

## **CURRICULUM VITAE**



**Dr. George Paras**

Assistant Professor  
Department of Physiotherapy  
University of Thessaly

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

Current location: Lamia 35132  
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- Member of "Pan-Hellenic Physiotherapy Association" (No 3336)
- Member of "Hellenic Scientific Physiotherapy Society" (EEEF) (No 496)
- Member of "Hellenic Scientific Physiotherapy Society" (EEEF) – "Child Department".
- Member of "Bulgarian Association of Kinesitherapists and Rehabilitators" (BAKR).
- **2010 – up today:** Member of "Physiotherapy Issues" Editorial Board.
- **2009 – up today:** Lecturer in Physiotherapy Department. Technological Educational Institute of Lamia, School of Health & Caring Professions, Department of Physiotherapy (Lamia, Greece).
- License to practice the profession of physiotherapy in Greece (No 6761/23.9.1996).
- **2001 up today:** I work as a clinical pediatric physiotherapist in a private practice /pediatric clinic/ (from 2003: Owner of pediatric physiotherapy practice - clinic).
- **1996 – 1998:** Served in the Hellenic Army (Health Department), Rank: Sec. Lieutenant.

## Position

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

## Studies

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

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

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

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

## Teaching Experience

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

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

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

## Professional Experience

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

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

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

## Scientific & Inquiring Activity in Physiotherapy Department

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

## Publication in Scientific Journals

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

4. **G. Paras.** “Physiotherapy approaches in cerebral palsy: Myth & reality”. *Physiotherapy issues*, April – June 2006, vol. 4 (2), pp. 5-14.
5. Gioftsos G., Arvanitidis M., Tsimouris D., Kanellopoulos A., **Paras G.**, Trigkas P., Sakellari V. EMG activity of the serratus anterior and trapezius muscles during the different phases of the push-up plus exercise on different support surfaces and different hand positions. *The Journal of Physical Therapy Science*. 28. **2016**.
6. E. Lixeka, **G. Paras**, S. Tambaki, P. Trigkas. The effect of therapeutic climbing on gross motor function in hemiplegic cerebral palsy. A pilot single-case experimental design study (SCED). *Epitheorese Klinikes Farmakologias kai Farmakokinetikes* vol. 36, **2018** No1.
7. **G. Paras**, A. Pavlidis, G. Krekoulas, P. Trigkas. The effectiveness of contemporary versus conventional physiotherapy interventions in improving balance in hemiplegic adults. A systematic review. *Epitheorese Klinikes Farmakologias kai Farmakokinetikes* vol. 36, **2018** No2.
8. G. Krekoulas, V. Kalidoni, **G. Paras**, P. Trigkas, G. Gioftsos, V. Sakellari. Sacroiliac joint - Reliability and validity of the diagnostic tests. *Epitheorese Klinikes Farmakologias kai Farmakokinetikes* vol. 36, **2018** No2.
9. G. Krekoulas, V. Kalidoni, I. Stekas, **G. Paras**, K. Gkouzioti. Effect of manual posterior to anterior mobilization on cervical dysfunction and pain levels: a clinical trial. *Epitheorese Klinikes Farmakologias kai Farmakokinetikes* vol. 37: 57-65, **2019** No1.
10. Vassis K., Spanos S., Trigkas P., **Paras G.**, Poulis I. The Concept of Acceleration and Deceleration in Isokinetics and Its Relation to 2 Hop Tests. *Journal of Sport Rehabilitation*. Mar. 31, **2022**.
11. Kesidou M., Besios T., **Paras G.**, Chandolias K., Kyriakatis G., Kouveliotti V., Stefanis E. (2023). The effect of task oriented approach on gait of hemiplegic patients: a case series study. *International Journal of Clinical Trials* | January-March 2023 | Vol 10 | Issue 1.
12. Παπαδάκης Γ., Ψωμάς Φ., **Παράς Γ.** Ο Ρόλος της Θεραπείας Παρατήρησης Δράσης στην Αποκατάσταση Νευρολογικών Διαταραχών: Βιβλιογραφική Ανασκόπηση. *Physiotherapia (Περιοδικό του ΠΣΦ)*, Τόμος 26, Τεύχος 2, Απρίλιος – Ιούνιος **2023**
13. Xanthi C., Stamelaki M., Dimitriadis Z., **Paras G.**, Besios T. The Effectiveness of Partial Body Weight Support on Walking in People with Cerebral Palsy: A Systematic Review. *International Journal of Health Sciences*. Vol. 8 No 2, August 2024, pages: 108-119 <https://doi.org/10.53730/ijhs.v8n2.14912>
14. Kastrinis A., Kompogianni K., Skaftourou E., Theodosopoulos E., Nomikou E., Tsekoura M., Dimitriadis Z., **Paras G.** “The effect of a Schroth method-based exercise program, on enhancing the in-brace correction of individuals with idiopathic scoliosis. A retrospective cohort study”. *Advances in Experimental Medicine and Biology (AEMB)*. In print

