

### **3. CURRICULUM VITAE**

**Dr. Besios Thomas**

Assistant Professor, Department of Physiotherapy, Lamia,  
University of Thessaly.

**Date of Birth** : 08/02/1972  
**NATIONALITY** : GREEK  
**Marital status** : MARRIED WITH TWO CHILDREN



#### 4. ACADEMIC QUALIFICATIONS:

- **SECONDARY EDUCATION:** GRADUATE OF 2<sup>nd</sup> GENERAL HIGH SCHOOL TRIKALA 1988

- **FOREIGN LANGUAGE:** FIRST CERTIFICATE IN ENGLISH (B2 LEVEL)

- **DEGREE OF PHYSICAL THERAPY:** University of International Studies THESSALONIKI (7.2 "Very Good")

-**RESEARCH:** Evaluation of Patients with multiple sclerosis and Physiotherapy program to address the main problems of spasticity and ataxia

- **1<sup>st</sup> MASTER DEGREE:** Postgraduate degree of the Department of Physiotherapy University of International Studies, Thessaloniki specializing in Pediatric Physiotherapy.

**RESEARCH:** «Test of reliability and clinical significance of the test Infant Motor Profile (IMP, Greek version) in babies aged 3 to 18 months»

-**2<sup>th</sup> MASTER DEGREE:** Postgraduate degree from the Democritus University of Thrace in the Department of Science and Physical Education specializing in Prevention - Intervention - Rehabilitation.

**RESEARCH:** Repetition of kinematic characteristics of gait in children with cerebral palsy

-**PHD DEGREE of Democritus University of Thrace, 2018**

**RESEARCH:** The effectiveness of the NDT (Bobath) intervention, in improving the mobility and function in children with cerebral palsy and adults with neurological disorders.

- **Specialization in pediatric physiotherapy.** Department of Physiotherapy, Thessaloniki, University of International Studies, 2016

## SPECIALIZATION SEMINARS

- July 2001- Jan 2002 : **N.D.T** (Neurodevelopmental Treatment) BOBATH. Specialization in the method of Bobath (Neurodevelopmental treatment) for children and adults with neurological disorders June 1997 – June 1998.
- **BABY N.D.T / BOBATH** *in newborns and infants (August 2014).*
- **P.N.F.** (Proprioceptive Neuromuscular Facilitation) is a form of treatment of neurological and musculoskeletal disorders (June 1997 - June 1998).
- February 2000 - September 2000: **MCKENZIE** Method. Specialization in the McKenzie Method of Mechanic Diagnosis and Treatment via therapeutic handlings of vertebral column.
- **Schroth method.** (July 2021). The Schroth method is a method of treating scoliosis, officially recognized by the international scientific communities Scoliosis Research Society (SRS) and Society on Scoliosis Orthopedic and Rehabilitation Treatment (SOSORT), which uses special individualized exercises adapted to the type of scoliosis. It is based on 3D self-correction of scoliotic posture, self-elongation, rotational Angular Breathing and Activities of daily living training).

**CONTINUOUS EDUCATION- SEMINARS**

- Kinesiology of breathing and voice in children with CP (May 2002).
- Respiratory Function Evaluation Techniques and Therapeutic Intervention in Respiratory Disorders in People with Neurological Diseases. (May 2002).
- Use of Botilum toxin in rehabilitation programs for children with OP (February 2002).
- Walking training with partial lower limb load Partial Gait Training, 2014.
- Cardiopulmonary resuscitation training, KARPA, 2014.
- Training in the biomechanics of the lower extremities and construction of orthotics for people with mobility disorders, 2015.
- Seminars in early intervention, 2016.
- Seminars in the detection of motor disorders in infants, Infant Motor Profile, 2017.
- Seminars in the detection of motor disorders in infants, General Movement, 2017.

**COURSES TAKEN FOR THE ACQUISITION OF THE MASTER AND PhD DEGREE**

1. Advanced statistics
2. Computers
3. Neuromuscular control
4. Methods of assessing the mobility of children with cerebral palsy
5. Musculoskeletal system injuries
6. Diseases of the musculoskeletal system
7. Metabolic diseases and rehabilitation
8. Theories of intervention and health evaluation
9. Neuromuscular and motor control
10. Techniques in rehabilitation counseling
11. People with special needs and exercise
12. Nutrition and health
13. Design, implementation and presentation of research data
14. Movement, processing and learning adaptations
15. Functional anatomy and mechanics of movement
16. Hippotherapy - Music therapy
17. Elements of physical development and nutrition of the child
18. Support for children with chronic diseases

(ΔΙΚ. 4.19 & 4.20)

**CLINICAL EXPERIENCE IN HOSPITALS:**

- "AGIOS PAVLOS" Thessaloniki, Orthopedic Clinic. JANUARY 1992 - MARCH 1992.
- "PAPANIKOLAOU" Thessaloniki, Department of Respiratory Diseases (ICU)  
MARCH 1992 - JUNE 1992
- ELEPAP THESSALONIKI (Children with mobility problems, 1992-1993)
- "AHEPA" Thessaloniki BD Neurological Clinic. OKT.1993 - ΜΑΡΤΙΟΣ 1994
- 424 GSNE Thessaloniki Department of Physiotherapy. MAY 1995 – MAY 1996
- STANDARD PHYSICAL THERAPY NEUROLOGICAL REHABILITATION D. Amalias 28  
Trikala. From NOVEMBER 1996 - Until today. Rehabilitation of people with  
neuromotor disorders. (JUDGMENT 9.3)

