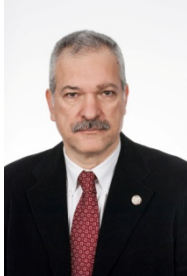


## **Dr Nikos Malliaropoulos**

MD, Dip (SEM), Dip (MSK US), MSc (SEM), PhD, FFSEM (UK).

Consultant in Sport & Exercise Medicine

Senior Clinical Lecturer, Sports Medicine department Queen Mary University of London



### **Based at:**

- Sports Clinic Bart's and the London
- Director Thessaloniki Sports Medicine Clinic

### **Professional Membership**

- Fellow of the Faculty of Sports and Exercise Medicine UK
- Secretary in General European College of Sports Medicine Physicians – ECOSEP

### **Professional profile**

Dr Nikos Malliaropoulos is a Consultant in Sports and Exercise Medicine based at the Sports Clinic Barts and the London and Senior Clinical Lecturer at QMUL Centre of Sports and Exercise Medicine Academic Department.

He has been Director of the Sports injuries clinic of the Track and Field Hellenic National Association in Thessaloniki, since 1986 -2019 and was Chief Medical Officer of the Hellenic Olympic Team XXVIII Athens Olympics 2004.

He is a Fellow of the UK Faculty of Sports and Exercise Medicine Royal College of Surgeons Edinburgh. He is a Founding member of the European College of Sports and Exercise Physicians – ECOSEP and current Secretary in General, a Fellow of the International Federation of Sports Medicine FIMS.

Nikos was also a Balkan Judo Champion – 7<sup>th</sup> DAN in Judo, Silver Medalist 2023 Bronze medalist 2017 and 2019 at the European Club Championships as a Head Coach with Aris Thessaloniki's Judo Team.

His main clinical interests are in the diagnosis, management and rehabilitation of sports injuries and mechanical musculoskeletal pathologies. His main areas of expertise are hamstring injuries, bone stress injuries, Eswt and Judo Research. He has a significant experienced in MSK ultrasonography and interventional procedures since 2000. Special interests are all soft tissue Injuries include Hamstring and

troublesome muscle Injuries, Tendon Injuries, Ankle and Knee Injuries, Bone stress Injuries, Low back pain. His main management approaches are Specific Exercise prescription as a treatment for musculoskeletal pathologies; Ultrasound guided injections, Extra Shock Wave Therapy - ESWT, and Low Level Laser Treatment - LLLT.

**He also sees patients U18.**

- **Contact Details**

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