#### **Abstracts in Papers**

15. Kapreli E., Paplomata Z., Dampalia Z., **Paras G.**, Strimpakos N. (**2013**) Reliability and Responsiveness of the Greek Version of the Stroke-Specific Quality of Life Questionnaire

(SSQOL-GR): A Pilot Study, *Neuroepidemiology*, 41:301. **Περίληψη σε Επιστημονικό Περιοδικό.** Current Impact Factor: 2.689 (**Δικ. 11.10.**)

16. Spanos S., Pepera G., **Paras G.**, Kanellopoulos A., Trigkas P., Poulis I., Kapreli E. High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study. *Physiotherapy Theory and Practice* **2020**; In press
17. Pepera G., Dimitriadis Z., Spanos S., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. *Physiotherapy Theory and Practice* **2020**; In press
18. Pepera G., Dimitriadis Z., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece. *Physiotherapy Theory and Practice* **2020**; In press
19. Drosou A., Besios T., Panagopoulos A., **Paras G.**, Tsigaras G. Measuring Quality of Life in Children Aged 0-18 with Spinal Muscular Atrophy in Greece. 2<sup>nd</sup> European Paediatric Physiotherapy Congress. 6-8 October **2022**. Florence, Italy.
20. Papadakis G., Psomas F., **Paras G.** "The Role of Action Observation Therapy in the Rehabilitation of Neurological Disorders: Literature Review". *Fysikotherapia*, Volume 26, Issue 2, **April-June 2023**. <https://doi.org/10.55742/CUHI8064>
21. Kitixis P., Moysidis C., Koutis A.M., **Paras G.**, Besios T. "The Therapeutic Effect of Robotics on the Upper Extremity of Stroke Patients". *Fysikotherapia*, Volume 26, Issue 3, **April-June 2023**. <https://doi.org/10.55742/RVGT6183>

#### Publications of translated papers

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

#### Conference Presentations – Lectures (indicative)

1. **G. Paras**, Iv Chavdarov, N. Lakova. "The application of modified Vojta test in the assessment of dynamic changes of postural reactivity in children at risk of cerebral palsy". Bulgarian Kinesitherapist Association. National Conference of Kinesitherapy. Kiten, 5-7 October 2000.
2. **G. Paras**. "Physiotherapy approaches in cerebral palsy: Myth & reality". Pan-hellenic Symposium of Physiotherapy: Evidence-based Physiotherapy Practice. 25 - 27 November 2005, Athens.
3. Kalelidou G., **Paras G.** "The influence of Physiotherapy in children with Cerebral Palsy". 7<sup>th</sup> meeting "Physiotherapy & Oncology", 10 November 2007, "Agios Savas Hospital", Athens.

