

# CURRICULUM VITAE

## PERSONAL INFORMATION

NAME	Savvas Spanos
DATE OF BIRTH	01/07/1964
PLACE OF BIRTH	Athens
SPECIALTY	Physiotherapist
ACADEMIC POSITION	Associate Professor, Faculty of Physiotherapy, University of Thessaly
ACADEMIC SUBJECT	Physiotherapy-Functionality & Kinesiotherapeutic Approach of the Cervical Spine
TELEPHONE NUMBERS	+302231060298 - +306932622890
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## STUDIES

### Technological Educational Institute of Athens

School of Health and Caring Professions

Department of Physiotherapy

Graduate Thesis: *Biomechanics – Pathomechanics of the Ankle and Foot*

### University of Greenwich

School of Health and Social Care

Master of Science in C.P.D. (Health)

Master Thesis: *A controlled trial of the effect of taping on the proprioception of the ankle on injured athletes*

### University of Thessaly

School of Health Sciences

Faculty of Medicine

Doctor of Philosophy

Doctoral Thesis: *Functional outcome of patients undergoing anterior cervical discectomy with interbody fusion for degenerative changes*

## DISTINCTIONS - AWARDS

1. **Spanos S.** Billis E. (2003). *The effect of taping on the proprioception of the ankle.* 17<sup>th</sup> Congress of the E.E.E.F. (Athens) **1<sup>st</sup> 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<sup>th</sup> Hellenic Spine Congress (Larisa) **3<sup>rd</sup> 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<sup>th</sup> Hellenic Spine Congress (Athens) **Praise**
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<sup>th</sup> Congress of the E.E.E.F.(Athens) **1<sup>st</sup> Award**
5. Kasiotis F. Patrouma S. Gkanatsiou A.E. Kitsouli N. Vassis k. Dimitriadis Z. **Spanos S.** Poulis I. *Progressive resistance exercises compared to neuromuscular control exercises on the mobility of the knee joint. Randomized controlled trial.* 1<sup>st</sup> Panhellenic Congress of Physiotherapy Students (Lamia) **1<sup>st</sup> Award**

