



Kyriakos Tsapralis

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ABOUT ME

Medicine Specialist register number 18893

WORK EXPERIENCE

Managing Director

Isokinetic Medical Group - FIFA Medical Centre of Excellence Bologna [2017 – Current]

City: Bologna

Country: Italy

Sports Medicine Specialist - Case Manager

Isokinetic Medical Group - FIFA Medical Centre of Excellence Bologna [01/2010 – Current]

City: Bologna

Country: Italy

Sports Medicine Specialist - Isokinetic Virtual+ Clinic

Isokinetic Medical Group - FIFA Medical Centre of Excellence [2020 – Current]

City: Bologna

Country: Italy

Coordinator FIFA 11+ Greece

[2015 – Current]

Medical service in National and International sport events

[2006 – Current]

Sports Medicine Physician

Friuli-Venezia Giulia Regional Sports Medicine Center [2005 – 2009]

City: Trieste

Country: Italy

EDUCATION AND TRAINING

Postgraduate Course (residency) in Sport and Exercise Medicine

Alma mater studiorum, University of Trieste [2005 – 2009]

Address: Trieste (Italy)

Field(s) of study: Orthopaedic traumatology

Final grade : 110 marks and honors

Thesis: "Rehabilitation model for the return to professional sport after traffic accident trauma"

Faculty of Medicine, School of Medicine and Surgery

Alma mater studiorum, University of Udine [2005]

Address: Udine (Italy)

Field(s) of study: Orthopaedic traumatology

Thesis: "Sports injuries of the patellofemoral joint"

Faculty of Medicine, School of Medicine and Surgery

University Paris 12 - Val de Marne [2004]

Address: Paris (France)

Exchange Socrates Educational Program as medical student

Basic Life Support Course

[02/2018]

Address: Bologna (Italy)

Pilot for a day

Cirrus Aviation ATO034 [20/02/2016]

Address: Ozzano (Italy)

Basic Life Support Defibrillation Course

Italian Resuscitation Council [05/02/2009]

Address: Trieste (Italy)

Training course for "Medico competente in ambito di Qualità Impianti Sportivi"

Coni - FMSI [2009]

Address: Trieste (Italy)

Tutor at Postgraduate Course "Sports Cardiology"

Croatian Sports Medicine Society [09/10/2009 – 11/10/2009]

Address: 51000 Rijeka (Croatia)

Internship in Neurological rehabilitation and electromyographic evaluation (EMG)

Casa di Cura Pineta del Carso di Aurisina - Policlinico Triestino [2008 – 2009]

Address: Viale Stazione 23, 34011 Duino - Aurisina (Italy)

Tutor at multidisciplinary project "Scienza & Sport"

Alma Mater Studiorum, University of Trieste [2008]

Address: Trieste (Italy)

Training Course for Advanced Neuromuscular Taping

Institute Taping Neuromuscolare Italia [08/10/2008 – 23/10/2008]

Address: via Gavinana 2, 00192 Roma (Italy)

www.tapingneuromuscolare.eu

National Course in Sports Cardiology

Corso Nazionale di Cardiologia dello Sport [19/09/2008 – 20/09/2008]

Address: San Daniele del Friuli (Italy)

Postgraduate Advanced Course on Doping

Alma mater studiorum, University of Udine [2007 – 2008]

Address: Udine (Italy)

Advanced Trauma Life Support Course

American College of Surgeons - Hellenic National Centre [03/03/2007 – 04/03/2007]

Address: Athens (Greece)

Instructional Course on Arthroscopy and Minimally Invasive Surgery of Knee Pathology

Hotspot Knee [21/04/2006 – 22/04/2006]

Address: Hamburg (Germany)

Corso di aggiornamento: "Le malattie infettive a trasmissione materno-fetale"

Azienda per i Servizi Sanitari n.5 "Bassa Friulana" - Centri di formazione aziendale [17/11/2005]

Address: Palmanova

LANGUAGE SKILLS

Mother tongue(s):

Greek

Other language(s):

Italian

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

French

LISTENING A1 READING A2 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

PUBLICATIONS

Double Acl Reconstruction Failure in A Young Soccer Player In Treatment with Retinoids: A Case Report Marcheggiani Muccioli Giulio Maria, Lullini Giada, Rinaldi Vito Gaetano, Tsapralis Kyriakos and Zaffagnini Stefano

[2019]

<https://biomedres.us/pdfs/BJSTR.MS.ID.002836.pdf>

Biomed J Sci & Tech Res | BJSTR. MS.ID.002836.

Chapter: Rehabilitation and Return to Sport

[2016]

https://www.researchgate.net/publication/314929927_Rehabilitation_and_Return_to_Sport

Surgery of the Meniscus Editor: Christophe Hulet Helder Pereira Giuseppe Peretti Matteo DentilISBN:

Muscle and intensity based hamstring exercise classification in elite female track and field athletes: implications for exercise selection during rehabilitation. Tsaklis P, Malliaropoulos N, Mendiguchia J, Korakakis V, Tsapralis K, Pyne D, Malliaras P.

