

CURRICULUM VITAE



Dr. George Paras

Assistant Professor
Department of Physiotherapy
University of Thessaly

Name: George Paras
 Father's name: Spyridon
 Nationality: Greek
 Date of birth: 11/12/1972
 Birth Place - hometown: Serres
 Family status: Married

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- Member of "Pan-Hellenic Physiotherapy Association" (No 3336)
- Member of "Hellenic Scientific Physiotherapy Society" (EEEE) (No 496)
- Member of "Hellenic Scientific Physiotherapy Society" (EEEE) – "Child Department".
- Member of "Bulgarian Association of Kinesitherapists and Rehabilitators" (BAKR).
- **2010 – up today:** Member of "Physiotherapy Issues" Editorial Board.
- **2009 – up today:** Lecturer in Physiotherapy Department. Technological Educational Institute of Lamia, School of Health & Caring Professions, Department of Physiotherapy (Lamia, Greece).
- License to practice the profession of physiotherapy in Greece (No 6761/23.9.1996).
- **2001 up today:** I work as a clinical pediatric physiotherapist in a private practice /pediatric clinic/ (from 2003: Owner of pediatric physiotherapy practice - clinic).
- **1996 – 1998:** Served in the Hellenic Army (Health Department), Rank: Sec. Lieutenant.

Position

- Assistant Professor, Department of Physiotherapy (Lamia, Greece), University of Thessaly.

Studies

21.6.1996: Physiotherapy (Bachelor Degree). National Sports Academy (NSA) – Vassil Levski, Faculty of Kinesitherapy (Physical Therapy). Sofia, Bulgaria.

Graduation thesis: "The role of the activities of daily living (ADL) in the complex treatment of children with spastic diplegia"

June 1997 - February 2002: Ph.D. in Pediatric Physiotherapy. National Sports Academy (NSA) – Vassil Levski, Faculty of Kinesitherapy (Physical Therapy), Department of Kinesitherapy and Rehabilitation. Sofia Bulgaria.

Dissertation Thesis: "Kinesiological analysis of neuromotor development of infants at risk of cerebral palsy in order to apply an early kinesitherapy"

Teaching Experience

1997 – 2009: Lecturer in Physiotherapy Department. Technological Educational Institute of Lamia, School of Health & Caring Professions, Department of Physiotherapy (Lamia, Greece).

2009 – up today: Assistant Professor in Department of Physiotherapy (Lamia, Greece), University of Thessaly.

*Teaching modules (undergraduate & postgraduate degree): **Neurological Rehabilitation, Pediatrics***

Professional Experience

2001 up today: Pediatric physiotherapist in a private practice /pediatric clinic.

1995 - 1996: Clinical Practice in “Institute of Pediatrics – Sofia Medical University”.

September 1998 until August 2001: Postgraduate researcher in “Specialized Hospital for Residential Treatment of Prolonged Therapy and Rehabilitation of Children with Cerebral Palsy “Santa Sofia” – Sofia, Bulgaria. Web page: <http://www.cpcentresof-bg.com/en/>

Scientific & Inquiring Activity in Physiotherapy Department

- **2007, 2008.** President and member of the “Graduation Projects Committee” (Dept. of Physiotherapy).
- **2007, 2008 up today.** President and member of the “Ethics Committee” (Dept. of Physiotherapy)
- **2021 up today:** Head of Physiotherapy Study Program, General Department – Lamia.

Publication in Scientific Journals

1. **George Paras.** “Evaluating dynamic changes in postural reactivity of full-term and pre-term infants at risk of cerebral palsy”. Physiotherapy issues, vol. 2 (1), pp. 7-17, November 2000.
2. **G. Paras,** Iv. Chavdarov, N. Lakova. “The application of modified Vojta test in the assessment of dynamic changes of postural reactivity in children at risk of cerebral palsy”. Kinesitherapy, year I (1), pp. 11-18, 2001.
3. Ivan Chavdarov, **Georgios Paras,** Katia Radoslavova, Panajotis Trigkas. “Assessment of the postural reactivity changes by term and preterm cerebral palsy risk infants”. Journal of Physical, Health Resort Medicine and Rehabilitation. ISSN 0368-7066, Volume XL - book 1-2, **2001)**

