

CURRICULUM VITAE

PERSONAL INFORMATION

NAME	Savvas Spanos
FUTHER'S NAME	Lampros
NATIONALITY	Greek
DATE OF BIRTH	01/07/1964
PLACE OF BIRTH	Athens
SPECIALTY	Physiotherapist
FAMILY STATUS	Married (2 children)
ACADEMIC POSITION	Assistant Professor, Department of Physiotherapy, University of Thessaly
TELEPHONE NUMBERS	+302231060298 - +306932622890
WORK ADDRESS	3 rd km Old National Road Lamia-Athens, 35132 Lamia, Greece
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STUDIES

1992	Technological Educational Institute of Athens School of Health and Caring Professions Department of Physiotherapy Graduate project: <i>Biomechanics – Pathomechanics of the Ankle and Foot</i>
2003	University of Greenwich School of Health and Social Care Master of Science in C.P.D. (Health) Research Project: <i>A controlled trial of the effect of taping on the proprioception of the ankle on injured athletes</i>
2018	University of Thessaly School of Health Sciences Faculty of Medicine Doctor of Philosophy Thesis: <i>Functional outcome of patients undergoing anterior cervical discectomy with interbody fusion for degenerative changes</i>

DISCRIMINATIONS - AWARDS

1.	Spanos S. Billis E. (2003). The effect of taping on the proprioception of the ankle. 17 th Congress of the E.E.E.F. (Athens) 1st Award
2.	Spanos S. Siasios I. Paterakis K. Fotiadou A. Fountas K. (2014). Progress of the range of motion and also the functional disability resulting of cervical discectomy and fusion with PEEK cage. 8 th Hellenic Spine Congress (Larisa) 3rd Award
3.	Spanos S. Siasios I. Dimopoulos V. Paterakis K. Giannis T. Fotiadou A. Pollina J. Fountas K. (2017). Evaluation of the functional disability following cervical discectomy and fusion. 11 th Hellenic Spine Congress (Athens) Accolade
4.	Papafilippou E. Karagkounis A. Spanos S. Kortianou E. (2019). Respiratory, cardiac and metabolic responses during NMES in quadriceps versus a comparable voluntary muscle contraction. A prospective pilot study. 33 th Congress of the E.E.E.F.(Athens) 1st Award

ACADEMIC POSITIONS

Current	Assistant Professor, Department of Physiotherapy, University of Thessaly Teaching of Modules: “Kinesiotherapy” and “Clinical Electrotherapy”
November 2009 – November 2018	Lecturer, Department of Physiotherapy, Technological Education Institute of Sterea Ellada
March 1998 – November 2009	Part-time Lecturer, Department of Physiotherapy, Technological Education Institute of Sterea Ellada
2015 – current	Teaching and coordinator of the module “Special Clinical Issues” at the Postgraduate Program (MSc) in “Advanced Physiotherapy” of the Department of Physiotherapy, University of Thessaly
November 2018 – September 2020	Assistant Director of the Human Performance and Rehabilitation Research Laboratory , University of Thessaly
September 2020 – current	Director of the Human Performance and Rehabilitation Research Laboratory , University of Thessaly
October 2008 – September 2013	Member of the Committee for Clinical Placement at the Department of Physiotherapy, T.E.I. of Lamia
September 2019 – September 2021	Member of the Committee for Clinical Placement at the Department of Physiotherapy, University of Thessaly
September 2021 – current	Head of the Committee for Clinical Placement at the Department of Physiotherapy, University of Thessaly
January 2010 – October 2018	Assistant Academic Coordinator for the Erasmus Program at the Department of Physiotherapy, T.E.I. of Sterea Ellada
November 2018 – current	Academic Coordinator for the Erasmus Program at the Department of Physiotherapy, University of Thessaly
January 2012 – January 2019	Member of the Committee for the Internationalization of the Department of Physiotherapy, T.E.I. of Sterea Ellada
April 2020 – September 2022	Assistant member of the Ethics Committee for the Internationalization of the Department of Physiotherapy, University of Thessaly
June 2020 – June 2022	Member of the Coordinating Committee at the Postgraduate Program (MSc) in “Advanced Physiotherapy” of the Department of Physiotherapy, University of Thessaly
January 2021 – current	Member of the Education Office at the Department of Physiotherapy, University of Thessaly
October 2020 – current	Academic Consultant of the Hellenic National Academic Recognition and Information Center (DOATAP)