[2015]

<https://www.dovepress.com/muscle-and-intensity-based-hamstring-exercise-classification-in-elite-peer-reviewed-article-OAJSM>

Open Access J Sports Med. 2015 Jun 26;6:209-17. doi:10.2147/OAJSM.S79189. eCollection 2015.

Meniscus and cartilage surgery: Rehabilitation guidelines in football players. Tsapralis K.

[2015]

Football Medicine Strategies for Player Care, Abstract book 2015.

Return to sport after anterior cruciate ligament reconstruction in professional soccer players. Zaffagnini S, Grassi A, Marcheggiani Muccioli GM, Tsapralis K, Ricci M, Bragonzoni L, Della Villa S, Marcacci M.

[2014]

Knee. 2014 Jun;21(3):731-5. doi: 10.1016/j.knee.2014.02.005.Epub 2014 Feb 14.

Criterion based rehab: the “traffic light” concept.

[2014]

Football Medicine Strategies for Joint and Ligament Injuries, Abstract book 2014.

Open versus arthroscopic surgical treatment of chronic proximal patellar tendinopathy. A systematic review

[2013]

<https://moh-it.pure.elsevier.com/en/publications/open-versus-arthroscopic-surgical-treatment-of-chronic-proximal-p>

Knee Surg Sports Traumatol Arthrosc. 2013 Feb;21(2):351-7.doi: 10.1007/s00167-012-2100-9. Epub 2012

Aquatic training for ankle instability. Asimenia G, Paraskevi M, Polina S, Anastasia B, Kyriakos T, Georgios G.

[2013]

<https://europepmc.org/article/med/23811948>

Foot Ankle Spec. 2013 Oct;6(5):346-51. doi: 10.1177/1938640013493461.Epub 2013 Jun 2

Chapter: Sudden collapse in Sports; Epidemiology, Aetology and Management Gombacci A, Zero R, Tsapralis K.

[2013]

Sports On Field Trauma Emergencies; ECOSEP: European College of Sport and Exercise Medicine (2013)

The prevention of recurring muscle injuries. Tsapralis K.

[2013]

Football Medicine Strategies for muscle and tendon Injuries, Abstract book 2013.

My experience from ECOSEP Bauerfeind Travelling Fellowship 2013. Nikos M, Valle X, Tsapralis K, Lohrer H, Padhiar N, Maffulli N.

[2013]

Muscles Ligaments Tendons J. 2014 Feb 24;3(4):359.eCollection 2013 Oct.

Typical balance exercises or exergames for balance improvement? Gioftsidou A, Vernadakis N, Malliou P, Batzios S, Sofokleous P, Antoniou P, Kouli O, Tsapralis K, Godolias G.

[2013]

<https://content.iospress.com/articles/journal-of-back-and-musculoskeletal-rehabilitation/bmr00384?resultNumber=0&totalResults=1&start=0&q=author%3A%28%22Tsapralis%2C+Kyriakos%22%29&resultsPageSize=10&rows=10>

J Back Musculoskelet Rehabil. 2013;26(3):299-305. doi:10.3233/BMR-130384

Arthroscopic meniscus allograft transplantation in male professional soccer players: a 36-month follow-up study. Marcacci M, Marcheggiani Muccioli GM, Grassi A, Ricci M, Tsapralis K, Nanni G, Bonanzinga T, Zaffagnini S.

[2013]

<https://moh-it.pure.elsevier.com/en/publications/arthroscopic-meniscus-allograft-transplantation-in-male-professio>

Am J Sports Med. 2014 Feb;42(2):382-8. doi:10.1177/0363546513508763. Epub 2013 Nov 8

Balance training programs for soccer injuries prevention A. Gioftsidou, P. Malliou, G. Pafis, A. Beneka, K. Tsapralis, P. Sofokleous, O. Kouli, S. Roka, G. Godolias

[2012]

https://rua.ua.es/dspace/bitstream/10045/24519/1/JHSE_Vol_VII_N_III_639-647.pdf

JOURNAL OF HUMAN SPORT & EXERCISE ISSN 1988-5202 VOLUME 7 | ISSUE 3 | 2012 |

Metabolic Support. Tsapralis K.

[2012]

Football Medicine Strategies for Knee Injuries, Abstract book 2012

The role of the team physician. Traumatic injuries pitch side. Tsapralis K.

[2011]

Health for the Football Player: Prevention, Diagnosis, Surgery and Rehabilitation. Abstract Book

Integratori e farmaci nello sport agonistico. Tsapralis K, Bovenzi M, Tominz R

[2011]

Journal: Educazione sanitaria e promozione della salute 2011 - Vol: 34 - Fascicolo: 1, 90-93.