<b>PUBLICATIONS IN SCIENTIFIC JOURNALS</b>
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1. **Spanos S.** Mystidis I. (1999). Tennis elbow in athletes. *Physiotherapy Issues* 1(5):37-50
2. **Spanos S.** (2003). Directions for the control of falls in the 3<sup>rd</sup> age. *Physiotherapy Issues* 2(6):12-17
3. **Spanos S.** Billis E. (2006). The effect of taping on the proprioception of the ankle in a non-weight bearing position, amongst injured athletes. *Sports Medicine* Suppl. 1
4. **Spanos S.** Gantiaficas J. (2007). The alteration of the proprioception of the ankle joint after injury of the lateral collateral ligaments. *Physiotherapy Issues* 4(6):21-45
5. **Spanos S.** Brunswic M. Billis E. (2008). The effect of taping on the proprioception of the ankle in a non-weight bearing position, amongst injured athletes. *The Foot* 18(1):25-33
6. Rafailidis Z. **Spanos S.** (2009). Kiourtsis HM. Stress fractures of the tibia and fibula at the long distance runners. Causal factors. *Physiotherapy Issues* 5(8):17-50
7. **Spanos S.** Andreopoulou G. Grimas G. (2011). Examination of the functional ability in patients with neck pain. *Physiotherapy Issues* 7(1):1-9
8. Chatzifragkou I. **Spanos S.** (2011). Epidemiological study of injuries in greek taekwondo athletes. *British Journal of Sports Medicine* 45:2 e1
9. Kortianou E. Xynis G. **Spanos S.** (2011). Greek students perceptions of cardiorespiratory physiotherapy (abstract) *Physiotherapy* S1 V97
10. Gesouli-Voltyraki E. Charisi E. Papastergiou D. Kostopoulou S. Borou A. Alverti V. Avlaktiotis K. **Spanos S.** (2012). Physiotherapy students' mental health assessment. *Interdisciplinary Health Care* 4(2):71-76
11. **Spanos S.** (2013). Work-related musculoskeletal disorders. The contribution of ergonomics. *Epiteorese Klinikes Farmakologias kai Farmakokinetikes* 31(3):213-219
12. Billis E. Kapreli E. Krekoukias G. Zacharopoulos A. Stasinopoulos D. **Spanos S.** Strimpakos N. (2015). Cross-cultural validation of the sciatica bothersomeness index in a sample of Greek patients with sciatica. *Physiotherapy* 101:Suppl. 1 eS1238-eS1642
13. **Spanos S.** Siasios I. Dimopoulos V. Fountas K. (2016). Anterior cervical discectomy and fusion: practice patterns among Greek spinal surgeons. *Journal of Clinical Medicine and Research* 8(7):506-512
14. Siasios I. **Spanos S.** Kanellopoulos A. Fotiadou A. Pollina J. Schneider D. Becker A. Dimopoulos V. Fountas K. (2017). The role of gait analysis in the evaluation of patients with cervical myelopathy: a literature review study. *World Neurosurgery* 101:275-282
15. **Spanos S.** Siasios I. Dimopoulos V. Paterakis K. Mastrogiannis D. Giannis T. Fotiadou A. Pollina J. Fountas K. (2018). Corellation of clinical and radiological outcome after anterior cervical discectomy and fusion with a polyetheretherketone cage. *Journal of Clinical Medicine and Research* 10(3):268-276
16. Patselas T. **Spanos S.** (2019). Clinical reasoning in patients with lower limb tendinopathy. A rehabilitation framework. *Archives of Hellenic Medicine* 37(2):162-168
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. *European Respiratory Journal* 54:Suppl. 63, PA 1640
18. Vassis K. Kanellopoulos A. Misiris I. Trigkas P. **Spanos S.** Poulis I. (2020). Knee isokinetic test scores and functional hop tests findings: Are they related? *Isokinetics and Exercise Science* 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. *Physiotherapy Theory and Practice* 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. *Physiotherapy Theory and Practice* 37:S1, 1-51
21. Vassis 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 *Journal of Sport Rehabilitation* 31(6):792-796
22. 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. *Diagnostics* 12(7):1598
23. Vassis K. Kanellopoulos A. **Spanos S.** Kakolyri D. Loukopoulou A. Papanikolakou V. Aivaliotis D. Poulis I. (2023). Association between isokinetic knee strength characteristics and Single-Leg Hop performance in healthy young participants. *Journal of Chiropractic Medicine* 22(1):27-34
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. *Expert Review of Medical Devices* 20(1): 63-70