MEMBER OF ASSOCIATIONS

1.	Pan-hellenic Physiotherapy Association (R.N. 1812)
2.	Hellenic Scientific Society of Physiotherapy

CLINICAL ACTIVITY

November 1992 – November 2018	I worked as a physiotherapist (private sector)
April 1993 - December 1993	Part-time physiotherapist at the Center of Health Recovery and Rehabilitation of South-East Athens
August 1997	Member of the Health Committee of the 6 th IAAF World Championships in Athens

PUBLICATION IN SCIENTIFIC MAGAZINES

1.	Spanos S. Mystidis I. Tennis elbow in athletes. <i>Physiotherapy Issues</i> ; 1999; 1(5): 37-50
2.	Spanos S. Directions for the control of falls in the 3 rd age. <i>Physiotherapy Issues</i> ; 2003; 2(6):12-17
3.	Spanos S. Billis E. The effect of taping on the proprioception of the ankle in a non-weight bearing position, amongst injured athletes. <i>Sports Medicine</i> 2006; Suppl. 1

4.	Spanos S. Gantiaficas J. The alteration of the proprioception of the ankle joint after injury of the lateral collateral ligaments. <i>Physiotherapy Issues</i> ; 2007; 4(6): 21-45
5.	Spanos S. Brunswic M. Billis E. The effect of taping on the proprioception of the ankle in a non-weight bearing position, amongst injured athletes. <i>The Foot</i> ; 2008; 18(1): 25-33
6.	Rafailidis Z. Spanos S. Kiourtsis HM. Stress fractures of the tibia and fibula at the long distance runners. Causal factors. <i>Physiotherapy Issues</i> ; 2009; 5(8): 17-50
7.	Spanos S. Andreopoulou G. Grimas G. Examination of the functional ability in patients with neck pain. <i>Physiotherapy Issues</i> ; 2011; 7(1): 1-9
8.	Chatzifragkou I. Spanos S. Epidemiological study of injuries in greek taekwondo athletes. <i>British Journal of Sports Medicine</i> ; 2011; 45:2 e1
9.	Kortianou E. Xynis G. Spanos S. Greek students perceptions of cardiorespiratory physiotherapy (abstract) <i>Physiotherapy</i> ; 2011; S1 V97
10.	Gesouli-Voltyraki E. Charisi E. Papastergiou D. Kostopoulou S. Borou A. Alverti V. Avlakitiotis K. Spanos S. Physiotherapy students' mental health assessment. <i>Interscientific Health Care</i> ; 2012; 4(2): 71-76
11.	Spanos S. Work-related musculoskeletal disorders. The contribution of ergonomics. <i>Epitheorese Klinikes Farmakologias kai Farmakokinetikes</i> ; 2013; 31(3): 213-219
12.	Billis E. Kapreli E. Krekoulakis G. Zacharopoulos A. Stasinopoulos D. Spanos S. Strimpakos N. Cross-cultural validation of the sciatica bothersomeness index in a sample of Greek patients with sciatica. <i>Physiotherapy</i> ; 2015; 101: Suppl. 1 eS1238-eS1642
13.	Spanos S. Siasios I. Dimopoulos V. Fountas K. Anterior cervical discectomy and fusion: practice patterns among Greek spinal surgeons. <i>Journal of Clinical Medicine and Research</i> ; 2016; 8(7): 506-512
14.	Siasios I. Spanos S. Kanellopoulos A. Fotiadou A. Pollina J. Schneider D. Becker A. Dimopoulos V. Fountas K. The role of gait analysis in the evaluation of patients with cervical myelopathy: a literature review study. <i>World Neurosurgery</i> ; 2017; 101: 275-282