### **5. PUBLISHED RESEACH IN SCIENTIFIC JOURNALS**

1. 2023, Georgios Marios Kyriakatis, Thomas Besios, Prokopia Mirka Lykou.  
"Cerebellar Infarction: Physiotherapeutic Approach – An Overview of Existing Studies". Iranian Rehabilitation Journal, UNDERPRESS (ΔIK.5.20)
2. 2023, Ornisa A. Selfo, Eleni V. Katsamagka, Altea E. Allushaj, Thomas Besios, Zacharias Dimitriadis, Konstantinos Chandolias. The Effect of Adapted Physical Activity (APA) in Children and Young Adults with Cerebral Palsy (CP): A Systematic Review". Critical Reviews in Physical and Rehabilitation Medicine, May, 35(3):43–63 (ΔIK.5.19)
3. 2023, Katsantoni Dimitra, Chalkia Anna, Tsigaras Giorgos, Besios Thomas, Konstantinos Chandolias. Evaluation of the strength of the upper extremity in children with hemiplegia after stroke: a case series study. International Journal of Clinical Trials, May;10 (2): (ΔIK. 5.18)
4. 2023, Myrto Kesidou, Thomas Besios, George Paras, Konstantinos Chandolias, Georgios M. Kyriakatis, Vasiliki Kouvelioti, Eleftherios Stefas. The effect of task oriented approach on gait of hemiplegic patients: a case series study. International Journal of Clinical Trials, Feb;10(1):(UNDER PRESS, ΔIK..)
5. 2022, Georgios Marios Kyriakatis, Thomas Besios, Prokopia Mirka Lykou (2022). The effect of therapeutic exercise on depressive symptoms in people with multiple sclerosis – A systematic review. Multiple Sclerosis and Related Disorders 68 (2022) 104407 (ΔIK.)
6. Konstantinos Chandolias, Eliza Konstantinidou, Athanasios Tsiokanos, Thomas Besios, George Tsigaras (2021). *Greek Translation, Content Validity, Test-Retest and Inter-Rater Reliability of Swimming with Independent Measure (SWIM) Assessment Test for People with Disabilities Based on Halliwick Concept*. Open Journal of Pediatrics, 11, 135-147.

7. Konstantinos Chandolias, Eliza Konstantinidou, Efthymios Bikis, Anna Hourlia, Thomas Besios, George Tsigaras (2021). *The Effectiveness of 6 Months Hydrotherapy Program Based on Halliwick Concept on the Respiratory System of Down Syndrome Children*. Journal of Biosciences and Medicines, 9, 20-26.
8. Konstantinos Chandolias, Thomas Besios, George Tsigaras, Anna Chalkia, Eugenia Trevlaki (2021). *The Impact of the COVID-19 Pandemic on the Rehabilitation of Children with Chronic Diseases and Disabilities*. Journal of Health Sciences & Research, Vol.11; Issue: 1; 190-196.
9. Victoria Laspa, Thomas Besios, Alexandra Xristara, George Tsigaras, Maria Milioudi, Savvas Mauromoustakos, Stauros Kottaras (2020). *Reliability and Clinical Significance of the Pediatric Balance Scale (PBS) in the Greek Language in Children Aged 4 to 18 Years*. Open Journal of Preventive Medicine, 2020, 10, 73-81.
10. George Tsigaras, Vasileios Goulis, Sotiria Exadaktylou, Thomas Besios, Maria Milioudi, Kostantinos Chandolias, Victoria Laspa, Alexandra Xristara (2020). *Efficacy of Customized Foot Orthoses in Children Aged 6 - 7 Years Old with Symptomatic Flexible Flat Foot (SFFF)*. Open Journal of Preventive Medicine, 10, 217-224.
11. Chandolias Konstantinos, Konstantinidou Elisavet-Adriana, Georgios Tsigaras, Thomas Besios, Alexandra Hristara- Papadopoulou, (2020). *The Effectiveness of Movement Analysis and Education Strategies (Maes Therapy) in Gross Motor and Balance of Children With Spastic Diplegia*. International Journal of Medical Science and Health Research, Vol. 4, No. 05, 31-37.
12. Thomas Besios, Aggeloussis Nikolaos, Gourgoulis Vassilios, Mauromatis Giorgos. *Comparative reliability of Tinetti mobility test and Tug in people with neurological disorders*, (2019). International Journal of Physiotherapy (Acceptance Letter).
13. S. Fotiadou, I. Kouroumichakis, T. Besios, N. Papanas, E. Giannakou, V. Gourgoulis, N. Aggeloussis. *Effect of exercise on gait mechanics in a patient*



