

Christoforos J. Feroussis MD, MSc, PhD(c)

Orthopaedic Surgeon

Curriculum Vitae

PERSONAL INFORMATION

Name: **Christoforos J. Feroussis**
Date of Birth: 10 August 1991, Athens, Greece
Address: 5, Ifaistou str. 16673 Voula, Athens, Greece
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chris@feroussis.gr



EDUCATION:

May 2024: **Massachusetts General Hospital (MGH) Boston -MA, USA**
Shoulder Service - Harvard Medical School
Clinical Observer under Prof. B. Elhassan

May 2024: **Rose Medical Center, Denver -CO, USA**
Shoulder Service
Clinical Observer under Dr. A. Hadjidakis

Oct 2017- 2019, 2023: **University of Athens**- School of Medicine
Post-graduate student in International Medicine- Health Crisis (Disaster) Management (MSc.)
2023 Thesis: "Development of Asclepieion General Hospital's Disaster Management Plan for Mass Casualty Incident"

Apr 2017- Dec 2023: **Asclepieion General Hospital**
Department of Orthopaedics – Shoulder Surgery Unit
Head: Ioannis C. Feroussis MD PhD
Orthopaedic Surgery Resident
Period including 1 year of compulsory Rural Service

Nov 2016- Present: PhD candidate
University of Athens- School of Medicine
Biomedical Research Foundation Academy of Athens
National Technical University of Athens
National Center for Scientific Research "Demokritos"

"The Use of Synovium- Derived Stem Cells in the Reconstruction of Supraspinatus Chronic Tears with Facia Latta Allograft. In vivo experiment in Rabbits"

Sep 2016- Apr 2017: **Asclepieion General Hospital**
Head: Elias Hannas MD
2nd Department of Surgery
Resident

Oct. 2015 – Sep. 2016: **Hellenic Naval and Veteran's Hospital – Hellenic Navy**
2nd Department of Surgery
Head: Col. Ioannis Kyriazanos MD MSc PhD
Resident - Petty Officer (Physician) 3rdCL
The Internship includes participation in everyday clinic work: operations, night duties, outpatient clinic etc.
Main fields: Gastrointestinal neoplasia, Pancreatic- hepatic neoplasia.

Jan 2011- Jun 2015: **Asklepieion General Hospital, Athens Greece**
Orthopaedic Department- Shoulder Surgery Unit
Observer of the Orthopaedic Department

Oct 2011 – Jun 2015: **Ruzinov Hospital, Bratislava Slovakia**
1st Orthopaedic- Traumatology Clinic.
Head of Department: Prof. Luboš Rehák CSc
Participation in Operations and Outpatient Clinic

Sep. 2009- Jun. 2015: **Comenius University Bratislava** –Slovakia- School of Medicine (English Speaking Department)
Doctor of Medicine Upper Second-Class Honors (7.5)
Diploma Thesis: “Rotator Cuff Tears and Outcome in Surgical Patients”

Sep 1997- Sep 2009: Hellenic- American Education Foundation (HAEF)
Athens College class of 2009'
2006-2009 High School
2003-2006 Middle School
1997-2003 Elementary School

PROFESSIONAL EXPERIENCE

Jan 2025 – Present: **Metropolitan Hospital**
Orthopaedic Clinic - Shoulder Service
Orthopaedic Surgeon

Sep 2024 – Present: **Hellenic Shoulder Clinic**
Orthopaedic Surgeon

Dec 2023 – Sep 2024: **Asklepieion General Hospital**
Department of Orthopaedics – Shoulder Surgery Unit
Orthopaedic Surgeon
Temporary extent of Orthopaedic Surgery Resident position

Oct. 2015 -Sep 2016: **Hellenic Navy**

Communications and Operations Command Center – MARCOMMS,
OPS Center, NATO NCI Agency Division

Petty Officer (Physician) 3rdCL in the Operating First Aid Bay
and Medical Officer of the Center's helipad

RESEARCH ACTIVITY

May 2022- Present: Biomedical Research Foundation of the Academy of Athens
Associate Researcher, Research in the use of Stem Cells in the
treatment of chronic rotator cuff tears in NZW rabbits.