15.	Spanos S. Siasios I. Dimopoulos V. Paterakis K. Mastrogiannis D. Giannis T. Fotiadou A. Pollina J. Fountas K. Corellation of clinical and radiological outcome after anterior cervical discectomy and fusion with a polyetheretherketone cage. <i>Journal of Clinical Medicine and Research</i> ; 2018; 10(3): 268-276
16.	Patselas T. Spanos S. Clinical reasoning in patients with lower limb tendinopathy. A rehabilitation framework. <i>Archives of Hellenic Medicine</i> ; 2019; in press
17.	Kortianou E. Papafilippou E. Karagkounis A. Spanos S. Kapreli E. (2019). Respiratory, cardiac and metabolic responses during NMES in quadriceps versus a comparable voluntary muscle contraction. A prospective pilot study. <i>European Respiratory Journal</i> ; 54: Suppl. 63, PA 1640
18.	Vassiss K. Kanellopoulos A. Misiris I. Trigkas P. Spanos S. Poulis I. (2020). Knee isokinetic test scores and functional hop tests findings: Are they related? <i>Isokinetics and Exercise Science</i> ; 28:231-238
19.	Pepera G. Dimitriadis Z. Spanos S. Paras G. Kortianou E. Strimpakos N. Kapreli E. (2021). Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. <i>Physiotherapy Theory and Practice</i> ; 37: S1, 1-51
20.	Spanos S. Pepera G. Paras G. Kanellopoulos A. Trigkas P. Poulis I. Kapreli E. (2021). High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study. <i>Physiotherapy Theory and Practice</i> ; 37: S1, 1-51
21.	Vassiss K. Spanos S. Trigkas P. Paras G. Poulis I. (2022). The concept of acceleration and deceleration in isokinetics and its relation to three hop tests <i>Journal of Sport Rehabilitation</i> ; 31(6):792-796
22.	Vassiss K. Kanellopoulos A. Spanos S. Kakolyri D. Loukopoulou A. Papanikolaou V. Aivaliotis D. Poulis I. (2022). Association between isokinetic knee strength characteristics and Single-Leg Hope performance in healthy young participants. <i>Journal of Chiropractic Medicine</i> ; 2022; in press.

23.	Tatsios P.I. Grammatopoulou E. Dimitriadis Z. Papandreou M. Paraskevopoulos E. Spanos S. Karakasidou P. Koumantakis G.A. (2022). The effectiveness of spinal, diaphragmatic and specific stabilization exercise manual therapy and respiratory-related interventions in patients with chronic nonspecific neck pain: A systematic review. <i>Diagnostics</i> ; 12(7):1598
24.	Spanos S. Kanellopoulos A. Petropoulakos K. Dimitriadis Z. Siasios I. Poulis I. (2023). Reliability and applicability of a low-cost, camera-based gait evaluation method for clinical use. <i>Expert Review of Medical Devices</i> ; in press

SCIENTIFIC BOOKS & CHAPTERS

2016	Two chapters: “Kyphosis” & “Idiopathic Congenital Clubfoot”, in Poulis I. <i>Physiotherapy in Musculoskeletal Diseases</i> . Konstantaras Medical Publishing (Athens)
2020	“ <i>Therapeutic Exercise: Foundation and Techniques</i> ”, Kisner C. Colby L.A. Borstad J. Konstantaras Medical Publishing (Athens)
2020	“ <i>Therapeutic Modalities in Rehabilitation</i> ”, Prentice W.E. Konstantaras Medical Publishing (Athens)
2021	“ <i>Therapeutic Electrophysical Agents: Evidence Behind Practice</i> ”, Belanger A.Y. Konstantaras Medical Publishing (Athens)