4. **G. Paras.** "Physiotherapy approaches in cerebral palsy: Myth & reality". Physiotherapy issues, April – June 2006, vol. 4 (2), pp. 5-14.
5. Gioftsos G., Arvanitidis M., Tsimouris D., Kanellopoulos A., **Paras G.**, Trigkas P., Sakellari V. EMG activity of the serratus anterior and trapezius muscles during the different phases of the push-up plus exercise on different support surfaces and different hand positions. The Journal of Physical Therapy Science. 28.**2016**.
6. E. Lixeka, **G. Paras**, S. Tambaki, P. Trigkas. The effect of therapeutic climbing on gross motor function in hemiplegic cerebral palsy. A pilot single-case experimental design study (SCED). Epitheorese Klinikes Farmakologias kai Farmakokinetikes vol. 36, **2018** No1.
7. **G. Paras**, A. Pavlidis, G. Krekoulas, P. Trigkas. The effectiveness of contemporary versus conventional physiotherapy interventions in improving balance in hemiplegic adults. A systematic review. Epitheorese Klinikes Farmakologias kai Farmakokinetikes vol. 36, **2018** No2.
8. G. Krekoulas, V. Kalidoni, **G. Paras**, P. Trigkas, G. Gioftsos, V. Sakellari. Sacroiliac joint - Reliability and validity of the diagnostic tests. Epitheorese Klinikes Farmakologias kai Farmakokinetikes vol. 36, **2018** No2.
9. G. Krekoulas, V. Kalidoni, I. Stekas, **G. Paras**, K. Gkouzioti. Effect of manual posterior to anterior mobilization on cervical dysfunction and pain levels: a clinical trial. Epitheorese Klinikes Farmakologias kai Farmakokinetikes vol. 37: 57-65, **2019** No1.
10. Vassis K., Spanos S., Trigkas P., **Paras G.**, Poulis I. The Concept of Acceleration and Deceleration in Isokinetics and Its Relation to 2 Hop Tests. Journal of Sport Rehabilitation. Mar. 31, **2022**.
11. Kesidou M., Besios T., **Paras G.**, Chandolias K., Kyriakatis G., Kouveliotti V., Stefan E. (2023). The effect of task oriented approach on gait oh hemiplegic patients: a case series study. International Journal of Clinical Trials | January-March 2023 | Vol 10 | Issue 1.

Abstracts in Papers

12. Kapreli E., Paplomata Z., Damplia Z., **Paras G.**, Strimpakos N. (**2013**) Reliability and Responsiveness of the Greek Version of the Stroke-Specific Quality of Life Questionnaire (SSQOL-GR): A Pilot Study, Neuroepidemiology, 41:301. **Περίληψη σε Επιστημονικό Περιοδικό.** Current Impact Factor: 2.689 (**Δικ. 11.10.**)
13. Spanos S., Pepera G., **Paras G.**, Kanellopoulos A., Trigkas P., Poulis I., Kapreli E. High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study. Physiotherapy Theory and Practice **2020**; In press
14. Pepera G., Dimitriadis Z., Spanos S., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. Physiotherapy Theory and Practice **2020**; In press
15. Pepera G., Dimitriadis Z., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece. Physiotherapy Theory and Practice **2020**; In press

16. Drosou A., Besios T., Panagopoulos A., **Paras G.**, Tsigaras G. Measuring Quality of Life in Children Aged 0-18 with Spinal Muscular Atrophy in Greece. 2nd European Paediatric Physiotherapy Congress. 6-8 October **2022**. Florence, Italy.

Publications of translated papers

1. Lioliou D., **Paras G.** "Developmental Verbal Apraxia or Developmental Apraxia of Speech" by Ann S. Guild, Tracy Vail. Communication, Logos – Voice – Speech. Vol.15, Autumn 2002. Journal of Panhellenic Association of Logopedists.

Conference Presentations – Lectures (indicative)

1. **G. Paras**, Iv Chavdarov, N. Lakova. "The application of modified Vojta test in the assessment of dynamic changes of postural reactivity in children at risk of cerebral palsy". Bulgarian Kinesitherapist Association. National Conference of Kinesitherapy. Kiten, 5-7 October 2000.
2. **G. Paras**. "Physiotherapy approaches in cerebral palsy: Myth & reality". Pan-hellenic Symposium of Physiotherapy: Evidence-based Physiotherapy Practice. 25 - 27 November 2005, Athens.
3. Kalelidou G., **Paras G.** "The influence of Physiotherapy in children with Cerebral Palsy". 7th meeting "Physiotherapy & Oncology", 10 November 2007, "Agios Savas Hospital", Athens.
4. **G. Paras**. "The normal of postural control mechanism" 22nd Conference of Hellenic Scientific Physiotherapy Society (EEEEF): "Postural syndromes & gait disorders – Ergonomy. Alternative approaches", 14-16 November 2008, Glyfada, Athens.
5. **G. Paras**, "The importance of postural control for planning of the therapeutic strategy in neurorehabilitation". 24 Physiotherapy Conference of Hellenic Scientific Physiotherapy Society (EEEEF): "Clinical Management of Neurological Disorders", 15-17 October 2010, Athens.