25.	Vassis K. Maliousis I. <b>Spanos S.</b> Poulis I.A. (2023). Improving the quality of Greek Web Surveys: Adaptation of the Checklists for reporting results of internet E-Surveys (CHERRIES) in Greek language. <i>International Journal of Clinical Trials</i> 10(3):279-281
26.	Tragoudas M. Dimitriadis Z. Koufogianni A. Kanellopoulos A. Vassis K. Gkrilias P. <b>Spanos S.</b> Poulis I. (2023). Test-retest reliability of pain extent and pain location using a novel pain drawing analysis software application, on patients with shoulder pain. <i>Expert Review of Medical Devices</i> 20(12):1219-1225
27.	Velaoras E. Vrakas D. Petropoulakos K. Spanos S. (2023). The affectiveness of a program of resistance and stabilization exercises in the treatment of pain and kinesiophobia non-specific low back pain patients. <i>Physiotherapia</i> 26(2):39-40
28.	Karagianni G. <b>Spanos S.</b> (2023). The effect of the application of pulsed High Intensity Laser therapy (HILT) on the blood flow of the periarticular tissues of the knee. <i>Physiotherapia</i> 26(2):85-86
29.	Kasiotis F. Pastrouma S. Gkanatsiou A.E. Kitsouli N. Vassis K. Dimitriadis Z. <b>Spanos S.</b> Poulis I. (2023). Progressive resistance exercises compared to neuromuscular control exercises on the mobility of the knee joint. Randomized controlled trial. <i>Physiotherapia</i> 26(2):87-88
30.	Pastrouma S. Kasiotis F. Gkanatsiou A.E. Kitsouli N. Vassis K. Dimitriadis Z. <b>Spanos S.</b> Poulis I. (2023). Comparison of neuromuscular and abductor strengthening exercises in the hip abductor muscle strength: A randomized controlled trial. <i>Gait and Posture</i> 106(1):S120-S161
31.	Kitsouli N. Gkanatsiou A.E. Vassis K. Lagouvardou E. <b>Spanos S.</b> Poulis I. (2023). Do women with patellofemoral pain syndrome have weaker hip abductor strength compared to asymptomatic individuals? <i>Gait and Posture</i> 106(1):S67
32.	Stylianou I. Fykas G. Kyрманidou S. Petropoulakos K. <b>Spanos S.</b> (2023). The effect of virtual reality on the prevention of falls in the elderly. Systematic review. <i>Physiotherapia</i> 26(3):83-84
33.	Chasioti A. Kotrianou E. Kotsiou S. <b>Spanos S.</b> (2023). The effect of the Schroth method on pulmonary function in patients with scoliosis. <i>Physiotherapia</i> 26(3):87-88
34.	Pentsi S. Papakonstantinou V. Souzou E. Petropoulakos K. <b>Spanos S.</b> (2023). Validity and reliability of the Greek version of Pittsburgh Sleep Quality Index, in a sample of chronic low back pain patients. <i>Physiotherapia</i> 26(3):53-54
35.	Petropoulakos K. Papakonstantinou V. Pentsi S. Souzou E. Dimitriadis Z. Billis E. Koumantakis G. Poulis I. <b>Spanos S.</b> (2024). Validity and reliability of the Greek version of Pittsburgh Sleep Quality Index in chronic non-specific low back pain patients. <i>Healthcare</i> 12:557
36.	Panagiotopoulou E. Mavronasou A. <b>Spanos S.</b> Kortianou E. (2024). Teleassessment of Berg Balance Scale, Timed-up and Go and Box and Block test in patients with stroke. Establishing inter-reliability and agreement with face-to-face assessment. <i>International Journal of Clinical Trials</i> 11(2):84-90
37.	Gkanatsiou A.E. Kitsouli N. Vassis K. Ntoulis M. Lagouvardou E. Genitsaropoulos C. <b>Spanos S.</b> Poulis I. (2024). Comparison of hip abductors' strength and 2D frontal plane projection angle during two functional tests, in females with and without patellofemoral pain. <i>Journal of Bodywork and Movement Therapies</i> 40:971-978
38.	Patselas T. <b>Spanos S.</b> Besios T. (2024). The feasibility and effectiveness of functional neurorehabilitation combined with cognitive-behavioral framework, on an adult patient with cerebral palsy: A case report. <i>Journal of Bodywork and Movement Therapies</i> 40:1710-1716
39.	Vassis K. Misiris I. Siouras A. <b>Spanos S.</b> Kasiotis F. Dimitriadis Z. Tsaopoulos D. Poulis I. (2024). Retrospective epidemiological study on musculoskeletal injuries in amateur football athletes in Greece. <i>International Journal of Performance Analysis in Sport</i> on line

