



## Δρ. Μενελάου Μενέλαος

**Dikteon's Orthopedic Clinic – Director**

**Trauma & Orthopaedic Surgeon, Sports Medicine and Microsurgery**

**Tutor in Trauma & Orthopaedics, St George's Medical School at the University of Nicosia**

### **BIOGRAPHY:**

**Dr Menelaos Meneloau** is a Trauma & Orthopaedic Surgeon, who in addition to the **General Orthopaedic and Musculoskeletal Trauma work** with highly level of experience in arthroscopic surgery and microsurgery.

- **Dr Menelaos Meneloau** qualified at the **Semmelweis University of Medicine** and trained by working in highly renowned hospitals, including The General Hospital of Attica “**KAT**” Orthopaedic Clinic, University of *Athens Medical School* as well as **General Microsurgical clinic of “KAT”** and Athens General Children's Hospital “Pan & Aglaia Kyriakou”.

In addition to being a Member of the EAE (Greek arthroscopic society) of Greece, he has also obtained a Post Graduate Diploma in shoulder arthroscopy & Trauma Surgery (IASO General Hospital), and a Diploma in Sports Orthopaedics.

Following completion of his training, he pursued further intensive training in Arthroscopic Sport Surgery as well as Sports Trauma conditions in professional athletes. In 2008 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 Organizing and Leading the Arthroscopy Clinic services of the department, using an innovative medical technics and medical practice. Over the years of his practice at the **Nicosia General Hospital**, he operated a numerous number of multi trauma patients and elective surgery with excellent results.

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 Director of Surgical Orthopaedic Department** taking up the responsibility of organizing, upgrading, diversifying and the quality of medical service provision at **Surgical Orthopaedic Department of Dikteon Medical Centre**.

### **Clinical Work (MIS – Minimal Invasive Surgery)**

#### **Athletic Injuries**

Dr Menelaou provides comprehensive assessment and arthroscopic treatment for all the range of musculoskeletal injuries (bone, joint or soft tissue) in athletes, including cruciate ligament ruptures, meniscal ruptures, rotator cuff injuries, shoulder dislocation stabilization, acute muscular injuries, limb fractures, acute or chronic trauma and infective conditions of joints, bones or soft tissues.

#### **Shoulder Rotator Cuff Injuries – Ruptures**

Clinical and Sonographic (Ultrasound) assessment and all range of non-surgical or surgical treatment. This includes treatment with minimal invasive surgery (arthroscopy), as well as conservative treatment with PRP injections and stem cell treatment. Extensive professional athletes' rehabilitation is provided under the supervision of his experienced modern methods. Dr. Menelaou participates as lecturer and instructor in several arthroscopic shoulder seminars, labs, and workshops keeping up with latest scientific methods.

- Rotator cuff repair
- Bankart lesion repair
- PASTA lesion repair
- Biceps tenodesis

### **Knee Injuries**

This complex joint is treated perfectly with minimal invasive surgery using innovative techniques and scientific methods with excellent cosmetic results and quick return to professional sport activities. Dr. Menelaou built a great experience in sports medicine as he trained in Athens University Clinic where the great athletes were treated during the 2004 Olympic Games in Athens.

- Anterior and posterior cruciate ligament reconstruction
- Meniscal repair
- Collateral ligament repair
- Cartilage reconstruction
- Complex ligamentous injuries
- Multiple fracture repair

### **Joint Reconstruction Arthroplasty**

This is a large part of Dr. Menelaou practice. It involves assessment and conservative treatment of mainly knee, hip and shoulder, as well as operative treatment with innovative methods and custom-made arthroplasty with his experienced back up team. This innovative custom-made method provides excellent clinical results comparing to the previous year's techniques.

–	Total	Knee	replacement
–	Total	Hip	replacement
–	Total Shoulder replacement		

### **Paediatric orthopaedic conditions – Assessment and treatment**

- Dr Menelaou in dealing with Joint and bone injuries as well as Soft tissue pathology in Children after his experience in one of the biggest pediatric clinics in Europe, General Children's Hospital "Pan & Aglaia Kyriakou".
- Sport Injuries in Children
- Spine deformities (scoliosis and kyphosis) in children after his great experience at the pediatric scoliosis clinic in Nicosia General Hospital.
- Microsurgical techniques in Children.
- Flat foot deformities in children.
- Osteochondritis conservative and surgical treatment.
- Manipulation of Pediatric fractures.
- Common musculoskeletal problems in children

### **Microsurgery**

Dr Menelaou provides full assessment and treatment (surgical or non-surgical) to patients with microsurgical pathology after eight years of microsurgical experience in Nicosia General Hospital and his training in KAT Microsurgical Clinic in Athens. Tear injuries, hand and finger accidents, nerve and tendons microscopic reconstruction at hand and fingers, peripheral compressive neuropathy, limb deformities and other microsurgical conditions are only few of his medical practice.

### Foot and Ankle

Dr Menelaou is dealing with great success with foot and ankle deformities most common of them are hallux valgus (bunion) and hammer toe as well as plantar fasciitis (heel spur of the heel bone). Moreover he has great experience in Achilles tendon pathology including problem in athletes, dancers and workers. These deformities require loyal and continuous assessment either in conservative or surgical management. Dr Menelaou provides special treatment and services in professional musical instrument performers, having excellent affiliation with Cyprus Symphony Orchestra and Nicosia Music High School.

### Academic Work

Dr Menelaos Menelaou is currently a tutor *of Trauma & Orthopaedics* at *St George's Medical School Programme* delivered at the *University of Nicosia*. He is involved in medical teaching of clinical skills. He was also Clinical Tutor for Surgical Specialties at Nicosia General Hospital.

Dr Menelaou has been involved into clinical and laboratory research and has published many 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 Cyprus, Greece, UK and South Africa.

Dr Menelaou over the years follows a lot of European Arthroscopic and Microsurgery Unions for the latest updates in Arthroscopic surgery participating in laboratory and cadaveric seminars.

### Other Positions of responsibility

Dr Menelaou is a member of the *Hellenic Arthroscopic Association* since 2007. He is an active member of the Association and he has been several times invited as a lecturer.

Κέντρο  
Αρθροσκοπικής Χειρουργικής & Τραύματος  
Ορθοπαιδικό Ιατρείο



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