

CASESTUDY

**For Greek Elite Marathoner,
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knowledge, state-of-the-art
rehabilitation equipment,
along with an athlete's will,
can only have a positive result.**
Rehabilitation Clinic, Diaplasia S.A.

BIODEX

Biodex Medical Systems, Inc.

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The combination of scientific knowledge, state-of-the-art rehabilitation equipment, along with an athlete's will, can only have a positive result. As in the case of the well known 77 year-old Greek elite marathon runner Mr. Dousis Panagiotis, who suffered a left knee injury at the medial meniscus level.

A few of the doctors he visited came to the conclusion that it was time for him to give up running in order to exclude worse injuries. He chose not to listen to them and went to the newly built rehabilitation center of Kalamata DIAPLISIS S.A. (www.Diaplasia.eu). The president of the Rehabilitation Center is Dr. Tzortzakis Vasileios (Orthopedic Surgeon).

After a well-designed and physician-guided rehabilitation program, within a month Mr. Panagiotis was able to start a conservative running program pain free, which prepared him to participate in the Classic Marathon of Athens where he took the first place for his age group.

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*Virvilis Vasileios, General Manager
Rehabilitation Clinic, Diaplasia S.A.*

The 77 year-old runner is now a very familiar person at the "Diaplasia S.A." rehabilitation center since he went back to the center's staff to thank all for the high quality service and support.

The general manager of the rehabilitation center, Mr. Virvilis Vasileios, spoke about the physical therapy team contribution to Mr. Panagiotis' improvement and achievement. "We were honored to have worked with such a great athlete who has been running ever since he was born and we wish him to continue his noteworthy achievements. We are very proud to have added a small brick to his great wall of fame, as we will always be by his side. In a sport such as the marathon, the winner is considered the participant, and in our case, since Mr. Dousis Panagiotis allowed us to work with him, we will feel his wins are ours, too."

Next, concerning the rehabilitation protocol, spoke the Exercise Physiologist of the center, George Giannopoulos MSc. (Queens College, City University of New York). "We had great cooperation with Mr. Panagiotis, he followed our exercise prescription for his knee rehabilitation very closely.



In accordance with the center's physician, Dr. Kartsonakis Vasileios and the Physiotherapist Vakka Kely, we tailored a rehabilitation protocol aimed at strengthening the left quadriceps muscle group."

"The exercise sessions took place at the ergometric room of the center, which houses the Biodex System 4 PRO Dynamometer. The versatility of the Dynamometer gave us a great advantage for accurate implementation of the rehabilitation protocol for Dousis' improvement. A period of one month was the predetermined time frame that we had to work with the athlete."

The outcome was that Mr. Dousis Panagiotis did participate at the marathon races he had set his mind on with no problems. His latest achievement was the completion of the marathon in Paris, France in 2011.

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