



Tokis Anastasios  
Director, Orthopedic Specialist

### **Profile**

Director, Orthopedic Clinic, Metropolitan Hospital

Certified Robotic Knee and Hip Orthopedic Surgery Specialist

### **Education**

**1988 – 1995:** School of Health Sciences, Medical School, Aristotle University of Thessaloniki — Graduated with Merit

### **Previous Experience**

- 01/03/2013-currently: Director, Orthopedic Clinic, Sports Injury Department, Metropolitan Hospital, focusing on treatment of sports injuries, minimal invasive surgeries, and arthroscopic knee, shoulder, hip, ankle, wrist and elbow surgery
- 01/06/2005-01/03/2013: Registrar, Associate Director, Orthopedic Clinic, Metropolitan Hospital (Director: Dimitrios Polyzois)
- 01/05/2005-01/06/2005: Visiting Physician, Hip Surgery Section (focusing on Hip Arthroscopy), Orthopaedische Klinik Homburg/Saar, Germany, under Prof. Michael Dienst.
- 01/04/2005-01/05/2005: Visiting Physician, Shoulder Surgery Sector, University of Wuerzburg, Orthopaedische Klinik Koenig, Ludwig-Haus, Germany
- 01/11/2004-31/03/2005: Member of the Ioannina Orthopedic Sports Medicine Center, under Professor A. Georgoulis, Director of the Department of Sports Injuries, University of Ioannina. Participation in both research and educational activities.
- 29/09-24/10/2003: Visiting Intern, Shoulder Surgery Sector, University of Wuerzburg, Orthopaedische Klinik Koenig, Ludwig-Haus, Germany
- 15/10/1999-14/10/2004: Intern, Orthopedic Clinic, University Hospital of Ioannina. Profs. Soukakis, Beris, Xenakis, Georgoulis)

- 03/04/1999-30/09/1999: Intern, Neurosurgery Clinic, University Hospital of Ioannina (6 months)
- 31/03/1998-02/04/1999: Intern, Surgery Clinic, University Hospital of Ioannina
- 02/12/1996-01/02/1998: Ktismata Regional Medical Center, Ioannina and Delvinaki Health Center, Ioannina Rural Service

### **Interests**

During the last 6 years, a series of innovative interventions were performed at Metropolitan Hospital, such as:

- Hip arthroscopy for the treatment of femoroacetabular impingement, labral tears, hip cartilage damage and incipient hip osteoarthritis
- Arthroscopic autologous chondrocyte transplant for the treatment of knee, shoulder and hip cartilage damage
- Endoscopic transverse ligament dilatation for the treatment of carpal tunnel syndrome
- Arthroscopic knee surgeries for the treatment of meniscus injuries (meniscus transplant, collation, meniscectomy), ligament damages (anterior/ posterior cruciate ligament plastic surgery, lateral knee/ patellar instability repair), knee cartilage damage, intra-articular knee fractures
- Arthroscopic shoulder surgeries for the treatment of shoulder instability, rotator cuff ruptures, long biceps head tendon ruptures, frozen shoulder, incipient shoulder osteoarthritis
- Radiocarpal arthroscopic surgeries for the treatment of triangular fibrocartilage complex, removal of foreign objects, scapholunate dissociation injuries, incipient radiocarpal osteoarthritis, removal of foreign objects
- Ankle arthroscopy for the treatment of ankle cartilage damages, ankle instability, foreign object removal
- Elbow arthroscopy for the treatment of elbow stiffness, foreign object removal, incipient elbow osteoarthritis

### **Sports Injuries:**

- Arthroscopic anterior cruciate rupture and meniscus repair
- Arthroscopic foot and ankle osteocartilaginous damages repair
- Arthroscopic radiocarpal triangular fibrocartilage complex repair
- Pediatric orthopedics
- Infantile scoliosis
- Child and adolescent scoliosis
- Forefoot varus
- Hip dysplasia
- Cerebral palsy
- Unequal leg length
- Sports injuries

**In Summary**

Orthopedic Surgeon Anastasios B. Tokis was born in 1971 in Düsseldorf, Germany. He graduated from the Medical School of Thessaloniki and attended specialty training at the Orthopedic Clinic, University of Ioannina. He attended postgraduate training at internationally recognized centers in Greece and abroad, in arthroscopic surgery of the hip, shoulder, knee, foot and ankle, in sports injuries and in traumatology, with extensive surgical experience acquired. He is mainly interested in arthroscopic surgical techniques for all primary joints, as well as minimally invasive techniques for the treatment of degenerative and traumatic disorders.

**Contact**

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