- with severe gait disorder due to chronic ischaemic stroke: A Case Study.*  
Neuroscience & Medicine, (2019), 10, 323-330
14. S. Fotiadou, I. Kouroumichakis, T. Besios, N. Papanas, E. Giannakou, V. Gourgoulis, N. Aggeloussis. *Effect of exercise on gait kinematics and kinetics in patients with chronic ischaemic stroke*, (2019). International Journal of Physiotherapy.
  15. Thomas Besios, Aggeloussis Nikolaos, Gourgoulis Vassilios, Mauromatis Giorgos. *Comparative Reliability of Berg Balance Scale and MAS Tests in People with Neurological Disorders* (2019). Neuroscience & Medicine, 10, 224-231.
  16. Thomas Besios, Aggeloussis Nikolaos, Gourgoulis Vassilios, Mauromatis Giorgos. *Effects of the Neurodevelopmental Treatment (NDT-Bobath) in the Mobility of Adults with Neurological Disorders* (2019). Open Journal of Therapy and Rehabilitation, 7, 120-130.
  17. Thomas Besios, Aggeloussis Nikolaos, Gourgoulis Vassilios, Mauromatis Giorgos, Yannis Tzioumakis, Nikos Comoutos, . *Effects of the Neurodevelopmental Treatment (NDT) on the mobility of Children with Cerebral Palsy* (2018). Open journal of Physical Therapy and Rehabilitation, 6, 95-103.
  18. Thomas Besios, Alexandra Hristara-Papadopoulou, Paris Iakovidis, Savas Mauromoustakos, Yannis Tzioumakis, Olympia Vliagofti Nikos Comoutos, (2018). *Comparative Reliability of the Infant Motor Profile (IMP) in the Greek Language for Infants 3 to 18 Months*. Open Journal of Pediatrics, 8, 1-7, <http://www.scirp.org/journal/ojped>.
  19. Thomas Besios, Aggeloussis Nikolaos, Gourgoulis Vassilios, Batsiou Sophia (2013 ). *Comparative reliability of the PEDI, GMFM and TUG tests in children with cerebral palsy* .Journal of Physical Therapy Science 25 :73-76.
  20. Thomas Besios, Athina Georgiadou (2004). *The development of the kinetic control of the hip joint-Guide for a rehabilitation program-based on NDT*. Brain and Development, 26 ,(1),S39.

## **6. PUBLISHED WORKS IN GREEK SCIENTIFIC JOURNALS**

1. 2021, Kyriakatis Georgios Marios, Lykou Prokopia Mirka, Kitixis Pavlos, Michailidou Theano, Besios Thomas, The Effect of Therapeutic Exercise on Depressive Symptoms in People with Multiple PHYSICAL THERAPY ISSUES: 24, (2):40 -63.(ΔΙΚ 6.6)

Besios Thomas, Athena Georgiadou (2003). Hip joint-Development of motor control. PHYSICAL THERAPY ISSUES, 2, (6), 26-30.

2. Besios Thomas, Aggelousis Nikos, Gourgoulis Vassilis, Batsiou Sofia (2004). Characteristics of gait of children with spastic diplegia. SPORTS AND SOCIETY, 36,281.

3. Besios Thomas, Aggelousis Nikos, Gourgoulis Vassilis, Batsiou Sofia (2007). Repetition of kinematic gait characteristics in children with cerebral palsy. PHYSICAL THERAPY ISSUES, 4, (5), 4-10.

4. Besios Thomas, Aggelousis Nikos, Gourgoulis Vassilis, Batsiou Sofia (2007). Application of NDT to improve the gross mobility of children with cerebral palsy. PHYSICAL THERAPY 10 (2): 85-88.

5. Besios Thomas, Aggelousis Nikos, Gourgoulis Vassilis, Batsiou Sofia (2010). Reliability and clinical significance testing of GMFM-PEDI-TUG tests in children with cerebral palsy. PHYSICAL THERAPY ISSUES: 6 (1): 13-22.

**PUBLISHED CONFERENCE ABSTRACTS IN GREEK AND INTERNATIONAL JOURNALS**

1. 2023, Kazatzidou S., Lalas I., Lioliopoulos V., Kitixis P. and Besios. The therapeutic effect of virtual reality in adult patients with neurological diseases. *Φysikotherapia*: 26,(2), 71.(ΔIK.8.28)
2. 2023, Kalligeri E., Kanellopoulou E., Kitixis P., Kyriakatis M., Pentsi S., Pliakas C., Zogka E., Dimitriadis Z. and Besios T. Bip course in neurorehabilitation of the universities of Savonia in Finland, Charles University of Prague and the Department of Physiotherapy of the University of Thessaly. *Φysikotherapia*: 26, 2), 74. (ΔIK.8.28)
3. 2023, Sampazioti D., Kyriakatis M. and Besios T. The effect of the environment on the motor skills of preschool and school-aged children with normal motor development. *Φysikotherapia*: 26,(3), 69-70.(ΔIK.8.29)
4. 2023, Kyriakatis M., Likou P. and Besios T. Physiotherapy approach to a patient with cerebellar infarction. *Φysikotherapia*: 26,(3),26-27.(ΔIK.8.29)
5. 2023, Drosou A., Besios T., Panagopoulos A. and Paras G. The opinion of parents and children with spinal muscular atrophy aged 0-18 years about their quality of life in Greece, A new era ahead of us". Book of Abstracts, Pediatric Neurology Conference, 2023, ( ΔIK.8.27)
6. 2022, Kyriakatis Georgios Marios, Lykou Prokopia Mirka, Kitixis Pavlos, Michailidou Theano, Besios Thomas, "The Effect of Therapeutic Exercise on Depressive Symptoms in People with Multiple Sclerosis". "Abstracts of the 9th International Organisation of Physical Therapy in Mental Health Conference" (IOPTMH 2022) 4th-6th May 2022. DOI:10.21467/abstracts.140(ΔIK.8.26)
7. 2022, Artemis Drosou, Thomas Besios, Aristotelis Panagopoulos, Giorgos Paras, Giorgos Tsigaras, "Measuring quality of life in children aged 0-18

with spinal muscular atrophy in Greece”, European Pediatric  
Physiotherapy Congress, Abstract book, 52-53, 2022(ΔΙΚ.8.24)

8. 2004, Besios Thomas, Aggelousis Nikos, Gourgoulis Vasilis , Batsiou Sofia, Μπέσιος Θωμάς . Characteristics of the gait of children with spastic diplegia. SPORTS AND SOCIETY, 36, 281. (ΔΙΚ.6.2)
9. 2004, Thomas Besios, Athina Georgiadou (2004). The development of the kinetic control of the hip joint-Guide for a rehabilitation program-based on NDT. Brain and Development, 26 ,(1),S39. (ΔΙΚ.5.9)

### **7.UNIVERSITY NOTES**

- Notes of the Department of Physiotherapy, Lamia for the course:  
Methods & techniques of neuromuscular rehabilitation, 2006.

