

CURRICULUM VITAE

Prof. Nicolas C. Christodoulou

DEMOGRAPHICS

Date of birth: 02/02/1953,
Place of birth: Alexandria
Citizenship: Cypriot
Nationality: Greek
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Marital Status: Married (3 children)

EDUCATION

1973 – 1979 **Primary Medical Qualification:** Medical Diploma of Athens University, School of Medicine: **M.D.**

1979 – 1984 **Specialty:** PHYSICAL AND REHABILITATION MEDICINE
From 1/10/1979 - 31/7/1984 “ Asklepion Hospital in Voula”,
Medical School - Athens University: **S.P.R.M. (GR)**

DISTINCTIONS – AWARDS – SCHOLARSHIPS

Cyprus State Scholarship: 6 years scholarship for Medical Diploma in Athens Medical School.

Fellowship: Since 1st October 1993, physician recognised by the EUROPEAN BOARD OF PHYSICAL AND REHABILITATION MEDICINE (U.E.M.S.) to practice the specialty in all European Union countries. The certificate is a “SEAL of EXCELLENCE in PRM”.

Awarded: **FEBPRM**

Fellowship Recertification: Recertified from the European Board of PRM in 2004 and became: **Senior Fellow of E.B.P.R.M.**

Emeritus Membership: Since 2002, inaugurated by the General Assembly of the Hellenic Society of Physical Medicine and Rehabilitation (EEΦΙΑ).

Awarded: **Emeritus EEΦΙΑ Member.**

Honorary Membership: Since 1st October 2010, inaugurated by the General Assembly of the Mediterranean Forum of Physical and Rehabilitation Medicine (MFPRM)

Awarded: **Honorary MFPRM Board Member.**

MISSIONS:

1. On July 1996, as a member of the Physical Medicine & Rehabilitation Delegation of the “PEOPLE TO PEOPLE INTERNATIONAL” Organisation (Citizen Ambassador Program), visited several Hospitals and gave lectures in the Republic of South Africa, to help the development of the Speciality.
2. Pioneer for the creation of the SOCIETY: “Mediterranean Forum of Physical and Rehabilitation Medicine (MFPRM) since 9/2000. The year 2000 we started an educational program for harmonizing the knowledge of PRM colleagues at the Mediterranean countries, on topics of current interest. Since then I was travelling lecturing voluntarily in several conferences.
3. Pioneer for the creation of the “EURO-MEDITERRANEAN SCHOOL of PRM” in Syracuse of Sicily – Italy since 2005, where every year he teaches on special topics PRM trainees and young specialists in PRM.

MEMBERSHIP AND PROFESSIONAL BODIES REPR.

1. Hellenic Society of Physical Medicine and Rehabilitation since 1981.
2. Hellenic Association of Sports Medicine since 1981.
3. Cyprus Medical Association since 1982. (Member of the Board 1990-2006, Vice President 1997-2006, Chairman of the Committee for Continuing Medical Education 2001-2006). Cyprus delegate to the UEMS Council and to the UEMS European Accreditation Council for CME (EACCME) from 2001-2006.
4. Cyprus Association of Sports Medicine since 1982, Vice President 2001-03 & from 2006-2009.
5. IRMA: International Rehabilitation Medical Association from 1982 to 2001.
6. ISPRM: International Society of Physical and Rehabilitation Medicine since 2001.
7. I.M.S.O.P.: International Medical Society of Paraplegia (now ISCoS) since 1982.
8. ESPRM: European Society of Physical & Rehabilitation Medicine (Co-founder since 2003).
9. Limassol Medical Association since 1985. (Member of the Board 1989-97, President 1997-2005).
10. Cyprus Society of Physical Medicine and Rehabilitation. Founder and President since 1987:
Represents the Society to the:
 - a. European Society of Physical and Rehabilitation Medicine
 - b. International Society of Physical and Rehabilitation Medicine
 - c. U.E.M.S. Section & Board of Physical and Rehabilitation Medicine
(President of the UEMS PRM Section since 9/2007 and
President of the UEMS Multidisciplinary Joint Committee on Sports Medicine since 9/2006).
11. International Society of Medical Hydrology and Climatology (I.S.M.H.C.) since 1992.
12. Mediterranean Forum of Physical and Rehabilitation Medicine since 5/9/2000, (Co-founder of the Forum, and President from 9/2000 till 9/2010).
13. Hellenic College of the European Board Certified Specialists in Physical & Rehabilitation Medicine, since 29/11/2002.
14. **Editorial Board** of the “European Journal of Physical Medicine and Rehabilitation” from Feb. 1991 to Oct. 1999.
15. **Editorial Board** of the “Europa Medicophysica” journal indexed by Medline: (Official Journal of the Mediterranean Forum of Physical and Rehabilitation