Rehabilitation protocol for return to professional sport after traffic injury: case report. Tsapralis K
[2010]

Functional Outcomes: How to improve functional outcomes, Abstract Book

Chapter: Rehabilitation After Hip Arthroscopy Della Villa S, Salsi A, Tsapralis K.
[2010]

Book: Hip Arthroscopy; Raul Zini ISBN 978-88-89731-29-1.

Integratori e farmaci nello sport agonistico. Tsapralis K, Bovenzi M, Vegliach A, Gombacci A, Tominz R
[2010]

Journal: Educazione sanitaria e promozione della salute 2010 - Vol: 33 - Fascicolo: 4, 40 - 419

Seven Days Non-stop Running: Haematological, Biochemical and Echocardiographic Findings in Ultramarathon Runner. Tsapralis K, Gombacci A, Stupar G.
[2008]

Medicine & amp Science in Sports & Exercise (Impact Factor: 4.46). 05/2008; 40(5). DOI: 10.1249/01.

NETWORKS AND MEMBERSHIPS

Liaison Committee of the European College of Sports Medicine and Exercise Physicians (ECOSEP)

Italian Sports Medicine Federeation (FMSI)

Sports Medicine Association of Greece

American College of Sports Medicine (ACSM)

International Cartilage Repair Society (ICRS)

Greek Community of Emilia Romagna Region

Greek - Oriental Community of Trieste

DRIVING LICENCE

Driving Licence: B

CONFERENCES AND SEMINARS

XXVIII International Conference - Football Medicine Community "Meets the Universe of Sport"
[Wembley Stadium, London (UK), 24/04/2019 – 27/04/2019]

Chair: Free Poster Presentations - CASE REPORTS Contest

Poster: "Learning from equestrian vaulting conservative and targeted rehabilitation after knee injury"

Dal Camp Nou al Dall'Ara
[Bologna, Italy, 04/10/2018]

Head of Organization and Scientific Committee

Oral Presentation: "Vincere a Bologna"

XXVII International Conference on Football Medicine Outcomes - Are we winning?

[Barcelona, Camp Nou, 02/06/2018 – 04/06/2018]

Chair: Free Oral Presentations - Injury prevention Session

Poster: "Double ACL R failure in a young soccer player in treatment with retinoids"

XXVI International conference on Sports Rehabilitation and Traumatology

[Barcelona, Camp Nou, 13/05/2017 – 15/05/2017]

Oral Presentation: "Mechanism of AD injuries in professional male soccer players. A YouTube based video analysis"

Chair: The future direction of hip and groin injury management

Chair: Free Oral Presentations - Rehabilitation session

Poster: "Targeted neuromotor training based on Movement Analysis Test. Medium term retention of the motor skills"

XXV International conference on Sports Rehabilitation and Traumatology

[London (UK) QEII conference centre, 09/04/2016 – 11/04/2016]

Oral Presentation: "Is sport activity possible after arthroscopic meniscal allograft transplant?"

Oral Presentation: "11+ ways to educate and play"

Chair: Free Oral Presentations - Joint injuries

Poster: "FIFA 11+ application effects on lower limb balance and muscle strength"

Smith&Nephew Professional Education: "Il ritorno all'attività sportiva del paziente protesizzato: limiti e nuovi orizzonti"

[Rome, Italy, 19/02/2016]

Oral Presentation: "Strategie riabilitative per il miglioramento del risultato funzionale"

Muscle and Tendon "Inspiring Clinical Excellence" 7th MTN Workshop And 4th ECOSEP Congress

[Barcelona, Camp Nou, 07/10/2015 – 09/10/2015]

Oral Presentation: "What and when to do it in elite sport" - On Groin pain in athletes session

Chair: Nutrition to support recovery from muscle and tendon injuries

XXIV International Conference on Sports Rehabilitation and Traumatology Football Medicine Strategies for Player Care

[London (UK) QEII conference centre, 11/04/2015 – 13/04/2015]

Oral Presentation: "Meniscus and cartilage surgery: Rehabilitation guidelines in football players"

Oral Presentation: "FIFA 11+ a new frontier"

Chair: FIFA 11+ Workshop

FIFA 11+ go Greece Workshop Democritus University of Thrace (DUTH)

[London, UK, 11/04/2015 – 13/04/2015]

Scientific and organizational committee

Corso di Aggiornamento sul calcio femminile

[Coverciano, Italy, 31/03/2015]

Oral Presentation: "Traumatologia e Prevenzione nel calcio femminile"

6th European Meeting on Sports Medicine and Exercise: "What to know and how to do it"

[Firenze, Italy, 26/03/2015 – 27/03/2015]