### **8. CONFERENCE SPEAKER**

1. Oral presentation at the "Second Symposium on Biological Engineering and Physiotherapy at the University Hospital of Ioannina" - with the Subject:  
Development of Kinetic Control of the hip joint - guide for retraining (based on N.D.T./BOBATH). APRIL 2002.
2. Oral presentation at the 6th Panhellenic Conference of the Hellenic Society for Multiple Sclerosis-with Subject: Respiratory kinesiology and therapeutic intervention in people with Multiple Sclerosis. SEPTEMBER 2002.

3. Poster announcement at the 58th Panhellenic Orthopedic Conference on:  
The development of motor control in the hip joint. OCTOBER 2002.
4. Poster in the annual conference of physiotherapy with International participation on: The development of motor control of the hip joint - Guide to rehabilitation (Based on NDT). OCTOBER 2003.
5. Poster at the 12th International Conference on Physical Education and Sports : Characteristics of gait for children with spastic diplopia. MAY 2004.
6. Poster at the European Pediatric Conference on Cerebral Palsy and Developmental Disorders: The development of kinetic control of the hip joint-Guide to a NDT-based rehabilitation program. MAY 2004.
7. Poster in the 1st Balkan Conference of Physiotherapy on: Characteristics of gait of children with spastic diplegia. MAY 2005.
8. Oral presentation at the 1st Balkan Conference on Physiotherapy:  
Repeatability of the kinematic characteristics of gait in children with cerebral palsy. MAY 2005.
9. Oral presentation at the 3rd scientific conference of Physiotherapy in Kavala on: Characteristics of Normal Gait. MAY 2007.
10. Oral presentation at the 22nd Physiotherapy conference with international participation in Athens: Reliability and clinical significance of GMFM-PEDI-TUG tests in children with cerebral palsy. November 2008.
11. Poster at the 22nd Physiotherapy conference with international participation in Athens: The effect of an NDT-based intervention program on the mobility of children with cerebral palsy. November 2008.
12. Oral presentation at the 19th annual Greek Conference on Physiotherapy with international participation in Athens: Reliability and clinical significance of the Ashworth Scale, BBS, TUG AND TMT tests in people with neurological disorders. November 2009.

13. Oral presentation at the 19th Annual Panhellenic Conference on Physiotherapy with international participation in Athens on: Clinical and functional tests for the evaluation of balance disorders. Validity and reliability. November 2009.
14. Oral presentation at the International Scientific Conference of Physiotherapy of Thessaloniki : The effect of N.D.T.intervention in disorders of the spine. June 2013.
15. Oral presentation at the 17th Annual Pediatric Neurological Conference, Athens: Reliability and clinical significance of the Infant Motor Profile test (IMP, Greek version) in babies aged 3 to 18 months ", December, 2017.
16. Oral presentation at the 2nd International Conference on Physiotherapy, Thessaloniki : Reliability and clinical significance of the Infant Motor Profile test (IMP, Greek version) in babies aged 3 to 18 months ", April, 2018.
17. Oral presentation at the Conference of the Pediatric Department of Physiotherapy of the Greek Association of Physiotherapists. Typical deviations of the spine in children- Evaluation- Physiotherapy". January, 2021.
18. APRIL 2021, Lecturer at 17th International Conference on Neurology and Spine Disorders. "Effects of the Neurodevelopmental Treatment (NDT- Bobath) in the Mobility of Adults with Neurological Disorders". (ΔΙΚ.8.19)
19. 2021, December, Poster at the 35th conference of the Hellenic Scientific Physiotherapy Society, "Adapted Physical Activity in Children and Young Adults with Cerebral Palsy". (ΔΙΚ.8.20)
20. 2022, May, poster at the 9th World Congress of Physiotherapy in Mental Health, , Athens on the subject "The effect of therapeutic exercise on depressive symptoms in people with Multiple Sclerosis", Likou P., Kiriakatis M., Besios T., Mixailidou TH., Kitixis P.
21. 2022, May, Oral Presentation and coordinator at the bank of the 30th Panhellenic Physiotherapy Scientific Conference "Physiotherapy &

Interdisciplinary Management of Modern Challenges with International Participation'' . "Adapted Physical Activity in Cerebral Palsy".

