

Prof. NIKOLAOS STRIMPAKOS



Home address	5B A. Kakou str, Lamia, GREECE TK 35100	Work address	University of Thessaly. Department of Physiotherapy, 3 rd Km Old National Road Lamia– Athens, Lamia, 35131 GREECE
E-mail	nikstrimp@uth.gr		
Webpage			
Tel. (home)	0030 22310 69116	Tel. (work)	0030 22310 60203/227

EDUCATION

2001-2004.....	Doctor of Philosophy , University of Manchester, Faculty of Medicine, Dentistry, Pharmacy and Nursing, Centre for Rehabilitation Science. Title: “DEVELOPMENT OF RELIABLE AND VALID OBJECTIVE OUTCOME MEASURES FOR ASSESSING CERVICAL SPINE FUNCTION”. Supervisor: Prof. J. Oldham
1999-2000.....	MSc in Physiotherapy , University of Manchester, Manchester School of Physiotherapy
1995-1999.....	Degree in Physiotherapy (Hons) , T.E.I. Thessalonikis, Department of Physiotherapy
1993-1995.....	Military Services
1989-1993.....	BSc in Physical Education and Sport Science , National and

1983-1989.....	Kapodistrian University of Athens, Department of Physical Education and Sports Science Apolitirion , Gymnasion, Likion (High School) of Filiatra Messinias
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CURRENT POSITION

- 2020 - : Director of Research Institute of Rehabilitation and Welfare, University of Thessaly
- 2020 - : Director of Health Assessment and Quality of Life Research Lab, Physiotherapy Department, University of Thessaly
- 2019 - : Professor of Physiotherapy, Physiotherapy Department, University of Thessaly
- 2019 - : Member of the Committee of Quality Assurance Unit (MODIP) of University of Thessaly
- 2019 - : Member of the Council of Professional Training Center of University of Thessaly

POST POSITIONS

- 2019 - 2024: Member of the Integration Council, University of Thessaly
- 2021 - 2023: Vice-Head of Physiotherapy Department, University of Thessaly
- 2020 - 2021: Head of Physiotherapy Department, University of Thessaly
- 2016- 2019: Vice-Rector of Academic Affairs of T.E.I. Stereas Elladas
- 2015 - 2018: Director of the MSc Program “Advanced Physiotherapy”
- 2014 - 2019: Director of the Center of Technological Research of Central Greece
- 2017 - 2019: Professor in the Department of Physiotherapy, T.E.I. Stereas Elladas
- 2007- 2016: Elected member of the Research and Education Committee of T.E.I. Stereas Elladas.
- 2011- 2014: Head of the Research Institute of Health Care, Center of Technological Research of Central Greece
- 2010-2012: Elected Deputy Head of Division of Specialized Modules, Physiotherapy Department, TEI Lamias, Greece
- 2006-2010: Head of Physiotherapy Department, TEI Lamias, Greece

- 2006-2009: Sub-Director of the School of Health Professions and Welfare, TEI Lamias, Greece

ACADEMIC POSITION

- **September 2019 - Today:** Professor of Physiotherapy, Department of Physiotherapy, University of Thessaly
- **January 2019 – August 2019:** Professor of Physiotherapy, General Department, University of Thessaly
- **January 2017 – January 2019:** Professor, Department of Physiotherapy, T.E.I. Stereas Elladas.
- **January 2013 – January 2017:** Associate Professor, Department of Physiotherapy, T.E.I. Stereas Elladas.
- **July 2006 – January 2013:** Assistant Professor, Department of Physiotherapy, T.E.I. Lamias.
- **September 2004 – Today:** Honorary contract as Research Associate from the University of Manchester, Faculty of Biology, Medicine and Health, School of Biological Sciences, Division of Musculoskeletal & Dermatological Sciences, U.K
- **September 2007 – Today:** Research Associate, Department of Physical Education and Sport Science, National and Kapodistrian University of Athens

PROFESSIONAL EXPERIENCE

October 2005 – July 2006

Private Practice, Zakinthou 24, Lamia, 35100

October 2001- October 2005

“PhysioPraxis” Clinic, Pezodromos Koritsas 4, Haidari, Athens, TK 12461

Musculoskeletal disorders and sports injuries

February 1999- September 1999

Physiotherapy Private Clinic, 75 Spartis Str. Haidari, Athens, TK 12461

Musculoskeletal and neurological disorders and sports injuries

PROFESSIONAL ORGANISATIONS

Current:

- Member of Education Matters and Research Working Group of WCPT-ER (2016 - 2026)
- Member of Foundation Working Group of WCPT-ER (2016 - 2018)
- Member of Panhellenic Physiotherapy Association (Delegate in International Committees and Meetings) (subscription)
- Member of Hellenic Scientific Society of Physiotherapy (subscription)
- Member of European Society for Shoulder and Elbow Rehabilitation (EUSSER)-National Delegate (subscription)
- Member of Hellenic Association of Biomechanics (subscription)

Previous:

- Vice-President of Sports Physiotherapy Section of Panhellenic Physiotherapy Association (subscription)
- Member of Physiotherapy Research Society, UK (subscription)

UNDERGRADUATE ACADEMIC/TEACHING EXPERIENCE

January 2019 -

Professor, Physiotherapy Program, University of Thessaly

Modules: Research Methods in Physiotherapy, Physiotherapy Assessment and Clinical Reasoning, Manual Therapy, Clinical Placement

January 2017 – January 2019

Professor, Department of Physiotherapy, Central Greece University of Applied Sciences (T.E.I. Stereas Elladas).

Modules: Research Methods in Physiotherapy, Physiotherapy Assessment,

September 2013 – January 2017

Associate Professor, Department of Physiotherapy, Central Greece University of Applied Sciences (T.E.I. Stereas Elladas).

Modules: Research Methods in Physiotherapy, Physiotherapy Assessment, Kinesiotherapy /

September 2012 – June 2013	<p>Therapeutic exercises, Special Techniques of Mobilisation</p> <p>Assistant/Associate Professor, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Research Methods in Physiotherapy, Physiotherapy Assessment, Clinical Exercise Physiology, Sport Physiotherapy, Exercise in Chronic Diseases</p>
September 2010 – June 2011	<p>Assistant Professor, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Kinesiotherapy / Therapeutic exercises, Research Methods in Physiotherapy, Physiotherapy Assessment</p>
July 2006 – June 2010	<p>Assistant Professor, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Kinesiotherapy / Therapeutic exercises, Kinesiology I (upper limb and spine), Research Methods in Physiotherapy</p>
September 2005 – June 2006	<p>Part-time Assistant Professor, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Kinesiotherapy / Therapeutic exercises, Exercise Physiology, Ergonomics - Biomechanics, Kinesiology I, Physical Education for Disabled, Physiotherapy Assessment</p>
September 2003- June 2005	<p>Part-time lecturer, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Kinesiotherapy / Therapeutic exercises, Exercise Physiology, Sports injuries, Physiotherapy in Musculoskeletal Disorders II.</p>
September 2001-February 2003	<p>Part-time lecturer, Department of Physiotherapy, T.E.I. Lamias.</p> <p>Modules: Kinesiotherapy / Therapeutic exercises, Ergonomics / Biomechanics, Research Methods.</p>

POSTGRADUATE ACADEMIC/TEACHING EXPERIENCE

February 2019 – Today	Teaching in MSc Program in Advanced Physiotherapy, University of Thessaly, General Department
February 2015 – January 2019	Teaching in MSc Program in Advanced Physiotherapy, Department of Physiotherapy, TEI Stereas Elladas
September 2007 – 2015	Teaching in MSc Program in Sports Physiotherapy, Department of Physical Education and Sport Science, National and Kapodistrian University of Athens

MSc SUPERVISION

Supervision of six MSc students at MSc in Advanced Physiotherapy, TEI Stereas Elladas (two qualified June 2017) and University of Thessaly

Joint supervision with Prof. Athanasopoulos S. on two MSc students at Department of Physical Education and Sport Science, National and Kapodistrian University of Athens (qualified June 2014).

PHD SUPERVISION

Joint supervision with Prof. Oldham, J.A. on PhD student Z. Dimitriadis at Centre for Rehabilitation Science, School of Translational Medicine, Epidemiology arc, University of Manchester, UK (qualified 2011).