Oral presentations – posters (indicative)

1. **G. Paras**, Iv. Chavdarov. "The influence of Vojta therapy on the dynamic change of postural reactivity of term and preterm infants at-risk of cerebral palsy". 3rd Mediterranean Congress of Physical Medicine and Rehabilitation, **September 4-7, 2000**, Athens, Hellas. (*poster*).
2. **G. Paras**. "Early clinical assessment of postural reactivity of pre-term and full-term infants at-risk of cerebral palsy" Hellenic Scientific Physiotherapy Society (EEEEF). 14th physiotherapy symposium: "Functional Rehabilitation", 8-10 December 2000, Athens.
3. N. Lakova, N. Gencheva, **G. Paras**. "Assessment of the effect of Vojta's & Bobath's treatment methods in children with Central Co-ordination Disorders (CCD)". Third Jubilee

Congress of Bulgarian Association of Kinesitherapists and Rehabilitators (BAKR), 8-10 June 2001, Sofia, Bulgaria.

4. Iv. Chavdarov, **G. Paras**, N. Jordanova. "A model of Early Intervention by "CP-Risk" infants". The proceedings of 5th International Congress on Cerebral Palsy, Bled (Slovenia), June 7-10, 2001.
5. P. Trigkas, V. Sakellari, **G. Paras**, A. Mandilaris. "The effect of hip adductor activity on quadriceps femoris muscle EMG in weight-bearing conditions". 7th Annual Congress of the European College of Sport Science, Athens 24-28 July, 2002 (*poster*).
6. Chavdarov Ivan, **Paras Georgios**. "Developmental Outcome after Early Hyperbaric Oxygenation (HBO) for "CP-risk" Infants". 3-rd International Symposium for Cerebral Palsy and the Brain-Injured Child. July 16-19-2003, Fort Lauderdale, Florida USA.
7. **G. Paras**, H. Mosholouri, N. Katsogiannis, A. Sampsonidou, Ir. Liapi. "Sensory Impairments in children with spastic cerebral palsy". Pan-Hellenic Physiotherapy Association. Pan-hellenic symposium of physiotherapy, 5-7 November 2004, Athens (*poster*).
8. Trigkas P., Mandilaris A., **Paras G.**, Gioftsos G., Sakellari V. "Clinical analysis of lower limb muscle function: the influence of hip adduction activity on the quadriceps femoris muscle EMG magnitude and ratio, in weight bearing conditions". 4th international conference on strength training. 3-7 November 2004, Serres, Greece (*poster*).
9. Kalelidou G, **Paras G.** "The influence of hippotherapy in children with cerebral palsy". 3rd Congress of Physiotherapy Departments. 11-13 May 2007. Technological Educational Institute of Lamia. Reward for the best presentation by the Hellenic Scientific Physiotherapy Society (EEEE) "Hippocrates award".
10. Poulimenou A., **Paras G.** "Physiotherapy intervention for a child with congenital hemiparesis – case study". 3rd Congress of Physiotherapy Departments. 11-13 May 2007, Technological Educational Institute of Lamia.
11. Tzouma D., **Paras G.** "Physiotherapy intervention for a child with general hypotonia – case study". 3rd Congress of Physiotherapy Departments. 11-13 May 2007, Technological Educational Institute of Lamia.
12. Drinas E., **Paras G.** "The influence of hand splinting of healthy upper extremity in motor improvement of hemiparetic arm in children with cerebral palsy. The Nikolas case". 4th Congress of Physiotherapy Departments. 15-17 May 2009, Egio.
13. Kapreli E., Paplomata Z., Damplia Z., **Paras G.**, Strimpakos N. (2013) Reliability and Responsiveness of the Greek Version of the Stroke-Specific Quality of Life Questionnaire (SSQOL-GR): A Pilot Study, 3rd International Congress on Neurology and Neuroepidemiology, Abu Dhabi November 21-23, UAE
14. Strimpakos N., Damplia Z., Paplomata Z., Billis V., Sakellari V., **Georgios Paras**, Kapreli E. Psychometric properties of Greek version of Stroke Specific Quality of Life (SSQOL) Questionnaire, 9th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), 2015, Berlin

