



CONGRESO MEXICANO DE
MEDICINA DEL DEPORTE Y
CIENCIAS APLICADAS AL DEPORTE
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MD, BSc (Sports), Dip
(SEM), MSc (Sp.Injuries),
PhD, FEBSM
Stanford Hall Defence
Medical Rehabilitation
Centre

United Kingdom



[/www.medicine-and-sports.com](http://www.medicine-and-sports.com)

Dr. med. Theodora Papadopoulou

MAGISTERIAL CONFERENCE

The interdisciplinary approach and
the implementation of the
Biopsychosocial model in Sport and
Exercise Medicine

CONFERENCE

Fuelling your athletes performance.
The new IOC consensus and where we
are now

EXPERIENCE

Theodora Papadopoulou is the Lead
Consultant for Hip and Groin section, and
for the Military Hip Rehabilitation
Outcome Study at the UK Defence Medical
Rehabilitation Centre, Stanford Hall.

Since 1998, Dora has been a vDr.
Theodora Papadopoulou stands as a
beacon of excellence in the realm of
sports medicine. Her journey is one of
dedication, expertise, and unwavering
commitment to advancing human health
through physical activity.



Dr. med. Theodora Papadopoulou

Here's an extended look at her impactful career:

Clinical Practice and Orthopedic Surgery:

- Dr. Papadopoulou's clinical practice revolves around Sport and Exercise Medicine. She seamlessly integrates medical knowledge with a deep understanding of athletic performance.
- As an orthopedic surgeon, she has performed intricate procedures, restoring mobility and function to countless patients.
- Her focus on the Hip and Groin section underscores her commitment to addressing musculoskeletal issues specific to athletes.

Leadership and Advocacy:

- Dr. Papadopoulou wore multiple hats within professional associations:
- Secretary of the Development Commission of the FIMS: Her strategic vision contributes to global advancements in sports medicine.
- Secretary General of EFSMA: She collaborates with international experts, fostering cross-cultural exchange.
- BASEM Executive Board Member: Her influence extends to shaping policies and promoting evidence-based practices.
- Her leadership transcends borders, impacting athletes, coaches, and healthcare professionals worldwide.

Event Medicine and Global Impact:

- The grand stage of sports events beckoned Dr. Papadopoulou. She has served as a medical professional at the Olympics, Paralympics, and Special Olympics.
- Her presence ensures athletes receive optimal care, whether they're sprinting on the track or competing in gymnastics.
- Dr. Papadopoulou's work extends beyond medals; it's about safeguarding health and well-being.

Ultramarathons and Endurance Challenges:

- The world of ultramarathons is her canvas. As the Doctor for the International Ultramarathon Spartathlon, she tends to athletes pushing their limits.
- The British Spartathlon team relies on her expertise during grueling 246-kilometer races.
- Dr. Papadopoulou understands that endurance isn't just physical—it's mental and emotional resilience.

Research and Advocacy for Exercise:

- Her research papers grace scientific journals, disseminating knowledge on exercise as a preventive measure.
- Dr. Papadopoulou champions physical activity as a powerful tool against chronic diseases.
- Whether it's cardiovascular health, mental well-being, or metabolic disorders, she emphasizes the transformative impact of movement.

Legacy and Inspiration:

- Dr. Theodora Papadopoulou's legacy transcends accolades. It lies in the lives she touches, the athletes she heals, and the future she shapes.
- She inspires the next generation of sports medicine professionals, urging them to blend compassion with cutting-edge science.