22. 2022, May, poster at the 30th Panhellenic Physiotherapy Scientific Conference ''Physiotherapy & Interdisciplinary Management of Modern Challenges with International Participation''. The effect of telerehabilitation on quality of life and depression in patients with multiple sclerosis. Lykou P.M., Kyriakatis G.-M., Besios T., Michailidou T., Kitixis P. (DIK.8.21)

23. 2022, May, poster at the 30th Panhellenic Physiotherapy Scientific Conference ''Physiotherapy & Interdisciplinary Management of Contemporary Challenges with International Participation''. The effect of the work-oriented approach in the retraining of walking in hemiplegic patients, Kesidou Myrto., Besios Thomas, Kouvelioti Vasiliki, Stefas Eleftherios. (DIK.8.21)

24. 2022, May ,poster at the 34th Annual Meeting of the European Academy of Childhood Disability, Barcelona 18-21 May, with the paper: "The effect of Adapted Physical Activity in children and young Adults with Cerebral Palsy: A Systematic Review" '. (DIK.8.23)

25. 2022, May, Workshop at the 30th Panhellenic Physiotherapy Scientific Conference ''Physiotherapy & Interdisciplinary Management of Contemporary Challenges with International Participation''. "Assessment Tests in People with Neurological Disorders". (DIK.8.21)

26. 2022, Lamia, Speaker at the Conference "Physiotherapy in Primary Health Care Offer - Possibilities - Prospects" on the topic: Neurological Diseases. From Prevention to Rehabilitation. (DIK.8.22)

27. 2022, OCTOBER, Oral announcement, Artemis Drossou, Thomas Besios, Aristotelis Panagopoulos, Giorgos Paras, Giorgos Tsigaras, "Measuring quality of life in children aged 0-18 with spinal muscular atrophy in Greece, 2 European Pediatric Physiotherapy Congress, Florentia, 6-8 (DIK.8.24)

28. 2022, DECEMBER 2-3, Lecture under the scientific supervision of the 1st Orthopedic Surgery Clinic of the EKPA School of Medicine and the 3rd Pediatric Clinic of the EKPA School of Medicine. The organizing committee consists of: Mr. A. Dinopoulos Associate Professor of Pediatric Neurology, 3rd Pediatric Clinic, University of Athens, Mr. P. Koulouvari | Assistant Professor at the 1st University Orthopedic Clinic of EKPA, Mr. X. Tsolaki | Professor SEFAA of EKPA and V. Skouteli | Physiotherapist at the University G.N. "Atticon". (DIK.8.26)

29. 2023, MARCH, Oral communication, Artemis Drossou, Thomas Besios, Aristotelis Panagopoulos, Giorgos Paras, " the opinion of parents and children with spinal muscular atrophy 0-18 years about their quality of life in Greece, A new era ahead of us ". (DIK.8.27)

30. 2023, MARCH 10-12, Workshop at the 1st Panhellenic conference of physical therapy students on the topic: Physiotherapy Evaluation of Children with Neurological Disorders. (DEC. 8.28)

31. 2023, MARCH 10-12, Coordinator at the Round Table: Neurological Rehabilitation I, at the 1st Panhellenic conference of physical therapy students. (DIK. 8.28)

32. 2023, MARCH 10-12, Oral communication, G. M. Kyriakatis, P. M. Lykou, T. Besios on the subject: Physiotherapy approach to a patient with cerebellar infarction. (DIK. 8.28)

33. 2023, MARCH 10-12, Oral presentation, D. Sambazioti, G. M. Kyriakatis, T. Besios on the topic: The effect of the environment on the motor skills of preschool and school-age children with normal motor development. (DIK. 8.28)

34. 2023, MARCH 10-12, Oral communication, G. M. Kyriakatis, P. M. Lykou, T. Besios on the topic: The effect of therapeutic exercise on the symptoms of depression in patients with multiple sclerosis – A systematic review. (DIK. 8.28)



35. 2023, MARCH 10-12, Oral communication, S. Kazantzidou, I. Lalas, V. Lioliopoulos, P. Kitixis, T. Besios on the topic: The therapeutic effect of virtual reality in adults with neurological disorders. (DIK. 8.28)
36. 2023, MARCH 10-12, Oral communication, P. Kitixis, C. Mousidis, A.E. Koutis, G. Paras, Th. Besios on the topic: The therapeutic effect of modern robotic devices on the upper limb of stroke patients: A qualitative review. (DIK. 8.28)
37. 2023, MARCH 10-12, Oral communication, E. Kalligeri, A. Kanellopoulou, P. Kitixis, G.M. Kyriakatis, S. Pentsi, H. Pliakas, E. Zoga, Z. Dimitriadis, T. Besios on the topic: BIP Course in neurorehabilitation between Savonia Universities of Finland, University of Thessaly and Charles University of Prague. (DIK. 8.28)
38. 2023, MARCH 10-12, Round Table Coordinator: Pediatrics 9.00-10.45 Physiotherapy II, at the 1st Panhellenic conference of physiotherapy students. (DIK. 8.28)
39. 2023, MARCH 10-12, Oral communication, P. Kitixis, X. Mousidis, S. Mantoudioti, D. Mantzoros, T. Besios on the topic: The therapeutic effect of virtual reality and exergaming in children with neurological disorders: Systematic review. (DIK. 8.28)
40. 2023, MAY 12-14, Speaker and coordinator at the bank of the 5th International Physiotherapy Conference in Thessaloniki on the topic: The effect of Technology on the Rehabilitation of Children with Neurological Disorders. (DIK.8.29)
41. 2023, MAY 12-13, Presentation at the Two-Day Conference of the Medical School of Crete, on "The effect of therapeutic exercise on the symptoms of depression in patients with Multiple Sclerosis – A Systematic Review", Prokopia Mirka, Georgios Marios Kyriakatis, Thomas Besios, Assistant Professor , Department of Physiotherapy, Laboratory of Human Activity and Rehabilitation, University of Thessaly. (DIK.8.30)