Medicine) since December 2002. The journal now called “European Journal of Physical and Rehabilitation Medicine”.

PROFESSIONAL ACTIVITY:

1. Spinal Injuries Rehabilitation from 15/10/84 till 14/7/1985 at **N.S.I.C. STOKE MANDEVILLE HOSPITAL, Aylesbury, England.**
2. General Director and Medical Consultant in the private **LIMASSOL CENTRE OF PHYSICAL AND REHABILITATION MEDICINE**, from 03/02/1986 till today.
3. Medical Director of the **Sports Medicine Unit** of the Tsirion Sports Centre G.S.O. from 01/12/1989 till 22/11/1996. Since then, Medical Advisor of the Centre.

TEACHING / EDUCATIONAL EXPERIENCE

1. PROFESSOR to the European University Cyprus (EUC) - School of Sciences, since 01.10.2007.
2. Special Scientist Professor to the Technological University of Cyprus (TUC) – School of Health Sciences, since 01.09.2010.
3. ACADEMY OF CYPRUS SPORTS MEDICINE SOCIETY: Member of the Scientific Board since 2000, teaching to all the events.
4. CONTINUING MEDICAL EDUCATION PROGRAM of the Cyprus Medical Association. First organiser and scientific administrator for all the Cypriot physicians (2000) from 01/01/2002 till 05/09/2006.
5. HAIM RING EURO-MEDITERRANEAN PRM SCHOOL in Syracuse. Co-founder Professor, member of the Scientific Board and giving lectures since 2005:
6. ODYSSEUS MARITIME TRAINING CENTRE: The Medical Professor, giving lectures and practical training on First Aids since 2006.

RESEARCH WORK

Ph. D. degree: in Medicine, from University of Athens since 26/5/1992.

Research from 12/7/82-18/5/84 on the “Effectiveness of the transcutaneous electrical nerve stimulator (TENS) in Lumbago and Sciatica syndromes: Double blind trial”.

- R. PROJECTS:**
1. Botulinum toxin in Cerebral Pulsy.
 2. The validation of ICF basic core sets.
 3. Scoliosis and 3Dimensional treatment
 4. The contribution of PRM in preventing falls in the elderly: Creating a clinical comprehensive program.
 5. Continuing Medical Education (CME) in Cyprus: Introduction and results.
 6. The effect of aerobic exercise, of resistance exercise and of their combination, on the rehabilitation of patients with low risk heart disease (Research Center of the European University Cyprus).
 7. Research on the possibility of organizing and realizing exercise programs for elderly by the local authorities (Research Center of the European University Cyprus).