PRESENTATION IN SCIENTIFIC CONFERENCES

November 2003	Spanos S. Billis E. The effect of taping on the proprioception of the ankle. 17 th Congress of the E.E.E.F. (Athens)
May 2005	Gantiaficas J. Spanos S. The alteration of the proprioception of the ankle joint after injury of the lateral collateral ligaments. A critical review. 2 nd Scientific Congress of Physiotherapy Students (Thessaloniki)
May 2005	Katsikian E. Spanos S. The duration of the protection that the taping offers at the ankle joint. A review. 2 nd Scientific Congress of Physiotherapy Students (Thessaloniki)
May 2006	Spanos S. Billis E. The effect of taping on the proprioception of the ankle in a non-weight bearing position amongst injured athletes. 8 th International Congress of the Sports Medicine Association of Greece 5 th Greek-Cypriot Sports Medicine Congress (Thessaloniki)
May 2007	Chatzifragkou I. Spanos S. Study of the injuries in greek taekwondo athletes. 3 rd Scientific Congress of Physiotherapy Students (Lamia)
October 2007	Billis E. Psychogiou A-G. Spanos S. Gliatis J. Strimpakos N. Kapreli E. Gioftsos G. Validation of the Greek version of the SF-36 Health Survey in a population of Greek chronic low back pain patients. International Low-Back Pain Forum IX (Majiorca, Spain)
September 2010	Chatzifragkou I. Spanos S. Epidemiological study of injuries in greek taekwondo athletes. 2 nd Congress of European College of sports and Exercise Physicians 12 th Conference in SEM, Centre for Sports and Exercise Medicine, Queen Mary University (London, U.K.)
June 2011	Kortianou E. Xynis G. Spanos S. Greek student perceptions of cardiorespiratory physiotherapy. 16 th International WCPT Congress (Amsterdam, Netherlands)
October 2013	Genitsaropoulos X. Kapreli E. Poulis I. Trigkas P. Spanos S. Construction of an index for the satisfaction of the students regarding the clinical placement. University of Krete (Heraklion)
October 2013	Kapreli E. Poulis I. Genitsaropoulos X. Trigkas P. Spanos S. Comparison of the private and public sector for the clinical placement: selection’s criterion, trainee’s expectation and employment finding potentiality. University of Krete (Heraklion)

