

Dr. Theodora Papadopoulou

EXPERIENCE



Consultant for Hip and
Groin section, and for the
Military Hip Rehabilitation
Outcome Study (MILO)
UNITED KINGDOM



Miss Theodora (Dora) Papadopoulou, MD, BSc (Sport Science), PGDip (SEM), MSc (Sport. Injuries), PhD (Sport Med Research), FEBSM is a Consultant in Sport and Exercise Medicine and an Orthopaedic Surgeon. Dora is a Certified Sports Scientist and Sports Medicine Instructor. She is the Lead Consultant for Hip and Groin section, and for the Military Hip Rehabilitation Outcome Study (MILO) at the UK Defence Medical Rehabilitation Centre, Stanford Hall, Loughborough, UK.

Dora specialises in Hip and Groin pain in Athletes, however her PhD major research, for which she has received a prize award, was dedicated to the ultrastructure and the morphology of the articular cartilage of the knee joint

Since 1998, she has been a Visiting Lecturer for a range of universities, lecturing students in Sport and Exercise Medicine



@Dora_Sportmed

EXPERIENCE

Dora is the Secretary of the Development Commission of the International Federation of Sports Medicine (FIMS), she is an executive board member of the European Federation of Sports Medicine Associations (EFSMA); and she served as an Executive Board Member of the British Association of Sport and Exercise Medicine (BASEM). She was the Chair of the 2019 BASEM Annual Conference, the Chair of the Spring Hip and Groin BASEM Conference 2021 and she is the Programme Director for the 2022 BASEM Annual conference.

Dora has also worked for various sports events, including Olympics, Paralympics, and Special Olympics in different roles. She is the Doctor for the International Ultramarathon Spartathlon and the British Spartathlon team. She is working in various scientific sports medicine projects and topics and promoting exercise as a preventative intervention and treatment for chronic diseases.

EXPERIENCE

She has authored numerous peer-reviewed papers and she has presented internationally on Sport and Exercise medicine topics. She has participated in numerous organising and scientific committees in many Sports Medicine conferences.

She is keen volunteer, passionate about sport ethos and extremely zealous about the development of Sport and Exercise Medicine. Olympism is one of the cornerstones of her philosophy of life.