May 2018- 2021: Experimental – Research Center of ELPEN Pharmaceuticals
Scholarship, Research in the use of Stem Cells in the treatment of
chronic rotator cuff tears in NZW rabbits.

CLINICAL STUDIES/ TRIALS

Sep 2017- July 2018: The “PRONOMOS” study:

A Multicentre, Randomised, Double-blind, Controlled, Phase IIIb Study to Assess
the Efficacy and Safety of Rivaroxaban 10mg od Versus Enoxaparin 4000 UI for
VTE Prophylaxis in non-Major Orthopaedic Surgery

Sub- Investigator

Mar 2016- July 2016: The “Globalsurg 2” study:

Determining the worldwide epidemiology of surgical site infections after
gastrointestinal surgery

Sub- Investigator

CONFERENCES

Dec 2024: Current techniques in Shoulder Surgery, TraumaEdu, University of Athens, Medical School,
Athens Greece

Sep 2024: Shoulder Reconstruction: Current Concepts, ATTC Athens Greece

Sep 2024: 31st Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC- ESSSE),
Munich, Germany

Jun 2024: 37th Microsurgery Course – 11th Peripheral Nerves & Brachial Plexus Surgery Course, Athens
GR

Jun 2024: Nice Shoulder Course, Nice FR

May 2024: 2024 National Shoulder and Elbow Week, Five Labs, Boston -MA , USA

Feb 2024: 6th Athens Shoulder Course, Athens Greece

Oct 2023: 79th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Sep 2023: Reverse Shoulder Arthroplasty Course, ATTC Athens Greece
With Hands-on Cadaveric Sessions

Sep 2023: 15th ICSES International Conference on Shoulder and Elbow Surgery, Rome Italy

May 2023: Basic Principles of Fracture Management AO Foundation, Athens Greece

Dec 2022: Advanced Shoulder Fracture & Arthroplasty Course, ATTC, Athens Greece
With Hands-on Cadaveric Sessions

Nov 2022: Advanced Rotator Cuff Course ATTC, Athens Greece
With Hands-on Cadaveric Sessions

Nov 2022: Proximal Humeral Fractures: From Osteosynthesis to Reverse, ATTC. Athens Greece

Oct 2022: Damage Control Orthopaedics and Nursing Management, Athens Greece

May 2022: 5th Athens Shoulder Course ATTC, Athens Greece
With Hands-on Cadaveric Sessions

Feb 2022: "What I should and shouldn't do in my first ACL and meniscus repair", ATTC Athens Greece
With Hands-on Cadaveric Sessions

Feb 2022: Current Principles of Intramedullary Nailing, OTC Hellas, ATTC, Athens Greece
With Hands-on Cadaveric Sessions

Oct 2021: 77th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Oct 2020: 76th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Sep 2020: 5th Athens International Elbow Course, Virtual Online

Feb 2020: 4th Athens Shoulder Course, Athens Greece

Jun 2019: Complex and Revision Problems in Joint Replacement, Rome Italy

Oct 2019: 75th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Apr 2019: 3rd Pan-Hellenic Conference in Emergency Pre-hospital Care "Emergency 3", Athens Greece
Extra workshop: Ultrasonography in Emergency Medicine

Mar 2019: 8th Advanced Seminar in Mountain Medicine, Karpenissi Greece

Jan 2025

Oct 2018: 8th International Conference “Management of Disaster Victims”, Rhodes Greece

Oct 2018: 4th Pan-Hellenic Meeting in Resuscitation and Critical Patient Management, Athens Greece
Extra workshops: Airway management in ER settings
Urgent management of radiation accidents

