



# Kyriakos Tsapralis

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**Gender:** Male

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**Address:** Via Casteldebole 8/10, 40132 Bologna (Italy)

## ABOUT ME

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Medicine Specialist register number 18893

## WORK EXPERIENCE

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### 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**

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### **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](http://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**

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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

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**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](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](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**

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**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**

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**Driving Licence: B**

## **CONFERENCES AND SEMINARS**

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**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"