PUBLICATIONS IN REFERRED JOURNALS

1. Negrini S, Christodoulou N, Giustini A, Ring H, Stam H. “Europa Medicophysica is Indexed by Medline: opening new perspectives for European, Mediterranean and Italian physical and rehabilitation medicine”, *Eura Medicophys* 2005 Sep; 41 (3): 203-5.
2. Christodoulou N.: “Continuing Medical Education and Continuing Professional Development in the Mediterranean Countries” *Eura Medicophys* 2007 Jun; 43 (2): 195-202.
3. Christodoulou N.: “Degenerative Inflammatory Diseases: The Joints Rehabilitation Programme”, *Journal IATRIKI KYPROS* 2007; 22:7-9.
4. C. Gutenbrunner, A.B. Ward, M.A. Chamberlain, N. Christodoulou et al; “White Book on Physical and Rehabilitation Medicine in Europe”, *J REHABIL MED* 2007; 39:1-48, Supplement No.45.
5. Christodoulou N.: “Training needs for Sports Medicine in Europe: decisions of the Multidisciplinary Joint Committee on Sports Medicine of the European Union of Medical Specialists” (*Medical Annals* 2008; Volume 21; 5-6, pages 289-291).
6. Ergen E, Pigozzi F, Bachl N, Debruyne A, Christodoulou N, et al: “Sport Medicine specialty training core curriculum for European countries“, *J SPORTS MED PHYS FITNESS* 2008 Dec; 48 (4): 419-33.
7. Delarque A, Franchignoni F, Michail X, Christodoulou N: “The Future of Education, Quality of PRM programmes & Field of Competence: The Action Plan of the Physical and Rehabilitation Medicine (PRM) Section and Board of the European Union of Medical Specialists (UEMS) 2008-2010”, *J Rehabilitacija – letn. VIII, suppl. 1 (2009). (4/09)*.
8. Delarque A, Michail X, Christodoulou N : The Action Plan of the UEMS Physical and Rehabilitation Medicine Section and Board 2008-2010, *Eur J Phys Rehabil Med* 2009 Jun;45 (2):265-70. Epub 2009 Feb 11.
9. Christodoulou N.: “The Implementation of Continuing Medical Education in Cyprus” (*Journal IATRIKI KYPROS* 2009: V25; 3-4, pages 7-10).
10. Neumann V, Gutenbrunner C, Fialka-Moser V, Christodoulou N, Varela E, Giustini A, Delarque A: “Interdisciplinary Team Working in Physical and Rehabilitation Medicine”, *J REHABIL MED* 2010 Jan.; 42 (1): 4-8.
11. Franchignoni F, Giordano A, Michail X, Christodoulou N: “Practical lessons from the use of rasch analysis in the assessment of outcome measures”, *Portuguese Journal of Physical and Rehabilitation Medicine*, 2010; 19(2): 5-12.
12. McElligott J, Carroll A, Morgan J, Macdonnell C, Neumann V, Gutenbrunner C, Fialka-Moser V, Christodoulou N, Varela E, Giustini A, Delarque A, Assucena A, Lukmann A, Tuulik-Leisi V, Zoltan D: “European models of multidisciplinary rehabilitation services for traumatic brain injury”, *Am J Phys Med Rehabil.* 2011 Jan; 90 (1):74-8.
13. Ward A B, Gutenbrunner C, Giustini A, Delarque A, Fialka-Moser V, Kiekens C, Berteau M, Christodoulou N: “A Position Paper on Physical & Rehabilitation Medicine Programmes in Post-Acute Settings”, *J Rehabil Med* 2012; 44: 289-298.

PUBLICATIONS IN CONGRESS PROCEEDINGS

1. Contoulakos P., Christodoulou N., Karantonis G. et al: “Ectopic ossifications in patients with damage of the C.N.S., our findings in 20 cases” (*Archives Hellenic Medical Society*, May 1982).