15. Spanos S., Pepera G., **Paras G.**, Kanellopoulos A., Trigkas P., Poulis I., Kapreli E. High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium
16. Pepera G., Dimitriadis Z., Spanos S., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium (oral e-poster)
17. Pepera G., Dimitriadis Z., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium

Workshops – postgraduate courses (indicative)

1. **28.11.1994 - 03.02.1995**: Reflexology (204 hours). Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy, Sofia.
2. **05.4.1995 - 08.4.1995**: Mechanical Diagnosis & Therapy – PART A, The Lumbar spine. The McKenzie inst. International. Lecturer: Scott Herbowy. Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy. Sofia.
3. **19.02.1996 - 23.02.1996**: Feldenkrais Method. Lecturer: Otto Mars. Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy. Sofia.
4. **28.9.1998 - 21.01.1999**: Vojta Diagnosis & Therapy (personal training). Organization: “Specialized Hospital for Residential Treatment of Prolonged Therapy and Rehabilitation of Children with Cerebral Palsy “Santa Sofia” - Sofia.
5. **February 1999 - June 1999**: Bobath Method. Organization: “Specialized Hospital for Residential Treatment of Prolonged Therapy and Rehabilitation of Children with Cerebral Palsy “Santa Sofia” - Sofia.
6. **05.9.2000**: Workshop. Vojta therapy. Organization: 3rd Mediterranean Congress of Physical Medicine and Rehabilitation. Athens.
7. **09.6.2003 - 18.7.2003 & 18.8.2003 - 29.8.2003**: Basic Bobath Course (NDT). Duration: 8 weeks - 280 hours. Organization: EL.E.P.A.P. & European Bobath Tutors Association – Athens.
8. **17-18/4/2004**: workshop. Orthotics, Analysis – Assessment – Applications. Duration: 16 hours. Lecturers: Åke Friestedt, orthotist/prosthetist - Linda Bratteby Tollerz, physiotherapist, Sweden. Organization: Greek NDT Society. Thessaloniki, Greece.
9. **20-21/11/2004**: “Neurological Disorders in Childhood & Physiotherapy Intervention”. Organization: Hellenic Scientific Physiotherapy Society - EEEF, Athens.
10. **13-14/5/2006**: GMFM – GMPM, GMFCS assessment scales. Organization: Greek NDT Society. Thessaloniki, Greece.

11. **03-04/02/2007:** Kinesio Taping®, Basic Course. Kinesio Taping Association (<http://www.kinesio.co.jp>). Lamia - Greece.
12. **25/5/2011:** “Writing for Publication”. Διοργάνωση: Technological Educational Institution of Lamia. Faculty of healthcare professions.
13. **7-8/12/2013:** Applied Lower Limb Biomechanics. International College of Biomechanics. Athens.
14. Dynamic Neuromuscular Stabilization According to Kolar – A Developmental Kinesiology Approach. Level A, contact hours: 18. Athens
15. **11-13/11/2022:** Physiotherapeutic Scoliosis Specific Exercises. Basic Level. Education hours: 24. Athens

Participations in congresses – symposiums (indicative)

1. **15-17 May 1998:** 1st Panhellenic Conference on Hydrotherapy. Organization: TEI of Lamia.
2. **20 June 1998:** Meeting in topic: “Cerebral Palsy”. Organization: Hellenic Scientific Physiotherapy Society - EEEF, Athens.
3. **3-4-5 December 1999:** 13th Physiotherapy Symposium. “Musculoskeletal problems in child development – tension headache – application protocols”, Athens.
4. **12-13 April 2003:** Symposium in Topic: “Neuromuscular & musculoskeletal retraining techniques”. Kavala - Greece.
5. **10 December 2005:** 6th pan-hellenic pediatric neurological congress. (*UEMS 5 credits*) Athens.
6. **7-8 October 2017:** 2nd congress of Podiatrics – Podology. Athens.

Languages

English, Bulgarian

Computer skills

28.6.2002: European Computer Driving Licence (ECDL)

- Corel 11, Adobe Photoshop, Lightroom 1.4, Capture NX2 κ.ά.

Interests

Fine Arts, Photography, Sports