42. 2023, MAY 12-13, Presentation at the Two-Day Conference of the Medical School of Crete on the topic: The effectiveness of remote forms of exercise and physical therapy on symptoms of depression in patients with Multiple Sclerosis, Systematic Review. (TUES. 8.30)

43. 2023, MAY 12-14, Workshop at the 5th International Physiotherapy Congress in Thessaloniki on "Assessment tests for people with Neurological Disorders". (DIK.8.29)

44. 2023, MAY 24-27, Oral Presentation at the 35th EACD Annual Meeting European Academy of Childhood Disability, Ljubljana, Slovenia on the topic "Quality of life in children with Spinal Muscular Atrophy in Greece according to parents and children perspective. Are we entering the new era? » Artemis Drosou, Thomas Besios, Aristotelis Panagopoulos, George Paras. (DIK.8.31)

9. ACADEMIC EXPERIENCE - TEACHING EXPERIENCE	CLINICAL EXPERIENCE
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- Laboratory collaborator at the Physiotherapy Department, Lamia, University of Thessaly from 2006 to 2011.
- Scientific collaborator in the Department of Physiotherapy, University of International Studies, Thessaloniki at the master's degree in "Pediatric Physiotherapy" from 2018.
- Scientific collaborator in the Department of Physiotherapy, University of International Studies, Thessaloniki at the master's degree in "Pediatric Physiotherapy" for 2019.
- Scientific collaborator at the Physiotherapy Department, Lamia, University of Thessaly at the Postgraduate 2019.

- University fellow of the University of Thessaly in the Department of Physiotherapy for the academic year 2020.
  - Scientific associate at the Department of Physiotherapy, University of International Studies, Thessaloniki at the master's degree in "Pediatric Physiotherapy", 2020.
  - Scientific collaborator in the Department of Physiotherapy, University of International Studies, Thessaloniki at the master's degree in "Pediatric Physiotherapy", 2021.
  - Associate Professor at the Department of Physiotherapy of Lamia of the University of Thessaly in the Postgraduate degree, 2021.
- 2021-2022, Teaching contract at the Lamia Physiotherapy department of the University of Thessaly in the 2022 Master's program. (DIK.9.11)
- 2021-2022, Research associate at the Department of Physiotherapy, University of International Studies, Thessaloniki in the Master's program of "Pediatric Physiotherapy" for 2022 (DIK.9.12)
  - 2022-2023, Research associate at the Department of Physiotherapy, University of International Studies, Thessaloniki in the Master's program of "Pediatric Physiotherapy" for 2023. (DIK.9.13 )
  - 2022-2023, Teaching contract at the Lamia Physiotherapy department of the University of Thessaly in the 2023 Master's program. (DIK.9.14)

## 10. RESEARCH PROJECT

**CONTRACT OF ARCHIMEDES III**, Department of Physiotherapy of Lamia.

Translation - compilation of final questionnaires. Examination of the validity and repeatability of the questionnaires evaluating the functionality and quality of life of persons with neurological disorders.

## **11. SUPERVISION OF UNDERGRADUATE STUDENTS**

- 2004-2005. Cardiopulmonary physiotherapy approach to muscular dystrophies and SMA children.
- 2006-2007. Effect of Bobath intervention on improving gait in children with cerebral palsy.
- 2006-2007. Physiotherapy intervention in multiple sclerosis.
- 2006-2007. The effect of NDT treatment on the improvement of mobility and functionality of a child with Down syndrome, a case study.
- 2007-2008. Evaluation of respiratory function in children with cerebral palsy.
- 2007-2008. The effect of rehabilitation programs based on hydro kinesiotherapy in people with multiple sclerosis.
- 2008-2009. Functional assessment Tests in people with hemiplegia.
- 2008-2009. The effect of visual stimulation on the development of motor control and balance control.
- 2009-2010. The effect of an exercise program on improving balance in an ataxic form of cerebral palsy, a case study.
- 2009-2010. The effect of resistance exercise programs on cerebral palsy.
- 2018-2019. Evaluation Tests on Parkinson's disease.
- 2020-2021. Physiotherapy assessment test in Parkinson's disease.
- 2020-2021. Assessment of quality of life in patients with multiple sclerosis using the FAMS and HAQUAMS tests.
- 2021-2022. The effect of therapeutic exercise on depressive symptoms in patients with multiple sclerosis-Systematic Review

- 2021-2022. The effect of mechanical vibration on children and adults with neurological disorders
- 2021-2022. Neurological factors causing falls in the elderly (DIK.11.1-11.2)
- 2022-2023. The effect of the vibration platform on balance in children with Down syndrome
- 2022-2023. The effectiveness of partial weight bearing on standing and walking in people with cerebral palsy
- 2022-2023. The effect of therapeutic climbing on strength, balance and muscle tone in children with hemiplegia: a randomized controlled trial. (DIK 11.2 AND 11.3)

#### **COMMITTEE MEMBER ON UNDERGRADUATE RESEARCH**

- 2007-2008. The use of electrical stimulation in reducing spasticity.
- 2007-2008. The theoretical background of the basic therapeutic approaches in children with cerebral palsy.
- 2008-2009. Physiotherapeutic approach of a child with congenital hemiparesis - analysis of an individual case.
- 2008-2009. Physiotherapy intervention for children with CP.
- 2008-2009. The role of resistance therapeutic exercises in the rehabilitation of children with cerebral palsy (Individual case study) 2009-2010.
- 2010-2011. The role of physiotherapy in the development of upper limb mobility in infants with Erb-Duchene paralysis.
- 2010-2011. The effect of therapeutic horse riding on the movement and function of children with cerebral palsy - a long-term study of an individual case.

