

CV

Nikolaidis Sarantis Konstantinos

Physical Therapist



PERSONAL INFORMATIONS

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Date of Birth: 11/01/1981 **Driver Licence:** Yes

PROFILE

Neuro – Musculoskeletal physiotherapist, Bachelor Degree, Charles University (2003).

(MSc) 'Neuromusculoskeletal Physiotherapy', Charles University (2005).

Work experience in private clinics, sport clubs and colleges.

WORK EXPERIENCE

- September 2008 till today – Owner of a private practice clinic Physiogen.
The practice is focused to musculo-skeletal rehabilitation, sport's rehabilitation, exercise for elderly people and Chronic pain.
- September 2015 till today – Clinical Instructor for 'Mediterranean College'.
Clinical instructor for theoretical and practical lessons related to musculoskeletal rehabilitation.
- August 2010 till 2011 – Physical therapist for Athinaikos W.B.C..

- June 2006 till August 2008 – Physical therapist at the private practice clinic ‘Physical therapy center Ellinikou’, owned by Magda Tziouma.
- June 2006 till August 2008 – Supervisor at the Pelma Analysis institute and Physical therapist at the ‘Physical center, Panagiotis Kourtzis’.
- September 2007 till September 2008 – Physiotherapist in a private clinic for elderly people ‘Saint Eirini’.
- September 2001 till January 2005 – Clinical Practise in several clinics (Opatov clinic, Rheumatological Clinic, Private clinic Of FTVS, Motol University Clinic etc.)

STUDIES

- ✓ September 2005 – June 2006, Technological Institute of Lamia, Grade 8.00
- ✓ September 2003 – June 2005, Charles University (Prague), Department of Physical Education and Sports.
Master of Science, Neuro-Muscular Physiotherapy (MSc) – Grade ‘Excellent’
Recognised by DOATAP.
Master Thesis ‘TMJ dysfunction and Physical Therapy. A review of the literature’
- ✓ September 2000 – June 2003, Charles University (Prague), Department of Physical Education and Sports.
Bachelor Degree of Physiotherapy (BSc) – Grade ‘Excellent’
Bachelor Thesis ‘Brachial plexus paresis. The role of PNF in the scapular dysfunction. Clinical Case.’

Σεμινάρια

- Athens 2019, June – Sports Physio Education, “Groin Pain in athletes. Groin Injury vs Groin Problems” (BJSM approved)
- Thessaloniki 2019, May – Blood Flow Restriction Training (Level 1)
- Athens 2019, April – Sports Physio Education, “The overhead Shoulder compared to the ‘normal’ shoulder. Evidence based assessment and treatment of the painful shoulder” (BJSM approved)

- Athens 2019, March – Red Flags/Σοβαρές Παθολογίες, Chris Mercer
- Athens 2018, November – Sports Physio Education, “Muscle Injuries – Focusing on Hamstrings” (BJSM approved)
- Athens 2017, October – Kinetic Flossing Seminar
- Athens 2013/2014 – Recognised Seminars for Manual (H.OMT.D.), recognized by IFOMPT
- Athens 2013/2014 – Seminars for Upper Limb pathologies, Recognized from the European Certified Hand Therapists (ECHT)
- Athens 2014 & 2017, May & November –Lower Limb Biomechanics (Basic&Advanced Level). Instructor, Petroutsos Stylianos, under the supervision of International College of Biomechanics (Australia)
- Athens 2014, March – Neuro-musculoskeletal and Sports Taping. Instructor, Petroutsos Stylianos
- Athens 2014, May – Explain Pain, under the supervision of H.MOT.D.. Speaker Tim Beams.
- Athens 2009/2010 – Hellenic Institute of McKenzie, Mechanical Diagnosis and Treatment.
- Athens 2009, February – Dry Needling, module I&II (IMTT), under the supervision of ‘Epimorfosis’ center.
- Athens 2008, June – Myofascial Trigger Point Therapy, module I&II (IMTT), under the supervision of ‘Epimorfosis’ center.
- Athens 2008, October – Lower Limbs Biomechanics (ICB), under the supervision of ‘Epimorfosis’ center.
- Athens 2008, September – Gait analysis, under the supervision of ‘Epimorfosis’ center.
- Thessaloniki 2006 - Workshop for GMFM and GMPM.
- Prague 2002/2004 –Proprioceptive Neuro-muscular Facilitation (P.N.F.) seminars, Level I, II, III
- Prague 2002/2005 – Manual therapy/ Mobilization and Manipulation Techniques by Karel Lewit.

SPEACHES

- Athens 2007, November, 21st Congress Of EEEF, ‘Rehabilitation and management of Hip Fractures’.
- Athens 2014, December, 24th Pan-Hellenic Congress, ‘Advanced Management of Chronic Pain’.
- Athens 2016, November, 26th Pan-Hellenic Congress, ‘Blood Flow Restriction. Is there scientific answer regarding the effects on pain?’
- Athens 2017, November, 27th Pan-Hellenic Congress, ‘Research and Clinical practice for acute injuries. Can we apply the research in our clinical practice?’

MEMBERSHIP

- Member of Pan-Hellenic Association
- Member of Hellenic Scientific Association for Physical Therapists
- Member of 'European Society for Shoulder and Elbow Rehabilitation' (EUSSE).
- Member at Czech Republic Association for Physical Therapist
- Member at Hellenic McKenzie Institute

LANGUAGES

- Greek, English, Czech

OTHER INTERSTS

- Run, Swim, Bike
- Travelling
- Music