Mar 2018: 7th Meeting of the International Mediterranean Society of Orthopaedic Surgery, Thessaloniki Greece

Oct 2017: 1st Course on Upper Limb Surgery: Shoulder- Elbow Arthroscopy on Frozen Cadavers, Thessaloniki Greece

Oct 2017: 73rd Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Sep 2017: 27th Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC- ESSSE), Berlin Germany

Jul 2017: IM Nailing of Lower Extremity Fractures State of the Art- Cadaveric Course. University of Leeds, Leeds United Kingdom

Jun 2017: Trauma Talk Symposium, Athens Greece

Oct 2015: 71st Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Oct 2015: Orthopaedics Review of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

May 2015: Arthroscopic and Open Shoulder Surgery Symposium with Cadaveric Practical Workshop. Orthopaedic Department- Shoulder Service Asclepeion General Hospital, Athens Greece

Dec 2014: Shoulder Instability Conference- 1st Orthopaedic University Clinic – University of Thessaloniki, Thessaloniki Greece

Oct 2014: 70th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Oct 2013: Ankle and Foot Symposium of the Hellenic Association of Orthopaedics and Traumatology- Ankle and Foot Section, Athens Greece

Apr 2013: 52nd Medical Sciences Student Congress- Comenius University, Medical Faculty, Bratislava Slovakia

Oct 2010: 66th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Sep 2006: 20th Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC- ESSSE), Athens Greece

PRESENTATIONS IN CONFERENCES

Dec 2024: Subacromial Space Arthroscopy: Positioning of the Patient, Arthroscopic Portals, Normal Anatomy Current techniques in Shoulder Surgery, TraumaEdu, University of Athens, Medical School, Athens Greece

Dec 2024: Instructor in cadaveric course: Basic Arthroscopic Techniques in Shoulder Surgery, TraumaEdu, University of Athens, Medical School, Athens Greece

Sep 2024: "Reverse Total Shoulder Arthroplasty Hardware Orientation and Use of New Technologies" Shoulder Reconstruction: Current Concepts, Hellenic Shoulder Clinic, ATTC Athens Greece

Oct 2023: Round Table: ACL Tears Treatment: Differences Between Men and Women"
78th Annual Pan-Hellenic Orthopaedic Congress of the Hellenic Association of Orthopaedics and Traumatology, Athens Greece

Sep 2023: "Reverse Shoulder Arthroplasty Indications"
Reverse Shoulder Arthroplasty Course, ATTC Athens Greece

Sep 2022: "Suture Fixation in Proximal Humeral Fractures"
Proximal Humeral Fractures- From ORIF to Reverse, ATTC Athens Greece

Nov 2018: Dysbaric Osteonecrosis
Vasilios P., Feredinos I., Spiliopoulou A., Tosounidou D., Feroussis C., Papadaki V., Roubis K.
20th Radiology Conference of SE Greece

Mar 2018: Round Table: "Surgical Anatomy and Biomechanics of Clavicle"
7th Meeting of the International Mediterranean Society of Orthopaedic Surgery, Thessaloniki, Greece

Jan 2016: "Basics of First Aid"
Hellenic Navy Communications and Operations Command Center

Feb 2016: "Basic Life Support"
Hellenic Navy Communications and Operations Command Center

Oct 2015: "Reverse Total Shoulder Arthroplasty in Massive Non- Reparable Rotator Cuff Tears Without Concomitant Osteoarthritis. A Study of 31 Patients with 3.5 Years Follow- Up."
Varvitsiotis D, Papadopoulos P, Tsakoumis G, Pantelakis K, Feroussis C, Feroussis J
Paper presented in 71st Annual Panhellenic Orthopaedic Conference of the Hellenic Association of Orthopaedics and Traumatology 7-10 Oct 2015, Athens GR