Supervision of four (4) PhD students, Department of Physiotherapy, University of Thessaly

INTERNATIONAL COLLABORATIONS

- **Prof. Oldham J**, University of Manchester, Centre for Rehabilitation Science, School of Translational Medicine, Epidemiology arc. Collaboration for PhD studies, research and publications
- **Prof. Ferrari R**, University of Alberta, Canada και **Dr. Puglisi F**, Istituto di Analisi della Postura, Italy Collaboration for research and publications

- **Prof. Sunaert S**, University Hospitals Leuven, Department of Radiology. Collaboration for PhD study, and publications
- **Dr. Panayiotou G**, Director of the Research Center of Cyprus College, European University of Cyprus
- **Prof. Alexia Papageorgiou and Dr. Ourania Kolokotroni**, Nicosia University Medical School. Collaboration for research and publications
- **Prof. Julia Leinweber and Dr. Claudia Limmer** Evangelische Hochschule Berlin, Germany, Collaboration for research and publications
- **Dr. Melissa Horlait**, Vrije Universiteit Brussel, Belgium, Collaboration for research and publications
- **Knais Christianna**, M.M.C Management Center Limited, Cyprus, Collaboration for research and publications
- **Ms Chrystalleni Papadopoulou**, Cyprus Company of Certification, Cyprus, Collaboration for research and publications

RESEARCH EXPERIENCE AND ACTIVITY

Granted Projects

- **April 2005– June 2007**: Participation as member of the main research team in a project titled “The phenomenon of falls in healthy Greek old people: A study of somatometric and somatokinetic characteristics aiming prevention”. The project received grant (50,000.00 euros) from European Committee, Archimedes program (EPEAEK II).
- **January 2007- June 2008**: Participation in a research program titled “Practical Internship”. The project receives grant from European Committee, EPEAEK II.
- **January 2007- June 2008**: Principal Investigator in a research program titled “Physiotherapists’ Professional guide”. The project receives grant from European Committee, EPEAEK II.
- **2011- 2013**: Member of the Scientific Committee in a research program titled “Innovation and Entrepreneurship Unit” TEI of Lamia, part of the Operational Programme for Education and Lifelong Learning in Greece (150,000.00 euros)
- **July 2012 - November 2015**: Coordinator / Principal Investigator in a research study entitled “Cross-cultural validation of international outcome measures – questionnaires in Greek and construction of electronic database” in “Archimedes III” call, Education and LifeLong Learning Operational Program (received grant 100,000.00 euros)

- **July 2012- June 2015:** Participation as member of the research team in a research study entitled “Development of an original outcome measure to be used by Greek health professionals for low back pain assessment, derived from a systematic exploration of the low back pain problem within Greece” in “Archimedes III” call, Education and LifeLong Learning Operational Program (received grant 100,000.00 euros)
- **October 2019-September 2022:** Participation as member of the research team in a research study entitled “Curriculum Development using VR technology to enhance empathetic communication skills in future health care professionals”, 2019-1-CY01-KA203-058432, ERASMUS+ Programme (received grant 338,318.00 euros)
- **December 2020-May 2023:** Deputy Coordinator and member of Research Team in a research study entitled “SMART TOURIST: SMART RESEARCH INFRASTRUCTURES FOR ACCESSIBLE INNOVATIVE HUMAN-CENTRED CULTURAL-TOURISTIC DEVELOPMENT OF STEREA ELLADA”, The “Competitiveness, Entrepreneurship and Innovation” (EPAnEK 2014-2020) Operational Programme (MIS 5047243)” (received grant 1,804,308.00 euros)
- **September 2023-August 2026:** Participation as member of the research team in a research study entitled “Higher education to improve competency in Sports Physiotherapy”, KA220-HED-6272A5A3, ERASMUS+ Programme (received grant 400,000.00 euros)

Research Proposals

- **June 2010:** Research proposal entitled “A multimedia construction- prevention and treatment for chronic neck patients” as co-investigator in Latsis’ Foundation Research Program 2010 (12000 euros)
- **September 2010:** Research proposal entitled “Interaction between cervical Spine region and Respiration” as co-investigator in “Thalis” call Education and LifeLong Learning Operational Program (600000 euros)
- **January 2018:** Research proposal entitled “Exercise and Chronic Diseases: Development, adaptation and application monitoring of clinical guidelines and therapeutic algorithms” as Principal Investigator in 1st Call for proposals for research projects for the support of Faculty members and Researchers working in the Greek Universities and Research Centers and the procurement of strategic research equipment (200000 euros)

- **January 2018:** Research proposal entitled “The use of an innovative insole for monitoring in real time the three dimensional forces applied on diabetic foot” as member of the research team in 1st Call for proposals for research projects for the support of Faculty members and Researchers working in the Greek Universities and Research Centers and the procurement of strategic research equipment (200,000 euros)
- **June 2020:** Research proposal entitled “Social Distancing: Enhancing a common measure to avoid and protect vulnerable population from COVID-19 disease using IoT technology” as Principal Investigator in 4th Call - H.F.R.I. Science & Society "Interventions to address the economic and social consequences of the COVID-19 pandemic" (99,900 euros)
- **February 2022:** Research proposal entitled “Artificial Intelligence-enabled Framework Motivating Nature-based Therapies Anywhere” as member of the research team in HORIZON-CL6-2022-COMMUNITIES-02-two-s (5,531,684.40 euros)
- **October 2022:** Research proposal entitled “Robotic Exosuit Operating in Dry and AQUatic Environments, for Safe, Transparent, Efficient and Personalized Lower-Limb Functional Rehabilitation” as member of the research team in Greece 2.0 Basic Research Financing Action (Horizontal support of all Sciences) Sub-action 1 Funding New Researchers (189,666 euros)
- **December 2023:** Research proposal entitled “DECoding Immuno-PHENotypes and Epigenetic Regulation in patients with Myalgic Encephalomyelitis /Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia: a comprehensive approach towards precision medicine” as member of the research team in HORIZON-HLTH-2024-DISEASE-03-two-stage (7,000,000.00 euros)
- **January 2024:** Research proposal entitled “Non-communicable Diseases: The Effectiveness of a Nature-based Rehabilitation Regimen by Using Innovative Telemonitoring and Advanced Technologies” as Principal Investigator in 3rd Call for H.F.R.I.’s Research Projects to Support Faculty Members & Researchers (299,816 euros) (under evaluation)
- **January 2024:** Research proposal entitled “Transcranial Magnetic Stimulation and Biomarkers in people living with Amyotrophic Lateral Sclerosis MagBiALS” as member of the research team in 3rd Call for H.F.R.I.’s Research Projects to Support Faculty Members & Researchers (299,816 euros) (under evaluation)
- **March 2024:** Research proposal entitled “Enhancing competencies for Health Care Professionals working with women in olive oil industry in Mediterranean countries”, as coordinator under Call 2024 Round 1 KA2 KA220-HED - Cooperation partnerships in higher education (KA220-HED), ERASMUS+ Programme (400,000.00 euros)

- **September 2024:** Research proposal entitled “Innovative Virtual Reality and EEG Technologies for Therapeutic Exercise in Medical Tourism (VR-EEG-BCI TherEx)” as member of the research team in Action "Research – Innovate" of the "Competitiveness" Program NSRF 2021 – 2027 (Call Code 08KE – MIS Code 9833) (1.914.900,00 euros) (under evaluation)
- **September 2024:** Research proposal entitled “Gait-It-Right” as member of the research team in Action "Research – Innovate" of the "Competitiveness" Program NSRF 2021 – 2027 (Call Code 08KE – MIS Code 9833) (1.565.627,00 euros) (under evaluation)
- **September 2024:** Research proposal entitled “NERON” as member of the research team in Action "Research – Innovate" of the "Competitiveness" Program NSRF 2021 – 2027 (Call Code 08KE – MIS Code 9833) (580,000 euros) (under evaluation)
- **November 2024:** Research proposal entitled “Frozen Shoulder Association” as member of the research team in European Cooperation in Science and Technology - Open Call Collection OC-2024-1 (under evaluation)
- **March 2025:** Research proposal entitled “MentCo: Transformative Pathways in Health Education”, as member of the research team under Call : 2025 / Round : Round 1 / Action type : Cooperation partnerships in higher education (KA220-HED), ERASMUS+ Programme (400,000.00 euros) (under submission)

MEMBER OF EDITORIAL BOARD IN PEER REVIEW JOURNALS

- World Journal of Orthopaedics (WJO)
- Physiotherapy Issues Journal
- Open Journal of Orthopaedics (OJO)
- ISRN Pain Journal (ISRN Pain)
- Gavin Journal of Orthopedic Research & Therapy
- International Journal of Musculoskeletal Disorders

REVIEWER IN PEER REVIEW JOURNALS

- Reviewer in Chiropractic & Osteopathy Journal
- Reviewer in BMC Musculoskeletal Disorders