### SCIENTIFIC BOOKS & CHAPTERS

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

**RESEARCH PRESENTATIONS  
IN SCIENTIFIC CONGRESSES**

<b>November 2003</b>	<b>Spanos S.</b> Billis E. The effect of taping on the proprioception of the ankle. 17 <sup>th</sup> Congress of the E.E.E.F. (Athens)
<b>May 2005</b>	Gantiaficas J. <b>Spanos S.</b> The alteration of the proprioception of the ankle joint after injury of the lateral collateral ligaments. A critical review study. 2 <sup>nd</sup> Scientific Congress of Physiotherapy Students (Thessaloniki)
<b>May 2005</b>	Katsikian E. <b>Spanos S.</b> The duration of protection offered by the adhesive non-elastic taping on the ankle joint. A literature review study. 2 <sup>nd</sup> Scientific Congress of Physiotherapy Students (Thessaloniki)
<b>May 2006</b>	<b>Spanos S.</b> Billis E. The effect of taping on the proprioception of the ankle in a non-weight bearing position amongst injured athletes. 8 <sup>th</sup> International Congress of the Sports Medicine Association of Greece 5 <sup>th</sup> Greek-Cypriot Sports Medicine Congress (Thessaloniki)
<b>May 2007</b>	Chatzifragkou I. <b>Spanos S.</b> Study of the injuries in greek taekwondo athletes. 3 <sup>rd</sup> Scientific Congress of Physiotherapy Students (Lamia)
<b>October 2007</b>	Billis E. Psychogiou A-G. <b>Spanos S.</b> 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)
<b>September 2010</b>	Chatzifragkou I. <b>Spanos S.</b> Epidemiological study of injuries in greek taekwondo athletes. 2 <sup>nd</sup> Congress of European College of sports and Exercise Physicians 12 <sup>th</sup> Conference in SEM, Centre for Sports and Exercise Medicine, Queen Mary University (London, U.K.)
<b>June 2011</b>	Kortianou E. Xynis G. <b>Spanos S.</b> Greek student perceptions of cardiorespiratory physiotherapy. 16 <sup>th</sup> International WCPT Congress (Amsterdam, Netherlands)
<b>October 2013</b>	Genitsaropoulos X. Kapreli E. Poulis I. Trigkas P. <b>Spanos S.</b> Construction of an index for the satisfaction of the students regarding the clinical placement. University of Krete (Heraklion)
<b>October 2013</b>	Kapreli E. Poulis I. Genitsaropoulos X. Trigkas P. <b>Spanos S.</b> 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)
<b>October 2013</b>	Poulis I. Kapreli E. Genitsaropoulos X. Trigkas P. <b>Spanos S.</b> Satisfaction index of the students regarding the clinical placement. Comparison of the private and public sector. 23 <sup>rd</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November 2013</b>	Billis E. Koutsogiannis K. Moutzouri M. Matzaroglou X. Stathopoulos I. <b>Spanos S.</b> Strimpakos N. McCarthy C. Tsepis H. Low back pain in the greek general population: Analysis of physical and socio-demographic data. 23 <sup>rd</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>October 2014</b>	<b>Spanos S.</b> Siasios I. Fountas K. Variations in cervical discectomy and fusion: the opinion of Greek spinal surgeons. 8 <sup>th</sup> Hellenic Spine Congress (Larisa)
<b>October 2014</b>	<b>Spanos S.</b> Siasios I. Paterakis K. Fotiadou A. Georgiadis I. Fountas K. Funcional disability resulting of anterior cervical discectomy and fusion with PEEK cage. 8 <sup>th</sup> Hellenic Spine Congress (Larisa)
<b>October 2014</b>	<b>Spanos S.</b> Siasios I. Paterakis K. Fotiadou A. Fountas K. Progress of the range of motion and funcional disability resulting of anterior cervical discectomy and fusion with PEEK cage. 8 <sup>th</sup> Hellenic Spine Congress (Larisa)
<b>December 2014</b>	Tzemi A. Stasinopoulos D. Kapreli E. <b>Spanos S.</b> Strimpakos N. Cross-cultural adaptation of the VISA-A questionnaire in patients with Achilles tentinopathy: validity and reliability of the Greek version. 24 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)