Oct 2015: "Comminuted, Displaced, Four-Part Fractures and Fractures- Dislocations of the Shoulder. What is the Method of Choice? 38 Case Results Treated with ORIF- Four Years Follow-Up"
Varvitsiotis D, Papadopoulos P, Tzouros C, Genetzakis V, Feroussis C, Feroussis J
Paper presented in 71st Annual Panhellenic Orthopaedic Conference of the Hellenic Association of Orthopaedics and Traumatology, 7-10 Oct 2015, Athens GR

Sep 2015: "Fascia Lata Allograft Bridging of a Rotator Cuff Tear in a Rabbit Animal Model"

Varvitsiotis D, Papaspiliopoulos A, Feroussis C, Pantelakis K, Genetzakis V, Chatziravdeli V, Feroussis J

Poster presented in 26th Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC- ESSSE), 16-19 Sep 2015, Milano Italy

Sep 2015: "Reconstruction of Massive Irreparable Rotator Cuff Tears Using a Fascia Lata Allograft. A Prospective Study of 68 Patients."

Varvitsiotis D, Tsakoumis G, Feroussis C, Papadopoulos P, Mitsiopoulos D, Tzouros H, Feroussis J

Poster presented in 26th Congress of the European Society for Surgery of the Shoulder and Elbow (SECEC- ESSSE), 16-19 Sep 2015, Milano Italy

Jun 2015: "Rotator Cuff Tears and Outcome in Surgical Patients"

Diploma Thesis 1st Orthopaedic Department Ruzinov University Hospital (Director Prof. Luboš Rehák, M.D. CSc.) Comenius University, Medical Faculty, Bratislava Slovakia

Apr 2013: "Rotator Cuff and its Importance for Shoulder Joint"

Presentation with honors, 3rd place in 52nd Medical Sciences Student Conference- Comenius University, Medical Faculty, Bratislava Slovakia

PUBLICATIONS

Aug 2023: Varvitsiotis D, Kokkineli S, Feroussis C, Apostolopoulos N, Zakilas D, Feroussis J. Long-Term Results of Primary Reverse Shoulder Arthroplasty for Massive, Irreparable Rotator Cuff Tears Without Glenohumeral Arthritis with a Mean Follow up of 9.4 Years. *J Shoulder Elb Arthroplast*. 2023 Aug 9;7:24715492231192072. doi: 10.1177/24715492231192072. PMID: 37575314; PMCID: PMC10413892.

Apr 2023: Asclepieion General Hospital's Disaster Management Plan for Mass Casualty Incident
University of Athens Information Center and Library

Nov 2021: Chapter: Complications of Hip Arthroscopy of the book: The Hip Arthroscopy
by K. Mohan Iyer - Jenny Stanford Publishing
Authors S. Kokkineli, C. J. Feroussis, N. V. Bardakos

Feb 2018: GlobalSurg Collaborative. Surgical site infection after gastrointestinal surgery in high-income, middle-income, and low-income countries: a prospective, international, multicentre cohort study. *Lancet Infect Dis*. 2018 May;18(5):516-525. doi: 10.1016/S1473-3099(18)30101-4. Epub 2018 Feb 13. PMID: 29452941; PMCID: PMC5910057.

SCIENTIFIC ASSOCIATIONS MEMBERSHIP

Hellenic Association of Orthopaedics and Traumatology, Athens Greece

European Society for Surgery of the Shoulder and the Elbow (SECEC-ESSSE)

- 2019-2021: Junior Member
- 2022- 2023: Associate Member
- 2024- present: Full Member

Athens Medical Council

British Medical Council

CERTIFICATIONS

May 2018 BLS

Apr 2024 ATLS

PHTLS as a part of MSc “International Medicine- Health Crisis (Disaster) Management”

MISCELLANEOUS

Languages spoken: Greek (Native), English (Fluent), Slovak (limited- basic)

Driver's license, Speedboat operation license

Hobbies:

- Astrophysics- observational astronomy
- Network architecture and communications infrastructure
- Computer and network technology
- Sea motorsports
- Sailing
- Basic coding in python
- Basic graphic design