October 2013	Poulis I. Kapreli E. Genitsaropoulos X. Trigkas P. Spanos S. Satisfaction index of the students regarding the clinical placement. Comparison of the private and public sector. 23 rd Pan-hellenic Physiotherapy Congress (Athens)
November 2013	Billis E. Koutsogiannis K. Moutzouri M. Matzaroglou X. Stathopoulos I. Spanos S. Strimpakos N. McCarthy C. Tsepis H. Low back pain at the general greek population: Analysis of somatic and socio-demographic elements. 23 rd Pan-hellenic Physiotherapy Congress (Athens)
October 2014	Spanos S. Siasios I. Fountas K. Variations in cervical discectomy and fusion: the opinion of Greek spinal surgeons. 8 th Hellenic Spine Congress (Larisa)
October 2014	Spanos S. Siasios I. Paterakis K. Fotiadou A. Georgiadis I. Fountas K. Funcional disability resulting of cervical discectomy and fusion with PEEK cage. 8 th Hellenic Spine Congress (Larisa)
October 2014	Spanos S. Siasios I. Paterakis K. Fotiadou A. Fountas K. Progress of the range of motion and also the funcional disability resulting of cervical discectomy and fusion with PEEK cage. 8 th Hellenic Spine Congress (Larisa)
December 2014	Tzemi A. Stasinopoulos D. Kapreli E. Spanos S. Strimpakos N. Intercultural adaptation of VISA-A questionnaire on patients with Achilles tentinopathy: validity and reliability of Greek version. 24 th Pan-hellenic Physiotherapy Congress (Athens)
May 2015	Billis E. Kapreli E. Krekoukias G. Zacharopoulos A. Stasinopoulos D. Spanos S. Strmpakos N. Cross-cultural validation of the sciatica bothersomeness index in a sample of Greek patients with sciatica. WCPT Congress (Singapore)
March 2016	Spanos S. Siasios I. Fotiadou A. Paterakis K. Dimopoulos V. Fountas K. Cervical range of motion and functional outcome in patients who have sustained anterior cervical discectomy and fusion surgery (ACDF). The Congress of Neurological Surgeons and the Section on Disorders of the Spine and Peripheral Nerves. 32 nd Spine Summit 2016 (Orlando, Florida, U.S.A.)
November 2017	Spanos S. Siasios I. Dimopoulos V. Paterakis K. Giannis T. Fotiadou A. Pollina J. Fountas K. Evaluation of the funcional disability following cervical discectomy and fusion. 11 th Hellenic Spine Congress (Athens)
November 2017	Tsiknas G. Pippas S. Spanos S. The impact of muscular fatigue on body balance. 27 th Pan-hellenic Physiotherapy Congress (Athens)
November 2017	Kellari A. Spanos S. Clinical algorithm of the rehabilitation of patellofemural pain syndrome. 27 th Pan-hellenic Physiotherapy Congress (Athens)
November 2017	Patselas T. Spanos S. Clinical algorithm of the rehabilitation of lower-limb tentdinopathy. 27 th Pan-hellenic Physiotherapy Congress (Athens)
November 2018	Gioni A. Dimitri M. Zaroula S. Spanos S. Ankle sprain deficits' study. 28 th Pan-hellenic Physiotherapy Congress (Athens)
November 2018	Kotrokois G. Spanos S. Clinical diagnostic algorithm of the carpal tunnel syndrome. 28 th Pan-hellenic Physiotherapy Congress (Athens)
March 2019	Iliopoulou A. Emanouilidis A. Spanos S. Petta G. Sakellari B. Evaluation of cognitive and functional level of 3 rd age individuals that take part in a program that prevents falls. 1 st Pan-hellenic Congress of F.F.N.Gr (Patra)
April 2019	Papafilippou E. Karagkounis A. Spanos S. Kortianou E. Respiratory, cardiac and metabolic responses during NMES in quandriceps versus a comparable voluntary muscle contraction. A prospective pilot study. 33th Congress of the E.E.E.F.(Athens)
September-October 2019	Kortianou E. Papafilippou E. Karagkounis A. Spanos S. Kapreli E. Respiratory, cardiac and metabolic responses during NMES in quandriceps versus a comparable voluntary muscle contraction. A prospective pilot study. European Respiratory Society International Congress (Madrid)

October-November 2019	Petropoulakos K. Kanellopoulos A. Siasios I. Poulis I. Spanos S. Reliability of a gait evaluation method. 13th Annual Congress of the Hellenic Spine Society (Ioannina)
November-December 2019	Chalimourdas A. Spanos S. Scapular Dyskinesia – Clinical Algorithm. 29 th Pan-hellenic Physiotherapy Congress (Athens)
November-December 2019	Lianos T. Paras G. Poulis I. Trigkas P. Spanos S. The use of the orthotic insoles on the improvement of the static and dynamic postural balance on healthy population. 29 th Pan-hellenic Physiotherapy Congress (Athens)
September 2020	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 (Leuven)
September 2020	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 (Leuven)
October 2020	Spanos S. Siasios I. Kanellopoulos A. Petropoulakos K. Skoklidou N. Kotsi A. Michali G. Poulis I. Reliability of a gait evaluation method in patients with spinal disorders. eEANS 2020, 20th European Congress of Neurosurgery (Belgrade)
May 2022	Balamoti K. Spanos S. Study of the amount of evidence-based practice in Greek physiotherapists. 30 th Pan-hellenic Physiotherapy Congress (Thessaloniki)
May 2022	Zeimpekoglou A. Gegitsidou A. Kaplanelli D. Spanos S. Biomechanical alterations on the foot due to flatfoot and the effect on the functional performance. 30 th Pan-hellenic Physiotherapy Congress (Thessaloniki)
May 2022	Petropoulakos K. Chatziantoniou A. Markakis G. Spanos S. The effectiveness of the dual tasking on the locomotive rehabilitation. Systematic review. 30 th Pan-hellenic Physiotherapy Congress (Thessaloniki)
September 2022	Chasioti A. Kortianou E. Kotsiou O. Spanos S. The effect of the Schroth method on pulmonary function in patients with scoliosis. A pilot study. 3rd International Symposium of SCOSYM (Athens)