<b>May 2015</b>	Billis E. Kapreli E. Krekoukias G. Zacharopoulos A. Stasinopoulos D. <b>Spanos S.</b> Strmpakos N. Cross-cultural validation of the sciatica bothersomeness index in a sample of Greek patients with sciatica. WCPT Congress (Singapore)
<b>March 2016</b>	<b>Spanos S.</b> 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 <sup>nd</sup> Spine Summit 2016 (Orlando, Florida, U.S.A.)
<b>November 2017</b>	<b>Spanos S.</b> Siasios I. Dimopoulos V. Paterakis K. Giannis T. Fotiadou A. Pollina J. Fountas K. Assessment of the functional disability following anterior cervical discectomy and fusion. 11 <sup>th</sup> Hellenic Spine Congress (Athens)
<b>November 2017</b>	Tsiknas G. Pippas S. <b>Spanos S.</b> The impact of muscular fatigue on body balance. 27 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November 2017</b>	Kellari A. <b>Spanos S.</b> Clinical algorithm for the rehabilitation of Patellofemoral Pain Syndrome. 27 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November 2017</b>	Patselas T. <b>Spanos S.</b> Clinical algorithm for the rehabilitation of lower-limb Tendinopathy. 27 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November 2018</b>	Gioni A. Dimitri M. Zaroula S. <b>Spanos S.</b> Ankle sprain deficits' study. 28 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November 2018</b>	Kotrokois G. <b>Spanos S.</b> Clinical diagnostic algorithm for the Carpal Tunnel Syndrome. 28 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>March 2019</b>	Iliopoulou A. Emanouilidis A. <b>Spanos S.</b> Petta G. Sakellari B. Evaluation of cognitive and functional level of 3 <sup>rd</sup> age individuals participating in a falls prevention program. 1 <sup>st</sup> Pan-hellenic Congress of F.F.N.Gr (Patra)
<b>April 2019</b>	Papafilippou E. Karagkounis A. <b>Spanos S.</b> Kortianou E. Respiratory, cardiac and metabolic responses during NMES in quadriceps versus a comparable voluntary muscle contraction. A prospective pilot study. 33 <sup>th</sup> Congress of the E.E.E.F.(Athens)
<b>September-October 2019</b>	Kortianou E. Papafilippou E. Karagkounis A. <b>Spanos S.</b> Kapreli E. Respiratory, cardiac and metabolic responses during NMES in quadriceps versus a comparable voluntary muscle contraction. A prospective pilot study. European Respiratory Society International Congress (Madrid)
<b>October-November 2019</b>	Petropoulakos K. Kanellopoulos A. Siasios I. Poulis I. <b>Spanos S.</b> Reliability of a gait evaluation method. 13 <sup>th</sup> Annual Congress of the Hellenic Spine Society (Ioannina)
<b>November-December 2019</b>	Chalimourdas A. <b>Spanos S.</b> Scapular Dyskinesia – Clinical Algorithm. 29 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November-December 2019</b>	Lianos T. Paras G. Poulis I. Trigkas P. <b>Spanos S.</b> The use of the orthotic insoles on the improvement of the static and dynamic postural balance on healthy population. 29 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>September 2020</b>	<b>Spanos S.</b> 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. 5 <sup>th</sup> European Congress of ER-WCPT (Leuven)
<b>September 2020</b>	Pepera G. Dimitriadis Z. <b>Spanos S.</b> Paras G. Kortianou E. Strimpakos N. Kapreli E. Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. 5 <sup>th</sup> European Congress of ER-WCPT (Leuven)
<b>October 2020</b>	<b>Spanos S.</b> 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, 20 <sup>th</sup> European Congress of Neurosurgery (Belgrade)