2. Lagoyiannis N., Christodoulou N., Karantonis G. et al: “Hemiplegia and Rehabilitation. Statistic analysis of 105 cases admitted in our clinic during 1980. Clinic of P.M.R. of Asklepion Hospital in Voula, Greece” (10th Pan-Hellenic Congress of Neurologists & Psychiatrists, Thessalonica, May 1983).
3. Christodoulou N., Petropoulou K., Karantonis G. et al: “Comments on the conclusions of 1925 EMGs in cases of Lumbago & Sciatica” (10th Pan-Hellenic Congress of Neurologists & Psychiatrists, Thessalonica, May 1983).
4. Psalidakos T., Christodoulou N., Karantonis G. et al: “Our contribution in functional Rehabilitation of patients with Brain Injuries” (Archives Hellenic Medical Society, May 1983).
5. Contoulakos P., Christodoulou N., Karantonis G. et al: “Our first experiences in using LASER in cases of pain syndromes” (Archives Hellenic Medical Society, May 1983).
6. Christodoulou N., Lagoyiannis N., Karantonis G. et al: “Functional Rehabilitation of Idiopathic Peripheral Polyneuropathy GUILLAIN-BARRE, study of 38 cases” (Archives Hellenic Medical Society, May 1984).
7. Christodoulou N.: “The effect of a therapeutic exercise program on motor functions in cerebral palsy” (Citizen Ambassador Program – Physical Medicine and Rehabilitation Delegation to the Republic of South Africa, July 1996).
8. Christodoulou N.: “Scoliosis-related pain in adults – treatment influences” (Citizen Ambassador Program – Physical Medicine and Rehabilitation Delegation to the Republic of South Africa, July 1996).
9. Christodoulou N.: “Therapeutic use of peroneal stimulation in hemiplegic patients” (Citizen Ambassador Program – Physical Medicine and Rehabilitation Delegation to the Republic of South Africa, July 1996).
10. Christodoulou N.: “Rehabilitation in Cyprus”. (Mediterranean Rehabilitation Conference Malta-Fort St. Angelo, December 2000).
11. Christodoulou N.: “Athletes’ return to full participation after an injury” (3rd International congress of the Academy of Cyprus Sports Medicine Society, Nicosia, 2 – 3/12/2006).
12. Christodoulou N.: “Using Botulinum Toxin-A in children with spastic cerebral palsy”: The experience of the Limassol Centre of PRM”. Proceedings of the 4th World Congress of PRM, Seoul-Korea, 10-15/6/2007.
13. “Rehabilitation stages of athletes following injuries” (2nd Pan-Cyprian & 6th Cypro-Hellenic Sports Medicine Congress, Nicosia 27-28/10/2007).
14. Delarque A, Michail X, Christodoulou N.; “Past and Present and Future of the UEMS Section and Board of Physical and Rehabilitation Medicine”: (16th European Congress of Physical and Rehabilitation Medicine, Brugge 03-06/06/2008, congress proceedings pages 53-55).
15. Christodoulou N.; “Requirements for Sports Medicine training in Europe: conclusions of the UEMS Multidisciplinary Joint Committee on sports medicine” (16th European Congress of Physical and Rehabilitation Medicine, Brugge 03-06/06/2008, congress proceedings pages 26-28).
16. Christodoulou N.; “Comprehensive rehabilitation in sports injuries” (16th European Congress of Physical and Rehabilitation Medicine, Brugge 03-06/06/2008, congress proceedings pages 47-49).
17. Christodoulou N.; “UEMS Multidisciplinary Joint Committee on Sports Medicine: Its Acts & Requirements for Sports Medicine Training in Europe” (European School of Marseille {ESM}, Marseille 03/07/2008).

18. Christodoulou N; “Physical and Rehabilitation Medicine in sports injuries” (7th Mediterranean Congress of Physical and Rehabilitation Medicine, Portorose – Slovenia 18-21/09/2008, congress proceedings).
19. Christodoulou N; “Towards the implementation of a minimal network of rehabilitation services in the Mediterranean countries: Introduction” (7th Mediterranean Congress of Physical and Rehabilitation Medicine, Portorose – Slovenia 18-21/09/2008, congress proceedings).
20. Christodoulou N; “Training at the Third Age” (2nd Pan-Cyprian Congress of Osteoporosis, Paphos 18-19/10/2008).
21. “The website of UEMS PRM Section and Board: An important tool to promote Board Action Plan”, N. Christodoulou, N. Barotsis, S. Moslavac, J-M Viton, F. Franchignoni (5th World Congress of the ISPRM, Istanbul 13-17/06/2009).
22. “Interdisciplinary team working in Physical and Rehabilitation Medicine” V. Neumann, C. Gutenbrunner, V. Fialka-Moser, N. Christodoulou, E. Varela, A. Delarque (5th World Congress of the ISPRM, Istanbul 13-17/06/2009).
23. Christodoulou N; “Sports injuries pathophysiology and comprehensive rehabilitation” (Conference on “Physical and Rehabilitation Medicine in Europe: Perspectives for Harmonization, Vilnius 02/09/2009).
24. Christodoulou N; “UEMS MJC on Sports Medicine - training provisions in Europe” (Conference on Physical and Rehabilitation Medicine in Europe: Perspectives for Harmonization, Vilnius 02/09/2009).
25. Christodoulou N; “Exercise in the Old Age concerning Prevention of Falls and Osteoporosis (15th International Congress of Egyptian Society of Rheumatology and Rehabilitation: EGYRAR '09, Alexandria 30/09 – 03/10/2009).
26. Christodoulou N; “The role of Exercises in Degenerative Inflammatory Diseases – Joints Rehabilitation” (15th International Congress of Egyptian Society of Rheumatology and Rehabilitation: EGYRAR '09, Alexandria 30/09 – 03/10/2009).
27. Christodoulou N; “Spasticity, definition, evaluation and treatment” (15th International Congress of Egyptian Society of Rheumatology and Rehabilitation: EGYRAR '09, Alexandria 30/09 – 03/10/2009).
28. Christodoulou N; “The Neuropathic Pain: Definition, Evaluation and Treatment” (4th Pan Arab & 3rd Syrian Congress for Physical Medicine & Rehabilitation, Damascus 29-31/10/2009).
29. Christodoulou N; “Exercise in the Old Age concerning Prevention of Falls and Osteoporosis” (4th Pan Arab & 3rd Syrian Congress for Physical Medicine & Rehabilitation, Damascus 29-31/10/2009).
30. Christodoulou N; “Pathophysiology of Sports Injuries and Rehabilitation” (4th Pan Arab & 3rd Syrian Congress for Physical Medicine & Rehabilitation, Damascus 29-31/10/2009).
31. Christodoulou N; “Round Table: Pathophysiology of Sports Injuries and their Rehabilitation” (5th International Congress of Cyprus Sports Medicine Society, Nicosia 14-15/11/2009).
32. Christodoulou N; “Pathophysiology of Sports Injuries and Rehabilitation” (11th Panhellenic Congress of Physical Medicine and Rehabilitation, Athens 15-16/01/2010).