- Reviewer in Physiotherapy Theory and Practice
- Reviewer in Physiotherapy Issues Journal
- Reviewer in Physical Medicine & Rehabilitation Journal
- Reviewer in Respiratory Care Journal
- Reviewer in Prosthetics and Orthotics International Journal
- Reviewer in Physiotherapy
- Reviewer in European Review of Applied Psychology
- Journal of Musculoskeletal and Neuronal Interactions

REVIEWER IN INTERNATIONAL RESEARCH PROPOSALS - CONGRESSES

- Reviewer in Arthritis Research UK for AHP Training Fellowship (2011, 2012)
- Reviewer in South African Medical Research Council (2011)
- Reviewer in the 3rd European Congress on Physiotherapy Education (2012)
- Reviewer in the 17th World Congress of WCPT, Singapore (2015)
- Reviewer in the 4rd European Congress on Physiotherapy Education (2016)

MEMBER OF NATIONAL AND INTERNATIONAL EVALUATION COMMITTEES

- Member of evaluation committee of State Scholarship Foundation for scholarships during 2008, 2009 and 2010
- Member of external evaluation committee for undergraduate Physiotherapy program of the European University of Cyprus (June 2008)
- Member of external re-evaluation committee for undergraduate Physiotherapy program of the European University of Cyprus, undergraduate Biology program of University of Nicosia, Cyprus and postgraduate Health Management program of Frederick University of Cyprus (November 2010)
- Member of external evaluation committee for undergraduate Occupational program of the European University of Cyprus and undergraduate and post-graduate Physiotherapy programs of University of Nicosia, Cyprus (July 2015)
- Member of committee for constructing a new undergraduate Physiotherapy program of the University of Peloponnese (2019)

- April 2022: Internal examiner for PhD examination of Ms. Justine Theaker (ID number: 9888094) in Faculty of Biology, Medicine and Health, University of Manchester, UK. Title of Thesis: Assessment of post operative precautions following Total Hip Replacement.
- June 2022: External examiner for PhD examination of Ms. Céleste Rousseau, Liverpool John Moore University, UK. Title of Thesis: Prevention of musculoskeletal injuries in orchestra musicians.
- November 2023: External examiner for PhD examination of Mr. D. José Manuel García Moreno, Murcia University, Spain. Title of Thesis: Prevention, risk factors and physiotherapy treatments for low back pain in children and adolescents: meta-analytic studies.
- Member of Education Matters and Research Working Group of WP-ER (2016 - 2026)
- Member of World Physiotherapy awards committee for 2023
- Member of evaluation committee for research proposals in European Cooperation in Science and Technology (COST) (2022-23)
- Member of evaluation committee for research proposals in European Cooperation in Science and Technology (COST) (2023-24)
- Visiting External Examiner for Bachelor of Science (Honours) Physiotherapy final year examinations of the Malta University (June 2024-2026)

PUBLICATIONS (BOOKS)

- **Strimpakos N. et al.** Editor in the Greek edition of “Research in Exercise and Physical Activity”, Editor: Smith M.F. Konstantaras Medical Publications, Athens: 2024
- **Strimpakos N. et al.** Editor in the Greek edition of “Orthopaedic Rehabilitation in Clinical Practice”, Editors: Giangarra C.E., Manske R.C., Brotzman S.B. Konstantaras Medical Publications, Athens: 2024
- **Strimpakos N. et al.** Editor in the Greek edition of “Manual Therapy in Orthopaedic Physiotherapy”, Editor: Wise C.H. Konstantaras Medical Publications, Athens: 2024
- Papageorgiou, A., Leinweber, J., Böhm, K., Constantinou, C., Kolokotroni, O., Kapreli, E., Savvoulidou K., **Strimpakos N.**, Knais C., Horlait M., Papastamatiou N., Papadopoulou, C. (2022). The Development of an Empathy Curriculum (Empathy in Health) for Healthcare Students Using VR Technology. Empathy - Advanced Research and Applications [Working Title]. doi: 10.5772/intechopen.106518

- **Strimpakos N. et al.** Editor in the Greek edition of «Clinical Reasoning and Decision-Making in Physical Therapy», edited by Gina Maria Musolino and Gail M. Jensen, Konstantaras Medical Publications, Athens, 2022.
- **Strimpakos N. et al.** Editor in the Greek edition of “Therapeutic Exercise”, edited by Kisner and Colby, Konstantaras Medical Publications, Athens 2020
- **Strimpakos N. et al.** Editor in the Greek edition of “Therapeutic Exercise for Musculoskeletal Injuries”, edited by Hougloom Peggy, Broken Hills Publication LTD, 2018
- **Strimpakos N. et al.** Editor of a chapter entitled “Surface Anatomy and Landmarks of Shoulder Girdle” in the book of “Clinical Anatomy of Shoulder”, edited by Zimpis A., Konstantaras Medical Publications, Athens 2017
- **Strimpakos N. et al.** Editor of a chapter entitled “Sports Stretching” in the book of “Sports Physiotherapy”, edited by Fousekis K., Broken Hill Publications, Athens 2015
- **Strimpakos N. et al.** Editor in the Greek edition of “Musculoskeletal Interventions: Techniques for Therapeutic Exercise.”, edited by Hoogenboom B., Voight M., Prentice W., 3rd edition, Konstantaras Medical Publications, Athens 2016
- **Strimpakos N. et al.** Editor in the Greek edition of “Clinical Orthopaedic Rehabilitation. An Evidence-Based Approach”, edited by Brotzman B., Manske R.C., 3rd edition, Philadelphia, Konstantaras Medical Publications, Athens 2015
- **Strimpakos N., Billis E.** Editor in the Greek edition of “Orthopedic Manual Therapy, Assessment and Management”, edited by Schomacher J., Thieme, Konstantaras Medical Publications, Athens 2014
- **Strimpakos N.** Editor in the Greek edition of “Electrotherapy. Evidence-Based Practice”, edited by Watson T., 12th Edition, Churchill Livingstone, Paschalidis Medical Publications, Athens 2010
- Gioftsos G., **Strimpakos N.** “Kinesiotherapy” Instructors’ notes (TEI Lamias, 2002-2010)
- **Strimpakos N.** “Kinesiology I” Instructor notes (TEI Lamias, 2005-2008)

PUBLICATIONS (PEER REVIEWED JOURNALS)

- 1) Bilika, P.; Nijs, J.; Billis, E.; Dimitriadis, Z.; Paliouras, A.; Savvoulidou, K.; Strimpakos, N.; Kapreli, E. Applying Nociceptive Pain Criteria in Chronic Musculoskeletal Conditions: A Vignette Study. *J. Clin. Med.* 2025, 14, 1179. <https://doi.org/10.3390/jcm14041179>
- 2) Kastrinis, A., Strimpakos, N., Koumantakis, G. A., Tzatzaliaris, D., Oikonomaki, M., Theodosopoulos, E., Skaftourou, E., Tsekoura, M., Kanellopoulos, A. K., Nomikou, E., &

