



Δρ. Μάριος Τρυφωνίδης

Dikteon's Medical Center – Medical Director

Trauma & Orthopaedic Surgeon, with Special Interest in Children's Orthopaedics

Assistant Professor (Hon) in Trauma & Orthopaedics, St George's Medical School at the University of Nicosia

BIOGRAPHY:

Dr Marios Tryfonidis is a Trauma & Orthopaedic Surgeon, who in addition to the **General Orthopaedic and Musculoskeletal Trauma work** has a Special Interest in:

1. **Children's Orthopaedics.**
2. **Musculoskeletal sequelae of Neuromuscular Conditions.**

Dr M Tryfonidis qualified at the **University of Manchester** and trained in **United Kingdom** by working in highly renowned hospitals, including the **Oxford Teaching Hospitals, Sheffield Teaching Hospitals**, as well as **Central Manchester Teaching Hospitals**. In addition to being a Member of the Royal College of Surgeons of England, he has also obtained a Post Graduate Diploma in Trauma Surgery (University of Swansea), a Diploma in Children's Orthopaedics (European Paediatric Orthopaedic Society training programme), and Master's Degree in Business Administration (MBA, University of Cyprus).

Following completion of his training, he pursued further intensive training in Children's Orthopaedics, Paediatric Orthopaedic conditions extending in adulthood, as well as Neuromuscular conditions with musculoskeletal sequelae, by working at **Sheffield Children's Hospital**. In 2010 he returned to Cyprus and joined the Orthopaedic Department at **Nicosia General Hospital**, where he was fully engaged in the department's activities in dealing with General Elective Orthopaedic and Trauma work. In addition, he took upon the initiative of Organising and Leading the Children's Orthopaedic services of the department, using an innovative set up by utilising both **Nicosia General Hospital as well as Archbishop Makareios III Hospital**. Furthermore he introduced surgical as well as non-surgical interventions for patients with sequelae of neuromuscular conditions.

In January 2016 he resigned from Nicosia General Hospital and set up a private practice at **Dikteon Medical Centre**, where he continues his clinical practice. He was also appointed as the **Medical Consulting Director** of Dikteon, taking up the responsibility of organising, upgrading, diversifying and overseeing the quality of medical service provision at Dikteon Medical Centre, as well as participating in the ambitious projects of expanding and upgrading of the medical centre into a clinic/small private hospital, with satellite units in various parts of the country.

Clinical Work

Children

Dr Tryfonidis provides comprehensive assessment and treatment for all the range of musculoskeletal pathology (bone, joint or soft tissue) in childhood, including congenital anomalies, acquired pathology, limb deformities, gait anomalies, acute or chronic trauma and infective conditions of joints, bones or soft tissues.

Developmental Dysplasia of the Hip

Clinical and Sonographic (Ultrasound) assessment and all range of non-surgical or surgical treatment. This includes treatment with a brace (e.g. Pavlik Harness), Closed reduction and application of hip-spica cast, or Full Hip joint surgical reconstruction (e.g. open surgical reduction with soft tissue reconstruction and pelvic +/- proximal femur osteotomy).

Clubfoot deformity (Congenital Talipes Equinovarus)

This complex 3-Dimensional foot deformity is treated using the Ponseti method with a special serial casting technique +/- minor surgical intervention. Dr M Tryfonidis is a member of the *European Consensus Group on the 'Ponseti' method for clubfoot management*.

Cerebral Palsy / Neuromuscular conditions

This is a large part of Dr Tryfonidis' practice. It involves comprehensive assessment and where indicated, interventional treatment techniques to improve patient gait and function at an early age, as well as prevent or treat sequelae such as deformities due to soft tissue / joint contractures, or joint dislocations (e.g. hip joint). Treatment techniques include organisation of non-surgical methods (e.g. physiotherapy, occupational therapy, orthotic devices), Botulinum Toxin intramuscular injections, or surgical procedures as per case requirements.

Miscellaneous paediatric orthopaedic conditions – Assessment and treatment

- Joint or bone deformities and Soft tissue pathology
- Skeletal dysplasias
- Oseochondritis dissecans
- Trauma and post trauma sequelae

Adults

Dr Tryfonidis provides full assessment and treatment (surgical or non-surgical) to patients with Musculoskeletal pathology such as osteoarthritis, inflammatory arthritis, bone or joint infections, osteoporosis, chronic or acute conditions of muscles or tendons, peripheral compressive neuropathy, spine pathology, limb deformities, sport injuries and other orthopaedic conditions. In addition he has significant experience in dealing with acute musculoskeletal trauma, or chronic sequelae of trauma.

Neuromuscular Conditions with musculoskeletal sequelae

Neurological conditions as well as myopathies both in children and adults, may cause debilitating musculoskeletal sequelae in the long term, such as spasticity, poor co-ordination of muscle units, musculo-tendinous unit contractures, joint soft tissue contractures or joint subluxation/dislocations. The disabilities caused by functional impairments due to such sequelae can be debilitating for patients and a major problem for carers of such patients. These conditions require meticulous multi-disciplinary assessment and management, with an orthopaedic surgeon's input being vital to this process. Dr M Tryfonidis provides such services of full assessment, overseeing physiotherapy and orthotic device usage, as well as perform treatments with Botulinum toxin injections or surgical intervention where indicated.

Academic Work

Dr M Tryfonidis is an **Honorary Assistant Professor of Trauma & Orthopaedics** at **St George's Medical School Programme** delivered at the **University of Nicosia**. He is heavily involved in medical student pre-clinical teaching, as well as clinical teaching, through lectures, seminars, clinical skills and anatomy teaching. He is a regular examiner for the programme, and an assessor of research projects. He was also the Lead Clinical Tutor for Surgical Specialties at Nicosia General Hospital. Furthermore

he is a personal tutor as well as clinical tutor for a number of students. He has also participated as a Committee member in 'Fitness to Practice Hearing' proceedings.

He is also heavily involved in the delivery Paediatric Orthopaedic teaching as well as examination process for the **MSc Family Medicine** programme at the University of Nicosia. In addition, he is a supervisor for a PhD student in the physiotherapy department of the University of Nicosia.

Dr Tryfonidis has been involved into clinical and laboratory research and has published 30 scientific articles in international medical journals in the world literature, and presented his work in multiple regional, national and international conferences. He has been regularly invited to give presentations, speeches and teaching sessions in various forums in a number of countries such as Cyprus, Greece, Sweden and Austria.

Other Positions of responsibility

Dr Tryfonidis was an invited member of the **European Consensus Group on the 'Ponseti' method of clubfoot management**. The meeting took place in 2012 in Stockholm, Sweden and the report was published in the Journal of Children's Orthopaedics.

Dr Tryfonidis was an appointed member of the **Bioethics Assessment Committee for Biomedical research** at the Ministry of Health between 2011-2015, which addressed bioethical issues of proposed research projects in Cyprus.

He was also a council member of the **British Association of Clinical Anatomists** between 2006 and 2011.

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