33. Christodoulou N; “European Guidelines for Sports Medicine training” (10th International Congress of Sports Medicine Association of Greece and the 8th Greek-Cypriot Sports Medicine Congress, Veria 19-21/03/2010).
34. Christodoulou N; “Rehabilitation Services Network Harmonization among the Mediterranean Countries” (8th Mediterranean Congress of Physical and Rehabilitation Medicine, Limassol – Cyprus 29/9-02/10/2010, congress proceedings).
35. Christodoulou N, Christodoulou K, Christodoulou C; “Spasticity: Definition, Evaluation and Treatment” (8th Mediterranean Congress of Physical and Rehabilitation Medicine, Limassol – Cyprus 29/9-02/10/2010, congress proceedings).
36. Christodoulou C, Christodoulou K, Christodoulou A, Christodoulou N; “The effect of a therapeutic exercise program on motor functions in cerebral palsy” (8th Mediterranean Congress of Physical and Rehabilitation Medicine, Limassol – Cyprus 29/9-02/10/2010, congress proceedings).
37. Christodoulou C, Christodoulou K, Christodoulou A, Christodoulou N; Scoliosis-related pain in adults – treatment influences (8th Mediterranean Congress of Physical and Rehabilitation Medicine, Limassol – Cyprus 29/9-02/10/2010, congress proceedings).
38. Christodoulou C, Christodoulou K, Christodoulou A, Christodoulou N; “Exercise in the old age concerning prevention of falls and osteoporosis (8th Mediterranean Congress of Physical and Rehabilitation Medicine, Limassol – Cyprus 29/9-02/10/2010, congress proceedings).

BOOKS’ AUTHOR (chapters):

1. BOOK: PHYSICAL MEDICINE AND REHABILITATION (5th Edition): Co-author of Chapter 52: International Aspects of Rehabilitation Medicine Practice, 2009.
2. E-BOOK: RESEARCH ISSUES IN PHYSICAL AND REHABILITATION MEDICINE: Author of Chapter: How to prepare and present a lecture, 2010.

PEER REVIEWER OF ARTICLES FOR THE FOLLOWING JOURNALS:

1. European Journal of Physical Medicine and Rehabilitation.
2. Europa Medicophysica – The Mediterranean Journal of PRM.
3. American Journal of Physical Medicine and Rehabilitation.
4. Portuguese Journal of Physical and Rehabilitation Medicine.
5. German Journal of Physical and Rehabilitation Medicine.

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