakis T A, Mavrodontidis, A, Zalavras, H, Koukoubis, T D, Varytimidis, S, Mobius, U, Soucacos, P N. "Mechanical Failure in Locked Intramedullary Nail". **Acta Orthopaedica et Traumatologica Hellenica 48(3): 233-8, 1997.**
6. Koukoubis, T D, Glisson, R R, Bolognesi, M, Vail, T P. "Dimensions of the Intercondylar Notch of the Knee" **Amer J Knee Surg 1997; 10 (2): 83-8.**
7. Xenakis, T A, Koukoubis, T D, Hantes, M, Varytimidis, S, Soucacos, P N. "Bone Grafting in Total Hip Arthroplasty for Insufficient Acetabulum". **Acta Orthop Scand (Suppl 275) 1997; 68: 33-37.**

8. Xenakis, T A, Malizos, K N, Dailiana, Z., Koukoubis, T D, Zervou, E, Golegou, C, Soucacos, P N. "Blood Salvage after Total Hip and Total Knee Arthroplasty". **Acta Orthop Scand (Suppl 275) 1997; 68: 135-138.**
9. Xenakis, T A, Beris, A E, Malizos, K N, Koukoubis, T D, Soucacos, P N. "Total Hip Arthroplasty for Avascular Necrosis and Degenerative Osteoarthritis of the Hip." **Clin Orthop 1997; 341: 62-8.**
10. Xenakis, T A, Gelalis, I D, Koukoubis, T D, Soucacos, P N, Vartziotis, K, Kontoyiannis, D, Tatsis, C. "Neglected Congenital Dislocation of the Hip. Role of Computed Tomography and Computer-Aided Design for Total Hip Arthroplasty". **J Arthroplasty; 1996, 11(8): 893 - 898.**
11. Koukoubis, T D, Glisson, R R, Feagin, Jr J A , Seaber ,A V, Vail, T P. "Augmentation of Meniscal Repairs with Cyanoacrylate Glue". **J Biomed Mater Res 1995; 29: 715-20.**
12. Koukoubis, T D, Cooper, L W, Glisson, R R, Seaber ,A V, Feagin, Jr J A. "An Electromyographic Study of Am Muscles during Climbing" **Knee Surg, Sports Traumatol, Arthrosc 1995; 3 (2): 121-124.**
13. Vail, T P, Koukoubis, T D, Schenkman, D, Feagin, Jr J A. "Graft - Bone Healing of a Meniscus Autograft Anchored in Bone Tunnels". **Knee Surg, Sports Traumatol, Arthrosc 1995; 3 (2): 105-110.**
14. Touliatos, A S, Soucacos, P N, Beris, A E, Zoubos, A B, Koukoubis, T D, Makris, H A. "Alternative Techniques for Restoration of Bony Segments in Digital Replantation". **Acta Orthop Scand 1995; Suppl 264, 66: 19-22.**
15. Koukoubis, T D, Xenakis, T A, Rigas, K, Beris, A, Papageorgiou, C, Soucacos, P N. "Gait Analysis in Patients with Total Hip Arthroplasty" **Acta Orthopaedica et Traumatologica Hellenica 1995; 46(3): 271-81.**
16. Koukoubis, T D, Glisson, R R, McCollum, D E. "Surface Femoral Strain Analysis Implanted with Femoral Component of Total Hip Arthroplasty". **Acta Orthopaedica et Traumatologica Hellenica 1995; 46(3): 293-98.**
17. Malizos, K, Soucacos, P N, Beris, A, Korobilias, A B, Koukoubis, T D. "Progress of Vascularized vs Non - Vascularized Bone Grafts in Reconstructive Orthopaedic Surgery". **Orthopedic (Greek Edition) 1993; 6(1): 16-23.**
18. Xenakis, T A, Koukoubis, T D. "Total Hip Arthroplasty Implants". **Ostoun 1993; 4:26-30.**

### PUBLISHED ABSTRACTS IN SUPPLEMENTS

19. Koukoubis, T D, Stafylas, K, Koulouvaris, P, Zaharis, K, Xenakis, T. "Surgical difficulties and complications in total hip arthroplasty of neglected congenial dislocation of the hip". **J Bone Joint Surg 83-B (Supp II) 2001; pg: 254.**
20. Koukoubis, T D, Glisson,, R R, Feagin, J A Jr. "A comparative EMG study of arm muscles during climbing". **J Bone Joint Surg (Br) 79-B (Supp II) 1997; pg: 243.**
21. Koukoubis ,T D, Xenakis, T A, Soucacos, P N. "Ceramic to Ceramic Autophor prosthesis: 10-14 years follow-up". **J Bone Joint Surg (Br) 79-B (Supp II) 1997; pg: 262.**
22. Koukoubis ,T D, Glisson, R R, Feagin, J A, Seaber, A V, Vail, T P. "Augmentation of meniscus fixation with Cyanoacrylate glue." **J Bone Joint Surg (Br) 77-B (Supp III) 1995; pg: 274.**

