



Dr. med. Natalia Papastergiou

FMH Orthopaedic Surgery and Traumatology

Languages

FR,EN,EL

Work Experience

since 2025	Accredited Physician, Clinique de Montchoisi, Lausanne, Switzerland
since 2020	Independent FMH Orthopaedist, Centre du Lac Gland, S-Sante Lausanne, CMLO Lausanne, CMGV Veve, Switzerland
2020	Clinical Fellowship from FESSH and ESSKA, University of Thessaly, Larissa, Greece
2020	Head of Hand Surgery Clinic, UHW Fellowship, Clinique La Tour and Genolier, Switzerland
2019-2020	Head of Hand Surgery Clinic, Hand Surgery and Therapy Center, CH8, Geneva, Switzerland
2018-2019	Head of Orthopaedics and Traumatology Clinic, Hôpital Pourtalès, Neuchâtel, Switzerland
2017-2018	Orthopaedics and Traumatology Assistant Physician, CHU Ambroise Paré, Mons, Belgium
2014-2017	Orthopaedics and Traumatology Assistant Physician, CHUV, Lausanne, Switzerland
2013-2014	Orthopaedics Assistant Physician at Riviera Hospital, Montreux and Vevey Sites, Switzerland
2012-2013	Surgical Assistant Physician at the Ensemble Hospitalier de la Côte, EHC, Morges, Switzerland
2011-2012	Orthopaedics Assistant Physician at Hôpital de la Broye, HIB, Payerne, Switzerland
2011	Assistant Physician in Hand Surgery, Clinique Longeraie, Lausanne, Switzerland

Education

2021-2022	
2020	TOUCH Course, Trapeziometacarpal Prosthesis, CadaverLab, Archamps, France
2018	International Shoulder Level I and II Courses, Arthrolab, Munich, Germany
2018	Brussels Upper Limb Arthroscopy Workshop, Brussels, Belgium
2018	Cadaver Workshop, Elbow Surgery, Leuven, Belgium
2016	AO Trauma Course - Principles in Operative Fracture Management, Davos, Suisse
2016	Dissection and Flap Course of the Upper Limb, CHUV, Lausanne, Switzerland

2015	Radiation Protection Course, Lausanne, Switzerland
2014–2015	Inter-University Diploma in Hand and Upper Limb Surgery, Pierre and Marie Curie University, Paris, France
2014	AO Trauma Course - Surgical Approaches for Residents, Genève, Suisse
2014	Knee Arthroscopy Course, Cadaver Workshop, HUG (Geneva University Hospitals), Geneva, Switzerland
2013	Orthopedic Techniques, Olten, Switzerland
2013	Bio Profile Workshop (Pyrocarbon), Practical Course, Cadaver Lab, Barcelona, Spain
2012	Microsurgery Course, Practical Training, 5 Days, Department of Neurosurgery, Zurich, Switzerland
2012	“Hands-on” Hand Surgery Course, Practical Cadaver Lab, Ioannina, Greece
2012	Modern Osteosynthesis, Practical Course, 2 Days, Lyon, France
2012	Nailing and External Fixation Days, Practical Course, 2 Days Clinique Romande de Réadaptation, Sion, Switzerland
2012	Basic Suturing Course Aesculap Academy, Yverdon-les-Bains Hospital, Switzerland
2012	European Resuscitation Council Healthcare Provider Course, HIB, Payerne, Switzerland
2011	Advanced Trauma Life Support, University of Thessaly, Larissa, Greece

Publications

- Spiral Oblique Retinacular Ligament Procedure Using Flexor Digitorum Profundus Hemi-Tendon Transfer: Anatomical Basis and Clinical Application. [Sébastien Durand](#)¹, [Thierry Christen](#)², [Natalia Papastergiou](#)². 2021 Nov;46(11):1023.e1-1023.e7.doi: 10.1016/j.jhsa.2021.02.018.Epub 2021 Apr 15. J Hand Surg Am
- The Kiricuta Procedure for Chest Wall Reconstruction after Amputation of Right Upper Extremity-Infected Melanoma Papastergiou Natalia and Borens Olivier. Surgical Infections Case Reports. September 2016, 1(1): 120-122
- [Sex-specific differences in cardiovascular risk factors and blood pressure control in hypertensive patients](#). Tziomalos K, Giampatzis V, Baltatzi M, Efthymiou E, Psianou K, Papastergiou N, Magkou D, Bougatsa V, Savopoulos C, Hatzitolios AI. J Clin Hypertens (Greenwich). 2014 Apr;16(4):309-12. doi: 10.1111/jch.12289. Epub 2014 Mar 13.
- [Prevalence of resistant hypertension in 1810 patients followed up in a specialized outpatient clinic and its association with the metabolic syndrome](#). Tziomalos K, Kirkineska L, Baltatzi M, Efthymiou E, Psianou K, Papastergiou N, Magkou D, Zervopoulos G, Kagelidis G, Karlafti E, Savopoulos C, Hatzitolios AI. Blood Press. 2013 Oct;22(5):307-11. doi: 10.3109/08037051.2013.765632. Epub 2013 Feb 12
- [Impaired fasting glucose in hypertensive patients: prevalence and cross-sectional analysis of associations with cardiovascular disease](#). Tziomalos K, Spanou M, Baltatzi M, Efthymiou E, Psianou K, Papastergiou N, Iliadis F, Didangelos TP, Savopoulos C, Hatzitolios AI. Diabetes Technol Ther. 2013 Jun;15(6):475-80. doi: 10.1089/dia.2012.0336. Epub 2013 Apr 1.
- [Obesity and smoking in patients with schizophrenia and normal controls: a case-control study](#). Fountoulakis KN, Siamouli M, Panagiotidis P, Magiria S, Kantartzis S, Papastergiou N, Shoretsanitis G, Pantoula E, Moutou K, Kouidi E, Deres S. Psychiatry Res. 2010 Mar 30;176(1):13-6. doi: 10.1016/j.psychres.2008.11.018. Epub 2010 Jan 15

Accreditation

[Clinique de Montchoisi](#)

Specialties

[Orthopaedic surgery](#)

[Sports medicine](#)

Contact

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