- Dimitriadis, Z. (2024). Reliability of Sensorimotor Control Tests in Individuals with Adolescent Idiopathic Scoliosis. *Muscles*, 3(4), 376-392. <https://doi.org/10.3390/muscles3040032>
- 3) Ignatoglou, D.; Paliouras, A.; Paraskevopoulos, E.; Strimpakos, N.; Bilika, P.; Papandreou, M.; Kapreli, E. Pole Dancing-Specific Muscle Strength: Development and Reliability of a Novel Assessment Protocol. *Methods Protoc.* 2024, 7, 44. <https://doi.org/10.3390/mps7030044>
 - 4) Tsounia, E. A., Chandolias, K., Sgantzios, M., Pepera, G., Kapreli, E., & Strimpakos, N. (2024). Objective and subjective assessment in balneotherapy: a systematic review. *International Journal of Spa and Wellness*, 7(1), 87-108.
 - 5) Savvoulidou, K., Papageorgiou, A., Kolokotroni, O., Kapreli, P., Tsokani, A., Strimpakos, N., & Kapreli, E. (2024). Facilitators and barriers of empathetic behaviour in physiotherapy clinical practice: A qualitative focus group study. *Musculoskeletal science & practice*, 70, 102923. <https://doi.org/10.1016/j.msksp.2024.102923>
 - 6) Tsokani, A., Stefanouli, V., Adriaenssens, N., Kotsakis, A., Kapreli, E., & Strimpakos, N. (2024). The effects of green exercise on the mental and physical health of people with chronic conditions: a systematic review. *International Journal of Environmental Health Research*, 1–15. <https://doi.org/10.1080/09603123.2024.2391991>
 - 7) Bilika P, Kalamatas-Mavrikas P, Vasilis N, Strimpakos N, Kapreli E. Reliability of Pressure Pain Threshold (PPT) and Conditioned Pain Modulation (CPM) in Participants with and without Chronic Shoulder Pain. *Healthcare (Basel)*. 2024;12(17):1734. Published 2024 Aug 31. doi:10.3390/healthcare12171734
 - 8) Schramlová M, Řasová K, Jonsdottir J., Pavlíková M., Rambousková J., Äijö A., Šlachťová M., Kobesova A., Žiaková E., Kahraman T., Pavlů D., Billis E., Bermejo-Gil BM, Papagiannis G., Bakalidou D., Alves-Guerreiro J., Strimpakos N., Příhoda A., Kiviluoma-Ylitalo M., Lähteenmäki M-L., Koišová J. (2023) Quality of Life and Quality of Education among Physiotherapy students in Europe. *Frontiers in Medicine*
 - 9) Bilika, P., Stefanouli, V., Strimpakos, N., & Kapreli, E. V. (2023). Clinical reasoning using ChatGPT: Is it beyond credibility for physiotherapists use?. *Physiotherapy Theory and Practice*, 1-20.
 - 10) Tsokani, A., Dimopoulos, T., Vourazanis, E., Strimpakos, N., Billis, E., Pepera, G., & Kapreli, E. (2023). Barriers and Facilitators for Therapeutic Green Exercise in Patients with Chronic Conditions: A Qualitative Focus Group Study. *Applied Sciences*, 13(18), 10077. <https://doi.org/10.3390/app131810077>
 - 11) Adriaenssens N., Strimpakos N.et al (2023) The Role of Physiotherapy in Cancer Care in the Europe region: a position paper of the Cancer Working Group of Europe region World Physiotherapy. *J Cancer Rehabil.* 6 issue 2: 70-79
 - 12) Dimitriadis Z., Argyrou, S. Diamantis A., Kostakis K., Kanellopoulos A., Strimpakos N., Poulis I., Kapreli E. (2023) Reliability of a two-dimensional Video Analysis Protocol to assess Forward Head Posture during walking. *Archives of Hellenic Medicine*, 40(6):772 - 778

- 13) Dimopoulos T, Genitsaropoulos C, Menegaki A, Xanthos G and Strimpakos N. (2023) The challenge of balanced regional development: health tourism in the Regional Unity of Fthiotida – a potential instrument of regional and intra-regional inequalities alleviation?, *International Journal of Spa and Wellness*, 6:2, 263-295, DOI: 10.1080/24721735.2023.2221140
- 14) Bilika P, Karampatsou N, Stavrakakis G, Paliouras A, Theodorakis Y, Strimpakos N and Kapreli E. Virtual Reality-Based Exercise Therapy for Patients with Chronic Musculoskeletal Pain: A Scoping Review. (2023), *Healthcare* 11, 2412. <https://doi.org/10.3390/healthcare11172412>
- 15) Kastrinis, A., Koumantakis, G., Tsekoura, M., Nomikou, E., Katsoulaki, M., Theodosopoulos, E., **Strimpakos, N.**, & Dimitriadis, Z. (2023). The Effect of Schroth Method on Postural Control and Balance in Patients with Adolescent Idiopathic Scoliosis: A Literature Review. *Advances in experimental medicine and biology*, 1425, 469–476. https://doi.org/10.1007/978-3-031-31986-0_45
- 16) Kastrinis, A., Koumantakis, G., Tsekoura, M., Nomikou, E., Katsoulaki, M., Takousi, M., **Strimpakos, N.**, & Dimitriadis, Z. (2023). Greek Adaptation and Validation of the Bad Sobernheim Stress Questionnaire-Brace and the Bad Sobernheim Stress Questionnaire-Deformity. *Advances in experimental medicine and biology*, 1425, 141–149. https://doi.org/10.1007/978-3-031-31986-0_13
- 17) Bilika P., Paliouras A., Savvoulidou K., Arribas-Romano A., Dimitriadis Z., Billis E., **Strimpakos N.**, Kapreli E. Psychometric Properties of Quantitative Sensory Testing in healthy and patients with shoulder pain: A systematic review, (2023), *Journal of Musculoskeletal and Neuronal Interactions*, 23(1), pp145
- 18) Tsounia E., Chandolias K., Stefanouli V., **Strimpakos N.** Cross-cultural adaptation of the spa therapy checklist (SPAC) in Greek. (2023), *International Journal of Biometeorology*. Feb;67(2):299-309
- 19) Katsiana A, Stalikas A, Kokkaris P, Galanakis M, Georgiou K, **Strimpakos N.** (2022) Cross-Cultural Adaptation and Psychometric Properties of the Greek Vineland Adaptive Behavior Scales, Second Edition: Parent/Caregiver Rating Form (VABS II-Gr). *Psychology*, 13 (13), December, 1850-1864. doi: 10.4236/psych.2022.1313115.
- 20) Dimitriadis, Z. Kapreli, E. **Strimpakos, N.** Oldham J. Psychometric properties of the Greek version of the Pain Catastrophizing Scale in patients with chronic neck pain. *Arch Hellen Med*, 39(6), November-December 2022, 760-766
- 21) Bilika P., Nijs J., Fandridis E., Dimitriadis Z., **Strimpakos N.**, Kapreli E. In the shoulder or in the brain? Behavioral, psychosocial and cognitive characteristics of unilateral chronic shoulder pain with symptoms of central sensitization, 2022, *Healthcare* 10(9):1658. doi: 10.3390/healthcare10091658.
- 22) Stefanouli V, Kapreli E, Anastasiadi E, Nakastasis A, **Strimpakos N.** Validity and reliability of the Greek version of modified Baecke questionnaire. 2022 *Public Health*. Jan 12;203:58-64. doi: 10.1016/j.puhe.2021.11.017.
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- 6) Michalis Loupis, Georgios Furlas, Petros Lampsas, Theodoros Tsiftsis, Konstantinos Anagnostou, **Nikos Strimpakos**, Yiannis Raftoyiannis, Anastasia Pantera, Anna Deltsidou (2015) Archimedes Interdisciplinary Research Programme Forges a Broad Spectrum of Academic Innovations. ENTRENOVA 10-11, September, Kotor, Montenegro
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INVITED PRESENTATIONS IN INTERNATIONAL CONFERENCES / CONGRESSES

1. **30 Ιουνίου 2012:** “Principles of rehabilitation in rotator cuff tears” Symposium of European Society for Shoulder & Elbow Rehabilitation, Athens, Greece
2. **12 February 2016:** «Scapular Dyskinesia: Assessment and Rehabilitation», Symposium of European University of Cyprus, Nicosia
3. **05-08 October 2016:** «Reliability and Validity issues in Physiotherapy Research», Annual Congress of Rumanian Physiotherapy Association, Budapest
4. **09-10 June 2017:** “Clinical evaluation of scapular dyskinesia” Symposium of European Society for Shoulder & Elbow Rehabilitation Athens
5. **05-07 October 2018:** «Reliability and Validity issues in Physiotherapy Research», Annual Congress of Croatian Council of Physiotherapists, Crikvenica, Croatia
6. **05-07 March 2019:** “Physiotherapy Next Day”, World Health Care Europe (WHCE) 2019, Manchester
7. **12-14 April 2019:** “Selection criteria for surgery and rehabilitation program for shoulder pathology: Collaboration between surgeon and physiotherapist ”Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, Athens
8. **30 January 2020:** “Physiotherapy Next Day”, Symposium of Education in Physiotherapy: ER-WCPT Perspective. Istanbul- Turkey
9. **11 September 2020:** A survey of ER-WCPT on clinical education in Europe in Focused Symposium 2 - Practice education across Europe in the light of evidence-based physiotherapy, 5th European Congress of the Europe Region on Physiotherapy Education, online

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2. **Strimpakos N., Fandridis E.** (2019) “Selection criteria for surgery and rehabilitation program for shoulder pathology: Collaboration between surgeon and physiotherapist ”Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 12-14 April 2019: Athens
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4. **Strimpakos N** (2018) “Scapular dyskinesia in patients with neck dysfunction”, 8th Congress of Hellenic Biomechanics Society, 01-02 September, Thessaloniki
5. **Strimpakos N** (2018) “Physiotherapy Education and Research in Europe”. One-day conference of Panhellenic Physiotherapists’s Association, Attica Branch, 11 March, Evangelismos General Hospital, Athens
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9. **Strimpakos N** (2014) “Scapular Dyskinesia; Assessment and Rehabilitation”. 24th Annual Panhellenic Symposium of Physiotherapy 06-08 December, Athens
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11. **Strimpakos N** (2014) “Scapular Dyskinesia; Assessment and Rehabilitation”. Conference on Shoulder Rehabilitation, 12-13 April, Heraklion Crete, Greece