23. Koukoubis, T D, Glisson, R R, Seaber, A V, McCollum, D E. "The effect of a distal sleeve of a THR femoral component on femur strain and prosthesis stability." **J Bone Joint Surg (Br) 77-B (Supp III) 1995; pg: 291.**
24. Koukoubis, T D, Xenakis, T A, Rigas, K, Beris, A E, Soucacos, P N. "Gait analysis in patients with cementless total hip replacement using a simple method with multiple runs, steps and walking speeds." **J Bone Joint Surg (Br) 77-B (Supp III) 1995; pg: 292.**
25. Xenakis, T A, Koukoubis, T D, Zaharis, K. "Surgical Treatment of the Neglected Congenital Dislocation of the Hip with Cementless Total Hip Replacement". **J Bone Joint Surg (Br), 77-B (Supp II) 1993; pg: 164.**
26. Xenakis, T A, Chrysovitsinos, J P, Koukoubis, T D, Zaharis, K, Xanthis, A, Soucacos P N. "Cementless Total Hip Replacement in CDH and Severe Dysplasia of the Hip: 2 to 10 years follow-up." **J Bone Joint Surg (Br), 75-B (Supp II) 1993; pg: 114.**

### PUBLISHED ABSTRACTS IN TRANSACTIONS

27. Koukoubis T D, Stafylas K, Koulouvaris P, Zaharis K, Xenakis T A. "Surgical difficulties and complications In total hip arthroplasty of neglected congenital dislocation of the hip". **5th European Federation of Orthopaedic Surgery and Traumatology (EFORT), pg 146, Rhodes, 3-7 / 7 / 2001.**
28. Xenakis T A, Zalavras CH, Gelalis I, Koukoubis T D, Soucacos P N. "Cementless Total Hip Arthroplasty with a threaded titanium cup in patients with osteonecrosis". **4th European Federation of Orthopaedic Surgery and Traumatology (EFORT), pg 91, Brussels, 3-8 / 6 / 1999.**
29. Koukoubis, T D, Glisson, R R, Cooper, L, Seaber, A V, Feagin, J A Jr. "A comparative EMG study of arm muscles during climbing". **8th Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), 29/4/1998 - 2/5/1998, Nice, France, 155.**
30. Koukoubis, T D, Kyriazis V, Rigas, K. "The influence of climbing boots in gait". **8th Congress of the European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), 29/4/1998-2/5/1998, Nice, France, pg 400.**
31. Koukoubis, T D, Xenakis, T A, Soucacos, P N. "Ceramic to ceramic hip prosthesis: 10-14 years follow-up". **3rd European Federation of Orthopaedic Surgery and Traumatology (EFORT), Barcelona, Spain, 24 - 28 / 4 / 1997.**
32. Koukoubis, T D, Glisson, R R, Feagin, J A. Jr. "A comparative EMG study of arm muscles during climbing". **European Federation of Orthopaedic Surgery and Traumatology (EFORT), Barcelona, Spain, 24 - 28 / 4 / 1997.**
33. Koukoubis, T D, Xenakis, T A, Rigas, K, Soucacos, P N. "Gait Analysis in Patients with with Autophor Total Hip Arthroplasty". **Annual Meeting of Hellenic Hip Society, 29-30/11/1996, Athens.**
34. Gelalis, J D, Xenakis, T A, Hantes, M, Koukoubis, T D, Mavrodontidis, A, Soucacos, P N. "The use of Computerized Tomography and Computer Aided Design (CAD) in Preoperative Planning of Neglected Congenital of the Hip". **Annual Meeting of Hellenic Hip Society, 29-30/11/1996, Athens.**
35. Koukoubis, T D, Glisson, R R, Schenkman, D, Stahl, D, Seaber, A V, Feagin, J A, Jr. "Meniscus fixation with an absorbable staple". **7th Congress of the European**

- Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), 10/5 - 15/5/1996, Budapest, Hungary.**
36. Malizos, K N, Siamisis, G L, Vekris, M D, Zaharis, K H, Koukoubis, T D, Soucacos, P N. "Metacarpal Fractures: Indications and Results of Surgical Intervention". **Common Meeting of Hellenic Society of Reconstructive Microsurgery & Hellenic Society of Hand Surgery, 30/11/95-3/12/95, Volos.**
  37. Xenakis, T A, Koukoubis, T D, Zaharis, K. "Surgical Treatment of Neglected Congenital Dislocation of the Hip with Cementless Total Hip Arthroplasty". **2<sup>nd</sup> Congress of the European Federation of National Associations of Orthopedics and Traumatology: 38, 7-1995, Munich.**
  38. Vail, T P, Koukoubis, T D, Glisson, R R. "Anthropometrical Analysis of Knee Intercondylar Notch. **21<sup>st</sup> Annual Meeting of American Academy of Sports Medicine, 16-19 /7/ 1995, Toronto, Canada.**
  39. Koukoubis, T D, Schenkman, D, Feagin, J A, Vail T P. "Iliotibial Band Graft for Meniscal Scaffold". **14<sup>th</sup> Annual Meeting of Orthopaedic Society of North Greece, Athos Palace, Kalithea Chalkidiki, 26-29/4/1995.**
  40. Xenakis, T A, Gelalis, J, Koukoubis, T D, Mavrodontidis, A, Soucacos, P N. "How to Choose a femoral Component of Total Hip Arthroplasty in CDH; Selection with the help of CT Scan and a Computer". **International Association for Orthopaedic Research course on osteosynthesis and joint replacement, Flims/Switzerland, 29/1-4/2 1995.**
  41. Koukoubis, T D, Glisson, R R, Seaber, A V, McCollum, D E. "The effect of a Distal Sleeve in the stability of the Femoral Component of a Total Hip Arthroplasty under Axial and Torsional Load". **2<sup>o</sup> Macedonian Seminar of Knee and Hip Surgery, Olympian Bay, Katerini, 24-25/6/1994.**
  42. Koukoubis, T D, Glisson R R, Feagin, J A Jr, Seaber, A V, Vail, T P. "Reinforcement of Meniscal Reconstruction with Cyanoacrylate Glue". **20<sup>th</sup> Annual Meeting of American Orthopaedic Society for Sports Medicine, Palm Desert, California, USA, 26-29 June 1994.**
  43. Koukoubis, T D, Glisson R R, Seaber, A V, McCollum D. "Initial Stability of a Curved, Porous Coated Co-Cr Femoral Component of a Total Hip Arthroplasty". **Common Meeting of Hellenic Society of Traumatology and Orthopaedic Surgery and Italian Society of Traumatology and Orthopaedic Surgery, Kallithea Chalkidiki, 18, b 4-7/5/1994.**
  44. Koukoubis, T D, Glisson R R, Feagin, J A Jr, Seaber, A V, Vail, T P. "Reinforcement of Meniscal Reconstruction with Cyanoacrylate Glue". **Common Meeting of Hellenic Society of Traumatology and Orthopaedic Surgery and Italian Society of Traumatology and Orthopaedic Surgery, Kallithea Chalkidikis, 4-7/5/1994.**
  45. Koukoubis, T D, Glisson R R, Feagin, J A Jr, Seaber, A V, Vail, T P. "Reinforcement of Meniscal Reconstruction with Cyanoacrylate Glue". **European Orthopaedic Research Society, (4): 9, London, 11-12/4/1994.**
  46. Koukoubis, T D, Glisson, R R, Seaber, A V, McCollum, D E. "The Effect of Tight Distal Fit with a Distal Sleeve of a Femoral Component of THR on Strain and Stability". **European Orthopaedic Research Society, (4): 77, London 11-12/4/1994.**
  47. Koukoubis, T D, Xenakis, T A, Rigas, K, Beris, A, Soucacos, P N. "Gait Analysis in Patients with Cementless Total Hip Arthroplasty with a Simple Method Using Multiple Runs, Steps and Walking Speeds". **Orthopaedic Research Society, (4): 79, London, 11-12/4/1994.**

48. Vail, T P, Feagin, J A Jr, Koukoubis, T D. “Histology of Femoral Tunnel in Meniscal Scaffold Graft In Canine Knee”. **6<sup>th</sup> Congress of European Society of Sports Traumatology Knee Surgery and Arthroscopy (ESSKA), Lect: 39, Berlin, Germany, 18-22/4/1994.**
49. Koukoubis, T D, Cooper, L., Glisson, R R, Feagin, J A Jr. “Electromyographic Study of Arm Muscles during Climbing”. **6<sup>th</sup> Congress of European Society of Sports Traumatology Knee Surgery and Arthroscopy, Lect: 155, Berlin, Germany, 18-22/4/1994.**
50. Koukoubis, T D, Glisson, R R, DE McCollum. “Strain Analysis of Femora Implanted with a PCA-E prosthesis with the photoelastic Coating Technique”. **Common Meeting of the Hellenic Society of Traumatology and Orthopaedic Surgery and the American Orthopaedic Association (AOA). Athens, 10/1993.**
51. Vail, T P, Koukoubis, T D, Schenkman, D, Feagin, J A Jr. “Preliminary results of a Meniscal Scaffold Autograft” **19<sup>th</sup> Annual Meeting of American Orthopaedic Society for Sports Medicine, , Sun Valley, Idaho, USA, 12-15/7/1993.**