TEACHING IN POSTGRADUATE COURSES

February 1997	<i>“The use of therapeutic currents for analgesia (Diadynamics – Interferences) on the diseases of the vertebral column”</i> Department of Vertebral Column E.E.E.F. (Athens)
May 2003	<i>“Functional anatomy of the thoracic vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
October 2003	<i>“Functional anatomy of the lumbar vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
June 2004	<i>“Functional anatomy of the cervical vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
February 2005	<i>“Functional anatomy of the lumbar vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
February 2006	<i>“Basic biomechanics of the vertebral column”</i> Department of Vertebral Column E.E.E.F. (Athens)
May 2006	<i>“Functional anatomy of the cervical vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
June 2006	<i>“Biomechanical elements of the vertebral column”</i> Department of Sports Physiotherapy E.E.E.F. (Athens)
October 2006	<i>“Functional anatomy of the thoracic vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
January 2007	<i>“Functional anatomy of the lumbar vertebra”</i> Department of Vertebral Column E.E.E.F. (Athens)
February 2017	<i>“Biomechanical elements of the vertebral column”</i> Department of Vertebral Column E.E.E.F. (Athens)
March 2018	<i>“Functional anatomy - Biomechanics of the vertebral column”</i> Department of Vertebral Column E.E.E.F. (Athens)

February 2019	<i>"Clinical reasoning – Clinical decision making"</i> Department of Vertebral Column E.E.E.F. (Athens)
January 2022	<i>"Implementation of special technological tools"</i> Educational program of the Training and Lifelong Learning Center "Physiotherapy into the Units of Intensive Care. Current evidence-based approaches", University of Thessaly (Lamia)

INVITED SPEAKER IN SCIENTIFIC CONGRESSES AND MEETINGS

May 1994	<i>"Biomechanics of the knee joint"</i> Congress of the Pan-hellenic Physiotherapy Association (Athens)
May 1999	<i>"Tennis elbow"</i> 1 st Scientific Congress of Physiotherapy Students (Athens)
December 1999	<i>"Application protocols of the interference currents"</i> 13 th Multiissue Congress of E.E.E.F. (Athens)
June 2002	<i>"Dancing movements of the trunk. Kinesiological analysis"</i> 2 nd Two-day Seminar of the E.E.E.F. (Athens)
September 2002	<i>"Functional anatomy of the lumbar vertebra"</i> Two-day Seminar of the E.E.E.F. (Department of Vertebral column) (Hania)
September 2002	<i>"The dancers' vertebra"</i> Two-day Seminar of the E.E.E.F. (Department of Vertebral column) (Hania)
March 2004	<i>"Basic principles of the physiotherapy at shoulder's pathology"</i> Fitness Meeting 2004 (Athens)
October 2005	<i>"Kinesiology of the trunk at the ballet dancers"</i> Two-day Seminar of the Hellenic Society of Medicine for the Dance (Athens)
November 2006	<i>"Biomechanics of the Abdominal, Dorsal and Hamstrings muscles"</i> 20 th Congress of the E.E.E.F. (Athens)
November 2008	<i>"Assessment of the Posture"</i> 22 nd Congress of the E.E.E.F. (Athens)
November 2009	<i>"Clinical and Functional Assessment Tests of the Posture. Validity and Reliability"</i> 19 th Congress of the Pan-hellenic Physiotherapy Association (Athens)
October 2010	<i>"Physiotherapeutic Approach of Neck Pain"</i> 66 th Pan-hellenic Congress of Orthopaedics (Athens)
November 2011	<i>"Reeducation of the Cervicocephalic Kinesthesia"</i> 25 th Congress of the E.E.E.F. (Athens)
December 2012	<i>"Work related musculoskeletal disorders. The role of ergonomics"</i> 22 nd Congress of the Pan-hellenic Physiotherapy Association (Athens)
December 2016	<i>"Functional anatomy of the lumbar vertebra"</i> 1 st Combined Spine Symposium of the Hellenic Scientific Society of Physiotherapy and the Hellenic Association of Orthopaedic Surgery and Traumatology – 30 th Congress of the Hellenic Scientific Society of Physiotherapy (Athens)