- 2010-2011. The effect of exercise on asthma in children.
  - 2010-2011. Investigation of the relationship between walking ability and balance in patients with Hemiplegia.
- 2020-2021. Adapted physical activity in children and young adults with cerebral palsy
- 2020-2021. The effect of multiple sclerosis on walking & physical therapy intervention-rehabilitation
  - 2020-2021. The application of music therapy as a means of sensorimotor rehabilitation.
  - 2020-2021. Modern physical therapy approaches to craniocerebral injuries
- 2022-2023. Treatment of static control and balance disorders in children with cerebral palsy
- 2022-2023. Neurological risk factors for falls in the elderly
  - 2022-2023. The effect of mechanical vibration on children and adults with neurological disorders (DIK.11.2)

## **12. UNIVERSITY RESEARCH**

- Evaluation of patients with multiple sclerosis and physiotherapy proposal for the main problems of spasticity and ataxia.
- Repeatability of the kinematic characteristics of gait in children with cerebral palsy.

- Test of reliability and clinical significance of the Infant Motor Profile test (IMP, Greek version) in babies aged 3 to 18 months ".
- The effect of an NDT (Bobath) intervention program, on improving the mobility and function of children with cerebral palsy and adults with neurological disorders.

### **13. ATTENDANCE OF SCIENTIFIC CONFERENCES**

- 2002, Second Symposium on Biological Engineering and Physiotherapy at the University Hospital of Ioannina.
- 2002, 6th Hellenic Conference of the Hellenic Society for Multiple Sclerosis.
- 2002, 58th Hellenic Orthopedic Conference.
- 2003, Annual Physiotherapy Conference with International Participation.
- 2004, 12th International Conference on Physical Education and Sports.
- 2004, European Pediatric Conference on Cerebral Palsy and Developmental Disorders.
- 2005, 1st Balkan Conference on Physiotherapy.
- 2007, 3rd Scientific Conference on Physiotherapy in Kavala.
- 2008, 22nd Physiotherapy conference with international participation in Athens.
- 2009, 19th Annual Hellenic Conference on Physiotherapy with international participation in Athens.
- 2013, Thessaloniki International Physiotherapy Scientific Conference.
- 2017, 17th Annual Pediatric Neurological Conference, Athens.

- 2018, 2nd International Conference on Physiotherapy, Thessaloniki.

#### **14. ACTIONS**

- External scientific collaborator, on a non-profit basis, in the special school of Trikala.
- Physiotherapist of the Gymnastics Association of Trikala (People with Special Needs) "ASTERAS", in swimming and basketball from 2003 until today.

#### **15. TRANSLATIONS OF EVALUATION TESTS**

##### **FOR NEUROLOGICAL PATIENTS**

- Berg Balance Scale test (BBS)
- Gross Motor and Function Mobility test (GMFM)
- Infant Motor Profile test
- Modified Asworth Scale and Time Up and Go Test (MAS and TUG)
- Pediatric Evaluation of Independence test (PEDI)
- Pediatric Balance Scale Evaluation (PBS)
- Tinetti Mobility Test (TMT)

#### **16. MEMBERSHIP IN SCIENTIFIC ASSOCIATIONS**

- Hellenic Association of Physiotherapists
- Hellenic Scientific Society of Physiotherapy
- Hellenic Society of Bobath Therapy



## **17.ADMINISTRATIVE WORK AT THE UNIVERSITY**

- (2020), Head of Communication of the Physiotherapy Department for issues of Personal Data Protection.
- (2020), Deputy Director of the research laboratory Human Activity and Rehabilitation, member of the Coordinating Committee of Clinics and member of the Internship Committee.
- (2020), Member of the Teleconferencing System Acceptance Committee so that distance learning courses for both the Undergraduate and Postgraduate courses.
- (2020), Deputy Director in a laboratory "HUMAN ACTIVITY & REHABILITATION", Department of Physiotherapy, Lamia.
- (2021), Member of the Evaluation Committee of the University
- (2021), Member of the Internship committee guide.
- ((2021), member of the Committee for the University Guide.
- (2021-2022), Member of the Clinics Coordinating Committee (DIK.17.8)
- (2021-2022), Member of the Bachelor theses committee (DIK.17.8)
- (2021-2022). Representative of the Physiotherapy Department for Personal Data Protection issues (DIK.17.8)

- (2021-2022), Scientific Manager of the project ‘ ‘Funding for the Internship of the departments of the former TEI of Central Greece - Department of Physiotherapy, CLINICAL PRACTICE 96/22-9-2021 (Topic 1.III.B) (DIK.17.9 )
- (2021-2022), Faculty member responsible for the establishment of the Student Disciplinary Council of the University of Thessaly, (Minute 59th /2021 8-12-2021), (DIK. 19 10).
- (2021-2022), Member of the Committee for the Evaluation of Partner Applications with PD 407/80, (Minutes 59th /2021 8-12-2021), (DIK. 19 10).
- (2021-2022), Head of Neurological clinical practice I for the spring semester 2022, (Practice 59th /2021 8-12-2021), (DIK. 19 10).
- 2021-2022), Scientifically Responsible for the Internship of the Former TEI of Central Greece, (No. Prot.: 16991/22/GP Volos, July 22, 2022), (DIK.19.11)
- (2022-2023), Member of the Department's Internal Ethics Committee, DEPARTMENT COMMITTEES 22-23/minute 83/21-9-2022 (COURT 19.12)
- (2022-2023), Member of the Clinical Coordination Committee of the Department, DEPARTMENT COMMITTEES 22-23/minute 83/21-9-2022 (DEC. 19.12)
- (2022-2023), Member of the Internship Committee of the Department, DEPARTMENT COMMITTEES 22-23/minute 83/21-9-2022 (DEC. 19.12)
- (2022-2023), Representative of the Department for Personal Data Protection Issues, DEPARTMENT COMMITTEES 22-23/minute 83/21-9-2022 (COURT 19.12)
- (2023-2024), Alternate member of the Department's Internal Ethics Committee (DIK 19.14)
- (2023-2024), Erasmus Manager for the Department (DIK. 19.14)