12. **Strimpakos N** (2013) “Physiotherapy approach in rotator cuff tears: Practice and Evidence”. 3rd International Congress of Physiotherapy, 07-09 June, Thessaloniki, Greece
13. **Strimpakos N** (2013) “Therapeutic exercise programs in patients with cancer and HIV/AIDS”. 2nd Congress of Sport Science, “Exercise and Health” 19-21 April, Athens
14. **Strimpakos N** (2012) “Therapeutic exercise in immune system disorders”. 22nd Annual Panhellenic Symposium of Physiotherapy 07-09 December, Athens
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16. **Strimpakos N.** «*Body mechanics – Mobilisation – Patient transfer*» *Io Scientific Congress in Workplace Safety*, 29 February- 1 March 2008, Volos, Greece,
17. **Strimpakos N.** “ Systematic review: Not simply a review” 13 June 2006: Seminar of post-graduate studies in Sports Science, University of Thessaloniki, Serres
18. **Strimpakos N.** “Differential assessment of myoperitoneal pain in cervical spine and shoulder” 20 May 2006: Panhellenic Physiotherapy Association seminar, Larisa

INVITED PRESENTATIONS IN CLINICAL SEMINARS/WORKSHOPS

1. **Strimpakos N** (2019) Surface Anatomy of the Shoulder. Palpation and landmarks. 6th Seminar on Clinical Anatomy of the Shoulder, 25-26 Ιανουαρίου 2019, Medical School, University of Thessaly, Larisa
2. **Strimpakos N** (2018) Surface Anatomy of the Shoulder. Palpation and landmarks. 5th Seminar on Clinical Anatomy of the Shoulder, 26-27 Ιανουαρίου 2018, Medical School, University of Thessaly, Larisa
3. **Strimpakos N** (2017) Surface Anatomy of the Shoulder. Palpation and landmarks. 4th Seminar on Clinical Anatomy of the Shoulder, 27-28 January 2017, Medical School, University of Thessaly, Larisa
4. **Strimpakos N** (2017) **Surface Anatomy of the Shoulder. Palpation and landmarks.** Clinical Anatomy Seminars for Physiotherapists, 28-29 January 2017, Medical School, University of Thessaly, Larisa

PRESENTATIONS IN INTERNATIONAL CONFERENCES/CONGRESSES

1. Tsounia EA, Chandolias K, Tsokani A, Stefanouli V, **Strimpakos N.** (2022) Investigation of the beneficial effect of balneotherapy in mental health, 9th International Organisation of Physical Therapy in Mental Health Conference, Athens May 4-6, Greece
2. Chandolias K, Tsounia EA, Stefanouli V, Tsokani A, **Strimpakos N.** (2022) The effect of hydrotherapy in mental health quality of life of various diseases, 9th International Organisation of Physical Therapy in Mental Health Conference, Athens May 4-6, Greece
3. Stefanouli V, Tsokani A, Chandolias K, Tsounia EA, **Strimpakos N.** (2022) The effects of Green Exercise in Mental Health, 9th International Organisation of Physical Therapy in Mental Health Conference, Athens May 4-6, Greece
4. Tsokani A, Stefanouli V, Tsounia EA, Chandolias K, **Strimpakos N.** (2022) The effects of exercise on mental health of breast cancer patients, 9th International Organisation of Physical Therapy in Mental Health Conference, Athens May 4-6, Greece
5. Kastrinis A., Koumantakis G., Tsekoura M., Nomikou E., Strimpakos N., Dimitriadis Z. (2022) Efficacy of Schroth therapy and scoliosis SLC brace in the treatment of adolescent idiopathic scoliosis: a retrospective study. WCO-IOF-ESCEO congress (World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases), Berlin, Germany
6. Kastrinis A., Strimpakos N., Koumantakis G., Tsekoura M., Nomikou E., Dimitriadis Z. (2021) The effect of physiotherapeutic scoliosis-specific exercises on sensorimotor control of patients with adolescent idiopathic scoliosis: a narrative review. 2nd International SCOSYM Symposium, Novi Sad, Serbia.
7. Pepera G., Dimitriadis Z., Spanos S., Paras G., Kortianou E., Strimpakos N., Kapreli E. (2021) ‘Physiotherapy students’ perception towards the use of social networking and e-learning platforms’. World Confederation for Physical Therapy, 5th European Congress, Online
8. Kanellopoulos A., Kanellopoulos E., Dimitriadis Z., Strimpakos N., Koufogianni A., Poulis I. “Development of a novel software for pain drawing analysis”. World Physiotherapy Congress 2021, Online.
9. Chalimourdas A., Dimitriadis Z., Kapreli E., Strimpakos N. Test-retest reliability and concurrent validity of cervical active range of motion in young asymptomatic adults using Dynacare LYNX. World Physiotherapy Congress 2021, Online
10. Argyrou S, Dimitriadis Z, Strimpakos N, Kapreli E “THE EFFECTIVENESS OF AN EXERCISE PROGRAMME BASED ON MOTOR LEARNING PRINCIPLES FOR THE CORRECTION OF THE FORWARD HEAD POSTURE- RCT.” WCPT Congress, Geneva. 13-15 Μαΐου 2019

11. Mavropanos T , Strimpakos N , Dimitriadis Z , Billis E , Kanellopoulos A , Trigkas P, Matzaroglou C, Kapreli E “CLINICAL EVALUATION OF HIP FUNCTIONAL MEDIAL ROTATION.” WCPT Congress, Geneva. 13-15 Μαΐου 2019
12. Koustravas et al. (2018) Physical activity motives and their ability to predict physical activity level of young adults, 6ο ΠΑΓΚΥΠΡΙΟ ΣΥΝΕΔΡΙΟ ΦΥΣΙΟΘΕΡΑΠΕΙΑΣ, 3-4 March 2018. Nicosia
13. Koustravas et al. (2017) PHYSICAL ACTIVITY MOTIVES AND THEIR ABILITY TO PREDICT PHYSICAL ACTIVITY LEVEL OF YOUNG ADULTS, WCPT Congress, Cape Town, 2-4 July 2017
14. Dimitriadis et al. (2017) ASSOCIATION BETWEEN THE ASSESSMENT OF ENDURANCE OF DEEP NECK FLEXORS AND MOTIVATION FOR EXERCISE WCPT Congress, Cape Town, 2-4 July 2017
15. Kapreli et al. (2017) FORWARD HEAD POSTURE DURING WALKING: ASSESSING THE RELIABILITY OF A PROTOCOL USING VIDEO-BASED 2D ANALYSIS WCPT Congress, Cape Town, 2-4 July 2017
16. **Strimpakos et al.** Greek version of Modified Baecke Physical Activity Questionnaire (mBQ): Cross-cultural adaptation and psychometric properties. WCPT Congress 2015, Singapore,
17. **Strimpakos et al.** The 12-item Oxford Knee Score: cross-cultural adaptation into Greek and assessment of its psychometric properties. Παγκόσμιο Συνέδριο Φυσικοθεραπείας WCPT Congress 2015, Singapore,
18. Billis et al. CROSS-CULTURAL VALIDATION OF THE SCIATICA BOTHERSOMENESS INDEX IN A SAMPLE OF GREEK PATIENTS WITH SCIATICA. WCPT Congress 2015, Singapore,
19. Kapreli et al. Waterloo Footedness Questionnaire (WFQ): Cross-cultural adaptation and psychometric properties of Greek version. WCPT Congress 2015, Singapore,
20. **Strimpakos et al.** 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
21. **Strimpakos et al.** Oxford Shoulder Score (OSS): Cross-cultural adaptation, validity and reliability in Greek shoulder patients. XXVI Congress of the European Society for Shoulder and Elbow Surgery (SECEC/ESSSE), Milan, 2015