<b>May 2022</b>	Balamoti K. <b>Spanos S.</b> Study of the amount of evidence-based practice in Greek physiotherapists. 30 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Thessaloniki)
<b>May 2022</b>	Zeimpekoglou A. Gegitsidou A. Kaplanelli D. <b>Spanos S.</b> Biomechanical alterations on the foot due to flatfoot and the effect on the functional performance. Scoping review. 30 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Thessaloniki)
<b>May 2022</b>	Petropoulakos K. Chatziantoniou A. Markakis G. <b>Spanos S.</b> The effectiveness of the dual tasking on motor rehabilitation. Systematic review. 30 <sup>th</sup> Pan-hellenic Physiotherapy Congress (Thessaloniki)
<b>September 2022</b>	Chasioti A. Kortianou E. Kotsiou O. <b>Spanos S.</b> The effect of the Schroth method on pulmonary function in patients with scoliosis. A pilot study. 3rd International Symposium of SCOSYM (Athens)
<b>December 2023</b>	Kasiotis F. Pastrouma S. Gkanatsiou A.E. Kitsouli N. Vassis K. Dimitriadis Z. <b>Spanos S.</b> Poulis I. Comparison of the effectiveness of a hip abductors' progressive resistance exercise program versus a neuromuscular exercise program, on knee joint kinematics: a randomized controlled trial. 31 <sup>st</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>December 2023</b>	Tragoudas M. Dimitriadis Z. Koufogianni A. Kanellopoulos A. Vassis K. Gkrilias P. <b>Spanos S.</b> Poulis I. Reliability of the digital application of pain drawing analysis, in patients with shoulder pain. 31 <sup>st</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>December 2023</b>	Tzamalīs X. Petropoulakos K. Dimitriadis Z. Krekoukias G. Poulis I. <b>Spanos S.</b> Validity and reliability of the Greek version of the Exercise Adherence Rating Scale (EARS), in low back pain patients. 31 <sup>st</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November-December 2024</b>	Charalampaki M. Menti S. Vassis K. Dimitriadis Z. <b>Spanos S.</b> Poulis I. Comparison and evaluation of the shoulder's external/internal rotator produced torque ratio, in an asymptomatic population. 32 <sup>nd</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November-December 2024</b>	Karadimitri D. Pentas K.O. Parissopoulos S. Skempes D. Tsekoura M. <b>Spanos S.</b> Vagenā E. Rāpidi X.A. Sakellari B. Investigating the rehabilitation needs of community-dwelling adults with paraplegia due to spinal cord injury in Greece: a quantitative and qualitative study. 32 <sup>nd</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November-December 2024</b>	Vassis K. Mysiris I. Sioura A. <b>Spanos S.</b> Kasiotis F. Dimitriadis Z. Tsaopoulos D. Poulis I. Epidemiological profile and musculoskeletal injuries of amateur football players in Greece. 32 <sup>nd</sup> Pan-hellenic Physiotherapy Congress (Athens)
<b>November-December 2024</b>	Chatziabraham N. Sampazioti D. Kasiotis F. Pastrouma S. Gkanatsiou A.E. Kitsouli N. Vassis K. <b>Spanos S.</b> Poulis I. Comparison of effectiveness of a neuromuscular rehabilitation program and a progressive strengthening program, in females with Patellofemoral Pain Syndrome. A randomized controlled trial. 32 <sup>nd</sup> Pan-hellenic Physiotherapy Congress (Athens)

#### PARTICIPATION IN RESEARCH PROJECTS

<b>July 2012-June 2015</b>	Member of the main research group in the Sub-project 2 entitled «Cross-cultural adaptation into the Greek language of international evaluation tools-questionnaires and construction of a digital database», of the «ARCHIMEDES III» Institutional proposal, of T.E.I. Lamias.
<b>November 2013-January 2015</b>	Member of the main research group in the Sub-project 5 entitled «Construction of a model low back pain assessment tool using by Greek health professionals, through the systematic recording of low back pain», of the «ARCHIMEDES III» Institutional proposal, of T.E.I. of Western Greece (former T.E.I. Patras).
<b>May 2021-May 2023</b>	Member of the main research group in the Project entitled Μέλος «Smart tourist: Smart research infrastructures for accessible innovative human-centered cultural-tourism development in Central Greece», with code 6647, included in the «BP Competitiveness entrepreneurship and innovation» action entitled MIS 5047243, of the University of Thessaly.

<b>REVIEWER – MEMBER OF EDITORIAL BOARD</b>
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Reviewer at the scientific journals:

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

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Editorial Board Member:

Scientific Journal «**Physiotherapy Issues**»

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