POSTGRADUATE SEMINARS

April 1994	<i>"Theory, Practice and Safety of Low Power Laser Applications"</i> Omega Laser Systems Limited (Athens)
May 1994	<i>"Isokinetics"</i> Cybex Co (Athens)
October 1994 - November 1994	<i>"Basic Elements of the Management"</i> (52 hours) Hellenic Society of Business Administration (Athens)
May 1995	<i>"Mechanical diagnosis and therapy (lumbar vertebra)"</i> (28 hours) The McKenzie Institute International (Athens)
June 1998	<i>"Advances in Osteoporosis"</i> (20 hours) Hellenic Institute of Osteoporosis (Athens)

September 2002	<i>“Basic knowledge on the metabolic diseases”</i> (30 hours) Hellenic Institute of Osteoporosis (Athens)
May 2007	<i>“Postgraduate program in Physiotherapy on the diseases of the vertebral column”</i> (100 hours) Hellenic Scientific Society of Physiotherapy, Department of Vertebral Column (Athens)
May 2011	<i>“Writing for Publication”</i> Technological Education Institute of Lamia (Lamia)
November 2011	<i>“The consequence of the Erasmus program in a decretory and an individual plane”</i> State Scholarships Foundation (Athens)
May 2020	<i>“Distanve Learnig: the next day”</i> Open Technologies Alliance (GFOSS), Hellenic Authority of Higher Education (H.A.H.E.)
December 2020	<i>“Application of the GKPD (EE) 2016/679”</i> Priority Quality Consultants S.A., Unversity of Thessaly

REVIEWER – MEMBER OF EDITORIAL BOARD

Book Reviewer

The chapter “Shoulder problems and proprioception” on the ebook “Proprioception: The forgotten sixth sense” by Dr Defne Kaya, OMICS Group

Reviewer at the scientific magazines:

- **Medical Science Monitor**
- **Spine**
- **Quantitative Imaging in Medicine and Surgery**
- **Journal of Bodywork and Movement Therapies**
- **Journal of Sport Rehabilitation**
- **Journal of Chiropractic Medicine**

Editorial Board:

Scientific Magazine «**Physiotherapy Issues**»

REFeree ON RESEARCH PROJECTS

1. Referee at the **Operational Program “Development of Human Recourses, Education & Lifelong Learning”**
2. Referee at the **Hellenic Foundation for Research & Innovation (H.F.R.I.)**

REVIEWER IN CONGRESSES

December 2016

1st Combined Spine Symposium of the Hellenic Scientific Society of Physiotherapy and the Hellenic Association of Orthopaedic Surgery and Traumatology – 30th Congress of the Hellenic Scientific Society of Physiotherapy (Athens)

April 2018

32nd Congress of the Hellenic Scientific Society of Physiotherapy (Athens)

December 2020

34th Congress of the E.E.E.F. (Athens)

December 2021

35th Congress of the E.E.E.F. (Athens)