22. **Strimpakos et al.** The 12-item Oxford Shoulder Score (OSS): Cross-cultural adaptation into Greek and assessment of its psychometric properties. 1st World Sports Physical Therapy Congress, Bern, BERNExpo, November 20th-21st, 2015
23. **Strimpakos et al.** The 12-item Oxford Instability Shoulder Score (OSIS): Cross-cultural adaptation into Greek and assessment of its psychometric properties. 1st World Sports Physical Therapy Congress, Bern, BERNExpo, November 20th-21st, 2015
24. **Strimpakos et al.** Cross-cultural validation of VISA-A questionnaire for patients with Achilles tendinopathy into Greek. 1st World Sports Physical Therapy Congress, Bern, BERNExpo, November 20th-21st, 2015 <http://www.rtp2015.com/>
25. Barbakos D, **Strimpakos N**, Karkanis S.A. (2015) TOWARDS A VERSATILE SURFACE ELECTROMYOGRAPHY CLASSIFICATION SYSTEM. IASTED International Conference on Modelling, Identification and Control, Feb 16-18, 2015, Innsbruck, Austria
26. Barmpakos D.S., **Strimpakos N.** and Karkanis S.A., “Wavelet energies as a feature and their impact on classifying movements based on sEMG”, IASTED BioMed 2014, Zurich
27. **Strimpakos N.**, Damplia Z., Sakellari V., Billis V., Kapreli E. (2013) Cross-cultural adaptation and validation of the Stroke-Specific Quality of Life Questionnaire (SSQOL): Greek version. 3rd International Congress on Neurology and Neuroepidemiology, Abu Dhabi November 21-23, UAE
28. 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
29. Barbakos D, **Strimpakos N**, Karkanis S.A. (2013) An innovative system for analysis of EMG signals based on low cost sEMG sensor. The 8th NHIBE International Conference "New Horizons in Industry, Business and Education" 29 - 30 August 2013 Crete Island, Greece
30. Kapreli E., Kourti M., Athanasopoulos S., **Strimpakos N.** (2012) “Sports physical therapists’ profile and the need for specialisation in Greece”. 8-9 November: 3rd European Congress on Physiotherapy Education, Vienna, Austria
31. Dimitriadis Z., Kapreli E., **Strimpakos N.**, Oldham J.A (2011). “Hypocapnia in patients with chronic neck pain”. 20-23 June 2011: 16th International Congress of the World Confederation for Physical Therapy (WCPT), Amsterdam, Holland.
32. **Strimpakos N.**, Dimitriadis Z., Kapreli E., Oldham J.A (2011). “Correlation between neck and respiratory muscle strength in healthy and chronic neck patients”. 20-23 June 2011: 16th

- International Congress of the World Confederation for Physical Therapy (WCPT), Amsterdam, Holland.
33. Dimitriadis Z., Vourazanis E., Oldham J.A., **Strimpakos N.**, Komnianou L., Kapreli E. «Respiratory Dysfunction in Neck Pain Patients. A Pilot Study» Third International Conference on Movement Dysfunction. 30 October - 1 November 2009, Edinburgh, UK
 34. Sakellari V., Kapreli E., Kortianou E., Poulis I., **Strimpakos N.**, Trigkas P., Gioftos G. Evaluation of the Educational Activities in a Greek Higher Educational Physiotherapy Department. 2nd European Congress on Physiotherapy Education in Stockholm, 2008.
 35. Kortianou E, Konstandinou A-G, Dourida M, Kapreli E, **Strimpakos N**, Sakellari V. Annual congress of European Respiratory Society, «Pulmonary function and six-minute walking test in obese young females: a control pilot study» 12-16 September 2009, Athens
 36. Billis E., Psychogiou A-G, Spanos S., Gliatis J, **Strimpakos N**, Kapreli E, Gioftos G. “Validation of the Greek version of the SF-36 Health Survey in a population of Greek chronic low back pain patients.” 4-6 October 2007: Palma International Forum IX. Primary Care Research on Low back Pain.
 37. **Nikolaos Strimpakos**, Vasiliki Gogou, Stavros Apostolopoulos, Georgios Spatharakis, Konstantinos Meliggas, Eleni Kapreli, Vasiliki Sakellari, Georgios Gioftos. “Falls among Greek elderly population admitting at emergency departments (EDs). A six-year epidemiological study.” 2-6 June 2007: 15th International Congress of the World Confederation for Physical Therapy (WCPT), Vancouver, Canada.
 38. Billis E, Sakellari V, Ioannou F, Filon G, Kapreli E, **Strimpakos N**, Dontas I, Spatharakis G, Trigkas P, Gioftos G. “Cross-cultural adaptation and validation of the FES-I and ConfBal questionnaires: Greek Versions” 2-6 June 2007: 15th International Congress of the World Confederation for Physical Therapy (WCPT), Vancouver, Canada.
 39. Kapreli, E.; Athanasopoulos, S.; Papathanasiou, M.; Van Hecke, P.; Gouliamos, A.; Peters, R.; **Strimpakos, N.**; Sunaert, S. “Lower Limb Sensorimotor Network: Issues of Somatotopy and Overlap” 2-6 June 2007: 15th International Congress of the World Confederation for Physical Therapy (WCPT), Vancouver, Canada.
 40. **Nikolaos Strimpakos**, Vasiliki Gogou, Georgios Spatharakis, Konstantinos Meliggas, Eleni Kapreli, Georgios Gioftos. “Falls among Greek elderly population admitting at emergency departments (EDs). A six-year epidemiological study.” 2-5 November 2006: 3rd International Congress of Physical Therapists Working with Older People, Istanbul, Turkey
 41. Billis E., Ioannou F., Filon G., Kapreli E., **Strimpakos N.**, Dontas I., Spatharakis G., Trigkas P., Sakellari V., Gioftos G. “The Greek versions of the FES-I and CONFbal questionnaires: Cross-cultural adaptation and validation” 3-5 August 2006: EUGS Congress, Geneva

42. Kalapotharakos V., Michalopoulos M., **Strimpakos N.**, Tokmakidis S. “The effect of a 12 week aerobic exercise program on functional and neuromotor performance in older adults” 13-16 June 2005: 10th Annual Congress of the ECSS, Belgrade,
43. Billis E., Moutzouri M., Kapreli E., **Strimpakos N.** (2005) “The effect of the Mulligan mobilization technique “SNAG” in the range of flexion of the lumbar spine” 9th McKenzie Institute International Conference, 3-5 June, Hersonissos, Crete, Hellas (poster)
44. Kapreli E., Papathanasiou M., Athanasopoulos S., Van Hecke P., Gouliamos A., Peters R., **Strimpakos N.**, Sunaert S. American Society of Neuroradiology 44th Annual Meeting, 29 April- 5 May 2006, San Diego, CA. Research project titled: “*Lower Limb Sensorimotor Network: Issues of Somatotopy and Overlap*”.
45. **Strimpakos N.**, Gioftsos G, Oldham J. (2004) “Objective Assessment in Physiotherapy. An application in the Cervical Spine” International Congress “Guidelines in Physiotherapy”, 4-6 September, Beirut, Libanon.
46. **Strimpakos NS**, Gioftsos G, Oldham J. (2003) “Reliability and Validity of neck muscles fatigue assessment” 7th International Olympic Congress, July, Athens, Greece
47. **Strimpakos, N.**, Gioftsos, G. and Oldham, J.A. (2003) “Test-retest reliability of neck muscle EMG fatigue testing” Proceedings of the 14th International Congress of WCPT, Barcelona, 7-12 June, p. 264
48. **Strimpakos NS**, Gioftsos G, Oldham J. (2002) “Recording the neck muscles’ isometric strength. How reliable can we do that?” 7th Annual Congress of European College of Sports Science, July, Athens, Greece
49. **Strimpakos NS**, Gioftsos G, Oldham J. (2002) “Evaluation of reliability of neck muscles’ strength measurements” 10th International Congress in Physical Education and Sports Science, 17-19 May, Komotini, Greece
50. **Strimpakos N**, Oldham J (2001) Test-retest reliability of a protocol of measuring isometric neck muscles’ strength: a pilot study. Physiotherapy Research Society, 5th November, Belfast, Ireland.
51. Kalampakas, K., Diamantopoulos, K., Haidemenakis, S., **Strimpakos, N.** (1999) “Do the posterior gliding mobilization and stretching techniques in the lower cervical spine have a late effect on the EMG signal of the cervical muscles on pilots of high performance aircrafts?” 13th International Congress of World Confederation for Physical Therapy (WCPT), 22-30 May 1999, Yokohama, Japan.