- (2023-2024), Regular member of the Department's Clinical Coordination Committee (DIK. 19.14)
- (2023-2024), Regular member of the Internship Committee (DIK. 19.14)
- (2023-2024), Regular member of the Graduate Theses Committee (DIK. 19.14)
- (2023-2024), Substitute member of the Access Department (DIK.19.14)
- (2023-2024), Responsible for Personal Data Protection issues (DIK. 19.14)

## **18.UNIVERSITY ACTIONS**

- (2012), ARCHIMEDES III. Translation-compilation of questionnaires.  
Examination of the validity and repeatability of the questionnaires evaluating the functionality and quality of life of persons with neurological disorders.
- (2021), Conference Organization with the Pediatric Hellenic Association
- Head in the Cooperation Agreement of the Department of the Physiotherapy Department, University of Thessaly, Lamia, with the Social Welfare Center of the Region of Thessaly, Larissa, to educate the staff in the operation of sensory integration rooms, physiotherapy room, physiotherapy programs and the increase of know-how in these matters, cooperation for the creation of specialized applications, actions and working groups, cooperation for the submission of proposals, for research programs and applications, development and organization of seminars.
- (2021), Cooperation agreement between the Laboratory of Human Activity and Rehabilitation of the Department of Physiotherapy of the University of Thessaly and the Thessaly Office of the Hellenic Society for Multiple Sclerosis based in Trikala, with an emphasis on the promotion of research oriented

towards the needs of individuals with a disability and the maximization of the benefit of the local society. (DIK.18.4)

- (2020-2022), Participation in the actions of the students of the Department of Physiotherapy, Journal Club and Uni Talks from 2020 until today. (DIK.18.3)
- (2022), Cooperation Agreement of the Laboratory of Human Activity and Rehabilitation, the Department of Physiotherapy, the University of Thessaly and the Pediatric Neurology Unit of the 1st Pediatric Clinic of EKPA, to highlight the role of scientific bodies and the Department of Physiotherapy. The contribution of the two bodies to the promotion of public goods of sustainable development, the science of Medicine, physical therapy, education/training, the social integration of children with disabilities and social cohesion. (DIK 18.5)

#### **19. INTERNATIONAL EXPOSURE OF THE DEPARTMENT**

- (2022-2023), Responsible Professor for the Organization of the first intensive BIP COURSE NEUROREHABILITATION for children and adults. Held in Kuopio, Finland from 2-20-2023 to 2-24-2023 in collaboration with the Physiotherapy departments of the University of Savonia, Finland and the University of Charles in Prague, 7 students from our department and 2 professors participated with lectures on Neurological Physiotherapy.

**20.CERTIFICATES OF CLINICAL RESEARCHER OF THE WORLD HEALTH ORGANIZATION**

**Certification of a clinical researcher of the World Health Organization**

**Global Health Training Centre ([globalhealthtrainingcentre.org/eLearning](http://globalhealthtrainingcentre.org/eLearning))**

1. **INTRODUCTION TO CLINICAL RESEARCH** with a score of 100% on 20/01/2021.
2. **ICH GOOD CLINICAL PRACTICE E6 (R2)** with a score of 100% on 20/01/2021.
3. **INTRODUCTION TO DATA MANAGEMENT FOR CLINICAL RESEARCH STUDIES** with a score of 100% on 20/01/2021. (ΔΙΚ.19.3)
4. **INTRODUCTION TO COLLECTING AND REPORTING ADVERSE EVENTS IN CLINICAL RESEARCH** with a score of 100% on 29/01/2021.
5. **THE RESEARCH QUESTION** with a score of 100% on 29/01/2021.
6. **ETHICS AND BEST PRACTICES IN SHARIN INDIVIDUAL LEVEL RESEARCH DATA** with a score of 100% on 29/01/2021

## 21.SUMMARY OF A SCIENTIFIC PROJECT

<b>Publications in scientific journals with reviewers</b>	<b>20</b>
<b>Publications in Greek scientific journals with reviewers</b>	<b>5</b>
<b>Published conference summaries in international peer-reviewed journals</b>	<b>3</b>
<b>Published conference summaries in Greek peer-reviewed journals</b>	<b>6</b>
<b>Total Publications</b>	<b>34</b>
<b>Number of free announcements in conferences</b>	<b>7</b>
<b>Number of presentations as a guest speaker at conferences</b>	<b>35</b>
<b>Supervision of Undergraduate Research</b>	<b>86</b>
<b>Translation - Validity - Reliability tests for neurological patients</b>	<b>7</b>
<b>Notes for the Department of Physiotherapy</b>	<b>1</b>