Oral Presentation: "Prevention of knee injuries"

2nd Sporting Clube Portugal Sports Medicine International Meeting

[Lisbon, Portugal, 28/02/2015]

Oral Presentation: "Prevention of knee injuries"

Società Italiana di Artroscopia: L'inguine doloroso dello sportivo

[Prato, Italy, 07/02/2015]

Oral Presentation: "Femoroacetabular impingement in athlete"

TIRM and FIFA Symposium: "Regeneration des kniegelenks"

[Regensburg, Germany, 28/11/2014 – 29/11/2014]

Oral Presentation: "Secondary prevention for knee injuries"

15th EFORT Congress

[London, UK, 04/06/2014 – 06/06/2014]

Oral Presentation: "Arthroscopic Meniscal Allograft Transplantation In Male Professional Soccer Players."

Incontro sulla discopatia lombare dell'adulto

[Bologna, Italy, 11/04/2014]

Oral Presentation: "Il nostro metodo di trattamento"

XXIII International Conference on Sports Rehabilitation and Traumatology Football Medicine Strategies for Joint and Ligament Injuries

[Milan, Italy, 22/03/2014 – 24/03/2014]

Oral Presentation: "Criterion based rehab: the "traffic light" concept"

Oral Presentation: "Arthroscopic meniscal allograft transplantation in male professional soccer players"

Chair: Knee Orthopaedics in Football

Chair: "Ankle and foot pathologies in football"

Poster: "Return to professional football after complex surgery"

Poster: "A case of unfitness orthopaedic: osteonecrosis of the femoral head in professional football player"

5th European Meeting on Sports Medicine and Exercise

[Florence, Italy, 06/02/2014 – 07/02/2014]

Oral presentation: "Sport return after muscle injuries"

15th Annual Scientific Meeting in Sport and Exercise Medicine

[London, UK, 06/09/2013]

Oral Presentation: "The role of the Sports Medicine Physician at the private sector"

SIGASCOT: 1 Corso base sul trattamento meniscale: Meniscus Pathology: Remove, Repair, Replace

[Istituto Ortopedico Rizzoli, Bologna, Italy, 01/07/2013]

Oral Presentation: "Trattamento post-operatorio delle lesioni menisco esterno"

XXIII International Conference on Sports Rehabilitation and Traumatology Football Medicine Strategies for Muscle and Tendon Injuries

[London, UK, 20/04/2013 – 22/04/2013]

Oral Presentation: "The prevention of recurring muscle injuries"

Topics in Sports Medicine Prevention and treatment

[Florence, Italy, 15/02/2013 – 16/02/2013]

Oral Presentation: "Sport Return after muscular injuries"

Annual Minimally Invasive Surgery Meeting

[Thessaloniki, Greece, 07/04/2012]

Oral Presentation: "Criteria based rehabilitation. Can be applied in cartilage repair?"

1st ICRS Focus Meeting-The Hip

[FIFA Auditorium, Zurich, Switzerland, 09/06/2011 – 11/06/2011]

Oral Presentation: "Strength training for hip disorders"

XX International Conference on Health for the Football Player: Prevention, Diagnosis, Surgery and Rehabilitation

[Milan, Italy, 12/03/2011 – 13/03/2011]

Oral Presentation - [The role of the team physician by ECOSEP](#) "Traumatic injuries pitch side"

Oral Presentation: My experience using KIRA Workshop "Quantification of knee dynamic instability in ACL injuries"

XIX International Conference on Functional Outcomes: How to improve functional outcomes in sporting orthopaedic injuries

[Bologna, Italy, 10/04/2010 – 11/04/2010]

Oral Presentation: "Rehabilitation protocol for return to professional sport after traffic injury: case report"

FIFA Medical Case of the Week

La Medicina dello Sport in Euroregione

[Trieste, Italy, 16/12/2008]

Organizational Committee

Oral Presentation: "Seven day non-stop running: findings in ultramarathon athlete"

1st ECOSEP Congress

[Thessaloniki, Greece, 13/12/2008 – 14/12/2008]

Oral Presentation: "Sports Medicine: the Italian Experience"

ACSM's 55th Annual Meeting: "At the crossroads of science and practice"

[Indiannapolis, Indiana, USA, 28/05/2008 – 31/05/2008]

Poster: "Seven Days Non-stop Running: Haematological, Biochemical, Echocardiographic Findings in Ultramarathon Runner"

Monaco Biennale: Physical Activity and Health - Challenge of the 21st Century

[Grimaldi Forum, Monaco, Monte Carlo, 29/11/2007 – 01/12/2007]

Oral Presentation: "Seven days non-stop running: haematological, echocardiographic findings"

5th European Sports Medicine Congress

[Prague, Czech Republic, 10/10/2007 – 14/10/2007]

Oral Presentation: "Ultramarathon running"