PRESENTATIONS IN NATIONAL CONFERENCES/CONGRESSES

1. Tsounia EA, Chandolias K, Strimpakos N. (2022) Objective and Subjective assessment in balneotherapy: a systematic review, 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
2. Tsounia EA, Chandolias K, Stefanouli V, Strimpakos N. (2022) Cross-cultural adaptation of the spa therapy checklist (SPAC) in Greek, 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
3. Stefanouli V, Tsokani A, Iakovidis D, Strimpakos N. (2022) Just-in-time-adaptive-interventions (JITAI) via smartphones that increase physical activity and improve health, 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
4. Chandolias K, Tsounia EA, Stefanouli V & Strimpakos N (2022) Translation and cross-cultural adaptation of the STARD assessment list (Standards for Reporting Studies of Diagnostic Accuracy), 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
5. Chalimourdas A., Dimitriadis Z., Kapreli E., Strimpakos N. (2022) Test-retest reliability of shoulder active range of motion in young asymptomatic adults using DyCare Lynx. 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
6. Chalimourdas A., Dimitriadis Z., Kapreli E., Strimpakos N. (2022) Test-retest reliability and concurrent validity of knee active and passive range of motion in young asymptomatic adults using DyCare Lynx. 30th Panhellenic Scientific Congress of Physiotherapy, Thessaloniki May 27-29, Greece
7. Μαλιούσης Ι., Τσουκαλάς Κ., Κελλάρη Α.Α., Δημητριάδης Ζ., Καπρέλη Ε., Στριμπάκος Ν., Πουλής Ι., Κιτιζής Π., Κανελλόπουλος Α.Κ. Διερεύνηση της αξιοπιστίας ενός πρωτόκολλου αξιολόγησης της ιδιοδεκτικής αντίληψης της θέσης και της ταχύτητας στην άρθρωση του γόνατος. 30ο Συνέδριο ΠΣΦ, Θεσσαλονίκη.
8. Μπίλικα Π., Παλιούρας Α. Σαββουλίδου Κ., Romano-Arribas A., Δημητριάδης Ζ., Μπίλλη Ε., Στριμπάκος Ν., Καπρέλη Ε. Έλεγχος αξιοπιστίας δοκιμασιών ποσοτικού αισθητηριακού ελέγχου (QST) σε υγιείς και ασθενείς με πόνο στον ώμο: συστηματική ανασκόπηση. 30ο Συνέδριο ΠΣΦ, Θεσσαλονίκη.
9. Καστρίνης Α., Στριμπάκος Ν., Κουμαντάκης Γ., Δαδακαρίδου Δ., Νομικού Ε., Δημητριάδης Ζ. Διαπολιτισμική διασκευή και στάθμιση του ερωτηματολογίου Bad Sobernheim Stress Questionnaire (BSSQ) Brace σε ασθενείς με εφηβική ιδιοπαθή σκολίωση. 30ο Συνέδριο ΠΣΦ, Θεσσαλονίκη.
10. Κωνσταντοπούλου Α., Κούκιου Α., Στριμπάκου Χ., Τσοκανή Α., Καπρέλη Π., Μπίλικα Π., Καπρέλη Ε. (2022). Γυναίκα Καλλιεργητής Ελιάς και Προβλήματα Υγείας: μια Ποιοτική Μελέτη στην Περιφέρεια Πελοποννήσου. Πολυθεματικό Συνέδριο ΕΕΕΦ, 15 & 16 Οκτωβρίου, Αθήνα.
11. Τσοκανή Α., Στριμπάκος Ν. (2022). Χρόνια κόπωση και deconditioning. Η Ογκολογία το 2022. 7 & 8 Οκτωβρίου, Αθήνα.
12. Fragkakis V., Dimitriadis Z., Kapreli E., Strimpakos N., Petta G. (2016) Reliability and validity of clinical assessment of deep neck flexor, 30th Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 2-4 December 2016: Athens
13. Voulgaropoulou G., Sarikoglou F., Dimitriadis Z., Strimpakos N., Kapreli E. Investigation of exercise barriers in Greek patients with knee osteoarthritis 26th Annual Panhellenic Symposium of Physiotherapy , 25-27 November 2016, Athens
14. Sarikoglou F., Voulgaropoulou G., Sarikoglou S., Dimitriadis Z., Strimpakos N., Kapreli E. The effectiveness of an information sheet in patients with knee osteoarthritis: a randomized control trial. 26th Annual Panhellenic Symposium of Physiotherapy , 25-27 November 2016, Athens
15. Nakatsis A., Stefanouli V., Kapreli E., Strimpakos N. Validation of the Greek version of Modified Baecke Questionnaire (mBQ) for physical activity. 25th Annual Panhellenic Symposium of Physiotherapy 22-24 January 2016, Athens
16. Bilika E., Argirou S., Strimpakos N., Kapreli E. The effectiveness of a rehabilitation program for the improvement of neck posture: a case study, 7th Congress of Hellenic Biomechanics Society, 24-26 June 2016, Athens
17. Anastasiadi E., Kapreli E., Athanasopoulos S., Kalapotharakos V., **Strimpakos N.** (2014) Greek version of Modified Baecke Questionnaire (mBQ) for physical activity. Cross-cultural adaptation and psychometric properties. 24th Annual Panhellenic Symposium of Physiotherapy 06-08 December, Athens

18. Tzemi A., Stasinopoulos D., Kapreli E., Spanos S., **Strimpakos N.** (2014) Cross – cultural adaptation of Visa-A questionnaire for patients with tenonopathy of Achilles tendon: validity and reliability of Greek version. 24th Annual Panhellenic Symposium of Physiotherapy 06-08 December, Athens
19. Kotsi E., **Strimpakos N.**, Asimakopoulos A., Zaxarakis N., Trigonis E., Kapreli E. Investigation of trigger point presence in patients with knee osteoarthritis before and after TKA. 24th Annual Panhellenic Symposium of Physiotherapy 06-08 December, Athens
20. Dimitriadis Z., Kapreli E., **Strimpakos N.**, Oldham J. "The association of psychological states with pain and disability in patients with idiopathic chronic neck pain" 28th Conference of Hellenic Scientific Society of Physiotherapy (2014)
21. Papaoikonomou I., Antoniou K., **Strimpakos N.**, **Kapreli E.** (2013) "Inter-examiner agreement for the assessment of several functional tests of lower limb" 23rd Annual Panhellenic Symposium of Physiotherapy 22-24 November, Athens
22. Theodosis-Palimeris D., Kapreli, E., Kalovrektis, K., Oldham, J., **Strimpakos N.** (2013) "Force sensation as an assessment method of proprioception in cervical spine" 23rd Annual Panhellenic Symposium of Physiotherapy 22-24 November, Athens
23. Vasileiadis G., Xristakou A., **Strimpakos N.** Kapreli E. "The effect of imaginary in musicians performance. A case study" 22nd Annual Panhellenic Symposium of Physiotherapy 07-09 December 2012, Athens
24. Dimitriadis Z., **Strimpakos N.**, Kapreli E., Oldham J. (2012) "Reliability of Zebris Ultrasound-based motion analysis system for the assessment of cervical proprioception in healthy people" 26th Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 2-4 November 2012: Athens
25. Dimitriadis Z., **Strimpakos N.**, Kapreli E., Oldham J. (2012) "Hypocapnia in patients with chronic neck pain" 26th Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 2-4 November 2012: Athens
26. **Strimpakos N.**, Theodosis-Palimeris D., Kalovrektis K., Oldham J., Kapreli E. "Force sensation as an assessment method of proprioception in cervical spine". 5^o Congress of the Hellenic Society of Biomechanics, 28-29 September 2012, Thessaloniki, Greece
27. Karandrea K., **Strimpakos N.**, «*The role of robotic systems in rehabilitation of upper limb after hemiplegia. Critical appraisal of literature with PEDro scale*». Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 4-6 November 2011: Athens
28. **Strimpakos N.**, Koustravas M., Dimitriadis Z., Konstantinidou I., Kapreli E. «Relationship between neck muscle strength and respiratory muscle strength» 4^o Congress of the Hellenic Association of Biomechanics, 4-6 June 2010, Ioannina, Greece
29. Kontogiannis V., **Strimpakos N.** «Epidemiological study of injuries in Greek Folklore Dancers» 23^o Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 4-6 December 2009, Athens
30. Vasilaki M., Almousa S., Deltsidou A., Nassis G., **Strimpakos N.**, Kapreli E. «*The reliability of FINOMETER for measuring aimodynamic parameters*». Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 14-16 November 2008: Athens
31. Kourti M., **Strimpakos N.**, Tsepis H., Athanasopoulos S., Mandalidis D., Kotzamanidou M., Kapreli E. «*Sport Physiotherapy in Greece: The profile of Greek sport Physiotherapist and the characteristic of a specialisation program*». Annual Panhellenic Symposium of Physiotherapy, 17-19 October 2008: Athens
32. Vourazanis E., **Strimpakos N.**, Papachritou A., Kortianou E., Kapreli E. "The effect of chronic neck pain in respiratory function. A clinical control study" Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 2-4 November 2007: Athens.
33. **Strimpakos N.** "Biomechanics and clinical physiotherapy assessment" 4-6 May 2007: 2^o Congress of the Hellenic Association of Biomechanics, Ancient Olympia, Greece

34. **Strimpakos N.** *Research project titled: “Somatometric and somatokinetic assessment of Greek elderly and elderly with falls.”* 26-28 January 2006: 9th Conference of Greek Geriatric Society, Athens.
35. Kiritsis S., Kapreli E., **Strimpakos N.** “The influence of ankle joint tapping and the time of application on the reaction forces. A pilot study in healthy subjects.” Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 4-6 November 2005: Athens.
36. **Strimpakos NS** (2005) “Reliability and Validity, what they mean in clinical practice”. Annual Panhellenic Symposium of Physiotherapy “Evidence-Based Physiotherapy and Rehabilitation”, 25-27 November, Athens
37. **Strimpakos NS**, Tsoumpakopoulos N, Gioftsos G, Oldham J. (2002) “Reliability of EMG measurements for the assessment of neck muscles’ endurance/fatigue”. Annual Panhellenic Symposium of Physiotherapy “Physiotherapy in sports injuries”, 8-10 November, Athens
38. **Strimpakos N** (2000) «Acute Low Back Pain: Bed rest or active exercise?» Symposium of Biomechanics and Physiotherapy, Panhellenic Physiotherapy Association, April, Ioannina, Greece
39. **Strimpakos N** (1999) “Correction of pathological movement patterns” 7th Symposium of Physiotherapy and Physical Medicine “Chronic pain II”, 3-5 September, Kefalonia, Greece

Awards of best research presentation

- 1) Award for the best presented project for MSc students at the 34th Annual Panhellenic Symposium of Physiotherapy, 05-06 December 2020. Research project titled: Εμπόδια και κίνητρα για πράσινη άσκηση ως μέσο πρόληψης και θεραπείας χρόνιων μη μεταδιδόμενων νοσημάτων: GreenHealthWalks Project. Vourazanis E., Argyroy S., Pepera G., **Strimpakos N.**, Bilika P., Kapreli E.
- 2) Award for the best student presented project at the 1st Joint Spine Symposium, Greek Scientific Society of Physiotherapy, 2-4 December 2016, Reliability and validity of clinical assessment of of endurance of deep neck flexors. Dimitriadis Z, Fragkakis, E., Kapreli E, **Strimpakos N**, Petta G.
- 3) Award for the best presented project at the 24th Annual Panhellenic Symposium of Physiotherapy, 06-08 December 2014. Research project titled: Investigation of trigger point presence in patients with knee osteoarthritis before and after TKA. Kotsi E., **Strimpakos N.**, Asimakopoulos A., Zaxarakis N., Trigonis E., Kapreli E.
- 4) Award for the best presented project at the 26th Annual Conference of Physiotherapy, Greek Scientific Society of Physiotherapy, 4-6 November 2012: Athens. Project entitled: “Reliability of Zebris Ultrasound-based motion analysis system for the assessment of cervical proprioception in healthy people” Dimitriadis Z., **Strimpakos N.**, Kapreli E., Oldham J.
- 5) Award for the best presented project at the Annual Panhellenic Symposium of Physiotherapy, 17- 19 October 2008, Athens. Research project titled: “Greek Sports Physiotherapist profile and the characteristics of a specialized long life education program” Kourti M., **Strimpakos N.**, Tsepis E., Athanasopoulos S., Mandalidis D., Kotzamanidou M., Kapreli E.
- 6) Vourazanis E., **Strimpakos N.**, Papachristos A., Kortianou E., Kapreli E. (2007) “The effect of chronic neck pain in respiratory function. A clinical control study” Greek Scientific Society of Physiotherapy, 2-4 November, Athens.

- 7) **Strimpakos NS**, Tsoumpakopoulos N, Gioftsos G, Oldham J. (2002) “Reliability of EMG measurements for the assessment of neck muscles’ endurance/fatigue”. Annual Panhellenic Symposium of Physiotherapy “Physiotherapy in sports injuries”, 8-10 November, Athens.
- 8) **Strimpakos N**, Oldham J (2001) Test-retest reliability of a protocol of measuring isometric neck muscles’ strength: a pilot study. Physiotherapy Research Society, 5th November, Belfast, Ireland.

SEMINARS – COURSES - WORKSHOPS

05 May 2015	Seminar on “Promoting arm recovery in stroke survivors with severe paresis”, Singapore,
01 May 2015	Seminar on “Creating and running an open, online course in physiotherapy education”, Singapore,
19-21 Ιουνίου 2009	Seminar for Rehabilitation of Upper Limb F.T.M., Athens
9-12 October 2008	Instructors’ course in Kinesiotaping, International Kinesiotaping Association, Albuquerque, New Mexico, USA
15-16 September 2007	Kinesiotaping advance course III
17-19 March 2007	Kinetic Control Course «Diagnosis of Mechanical Pain Sub Groups & Stability Retraining of the Lumbar Spine»
11-12 January 2007	Kinetic Control Movement Dysfunction Course
9-10 December 2006	Kinesiotaping advance course II
8-9 February 2006	Kinesiotaping advance course I
12 March 2005	Myofascial & Trigger point therapy course
26-27 September 2004	Kinesiotaping Basic course
28 June- 2 July 2000	Orthopaedic Medicine Seminar (Cyriax), Spinal Module II – Final examinations
4-8 March 2000	PNF Refresher course IIIb
9-11 February 2000	Orthopaedic Medicine Seminar (Cyriax), Spinal Module I
3-5 December 1999	Orthopaedic Medicine Seminar (Cyriax),

13 November 1999	Peripheral Module II
1-3 October 1999	Taping workshop with Rose Macdonald Orthopaedic Medicine Seminar (Cyriax), Peripheral Module I with Stephanie Sounders
13-17 May 1999	PNF Refresher course IIIa
4-8 June 1998	PNF Basic course II
22-26 April 1998	PNF Basic course I

SCIENTIFIC EXPERIENCE OF COMMITTEE ORGANIZATION

- **8-10 November 2002:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **24-26 October 2003:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **24-26 October 2003:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **5-7 November 2004:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **25-27 November 2005:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **24-26 November 2006:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **24-26 November 2006:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **23-25 November 2007:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **17-19 October 2008:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **15-17 May 2009:** 4th Conference of Physiotherapy Students, TEI of Patra, Aigio. Member of Chair Board.
- **7-9 November 2009:** Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.

- **4-6 December 2009:** 23^o Annual Congress of Greek Scientific Society of Physiotherapy. Athens. Member of Chair Board.
- **17-18 April 2010:** 2^o Annual Congress of Cypriot Physiotherapists. Larnaka. Member of Chair Board.
- **26-28 November 2010:** 20th Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Scientific Committee.
- **4-6 November 2011:** 25^o Annual Congress of Greek Scientific Society of Physiotherapy. Athens. Member of Chair Board.
- **30 June 2012:** Symposium of European Society for Shoulder & Elbow Rehabilitation Athens. Member of Organizing Committee and member of Chair Board.
- **8-9 November 2012:** 3^o European Congress on Physiotherapy Education, Vienna, Austria. Member of Chair Board.
- **07-09 December 2012:** 22th Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **19-21 April 2013:** 2nd Congress of Sport Science. Athens. Member of Chair Board.
- **22-24 November 2013:** 23rd Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **05-07 December 2014:** 24^o Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **22-24 January 2016:** 25^o Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **12-13 Μαΐου 2016:** 19^o Scientific Congress of Greek Regionals, Lamia, Member of Chair Board.
- **25-27 November 2016:** 26th Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **09-10 June 2017:** Symposium of European Society for Shoulder & Elbow Rehabilitation Athens. Member of Organizing & Scientific Committee and member of Chair Board.
- **24-26 November 2017:** 27th Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.
- **29-30 November – 1st December 2019:** 29th Annual Panhellenic Symposium of Physiotherapy. Athens. President of Scientific Committee.
- **27-29 May 2022:** 30th Annual Panhellenic Symposium of Physiotherapy. Athens. Member of Chair Board.

RELATIVE EXPERIENCE

15- 27 AUGUST 2004: Volunteer physiotherapist in Physiotherapy department of Olympic Village Polyclinic, Olympic Games, Athens 2004.

SUMMARY TABLE

Publications in international peer reviewed journals	75
Publications in Greek journals	8
Proceedings in peer review International Congresses	28
Total Publications	94
Total Impact Factor (2014)	66,276
h-Index <i>Scholar H index calculator</i>	29
Presentations in International congresses	53
Presentations in Greek congresses	44
Invited presentations abroad	10
Invited presentations in Greece	25
Citations	GOOGLE SCHOLAR (3491) RESEARCH GATE (2440) <i>(Medline, EMBASE, CINAHL, international MSc/ PhD theses)</i>