4. **G. Paras.** “The normal of postural control mechanism” 22<sup>nd</sup> Conference of Hellenic Scientific Physiotherapy Society (EEEEF): “Postural syndromes & gait disorders – Ergonomy. Alternative approaches”, 14-16 November 2008, Glyfada, Athens.
5. **G. Paras,** “The importance of postural control for planning of the therapeutic strategy in neurorehabilitation”. 24 Physiotherapy Conference of Hellenic Scientific Physiotherapy Society (EEEEF): “Clinical Management of Neurological Disorders”, 15-17 October 2010, Athens.

#### Oral presentations – posters (indicative)

1. **G. Paras,** Iv. Chavdarov. “The influence of Vojta therapy on the dynamic change of postural reactivity of term and preterm infants at-risk of cerebral palsy”. 3<sup>rd</sup> Mediterranean Congress of Physical Medicine and Rehabilitation, **September 4-7, 2000,** Athens, Hellas. (*poster*).
2. **G. Paras.** “Early clinical assessment of postural reactivity of pre-term and full-term infants at-risk of cerebral palsy” Hellenic Scientific Physiotherapy Society (EEEEF). 14<sup>th</sup> physiotherapy symposium: “Functional Rehabilitation”, 8-10 December 2000, Athens.
3. N. Lakova, N. Gencheva, **G. Paras.** “Assessment of the effect of Vojta’s & Bobath’s treatment methods in children with Central Co-ordination Disorders (CCD)”. Third Jubilee Congress of Bulgarian Association of Kinesitherapists and Rehabilitators (BAKR), 8-10 June 2001, Sofia, Bulgaria.
4. Iv. Chavdarov, **G. Paras,** N. Jordanova. “A model of Early Intervention by “CP-Risk” infants”. The proceedings of 5<sup>th</sup> International Congress on Cerebral Palsy, Bled (Slovenia), June 7-10, 2001.
5. P. Trigkas, V. Sakellari, **G. Paras,** A. Mandilaris. “The effect of hip adductor activity on quadriceps femoris muscle EMG in weight-bearing conditions”. 7<sup>th</sup> Annual Congress of the European College of Sport Science, Athens 24-28 July, 2002 (*poster*).
6. Chavdarov Ivan, **Paras Georgios.** “Developmental Outcome after Early Hyperbaric Oxygenation (HBO) for “CP-risk” Infants”. 3-rd International Symposium for Cerebral Palsy and the Brain-Injured Child. July 16-19-2003, Fort Lauderdale, Florida USA.
7. **G. Paras,** H. Mosholouri, N. Katsogiannis, A. Sampsonidou, Ir. Liapi. “Sensory Impairments in children with spastic cerebral palsy”. Pan-Hellenic Physiotherapy Association. Pan-hellenic symposium of physiotherapy, 5-7 November 2004, Athens (*poster*).
8. Trigkas P., Mandilaris A., **Paras G.,** Gioftsos G., Sakellari V. “Clinical analysis of lower limb muscle function: the influence of hip adduction activity on the quadriceps femoris muscle EMG magnitude and ratio, in weight bearing conditions”. 4<sup>th</sup> international conference on strength training. 3-7 November 2004, Serres, Greece (*poster*).
9. Kalelidou G, **Paras G.** “The influence of hippotherapy in children with cerebral palsy”. 3<sup>rd</sup> Congress of Physiotherapy Departments. 11-13 May 2007. Technological Educational Institute of Lamia. Reward for the best presentation by the Hellenic Scientific Physiotherapy Society (EEEEF) “Hippocrates award”.

10. Poulimenou A., **Paras G.** “Physiotherapy intervention for a child with congenital hemiparesis – case study”. 3<sup>rd</sup> Congress of Physiotherapy Departments. 11-13 May 2007, Technological Educational Institute of Lamia.
11. Tzouma D., **Paras G.** “Physiotherapy intervention for a child with general hypotonia – case study”. 3<sup>rd</sup> Congress of Physiotherapy Departments. 11-13 May 2007, Technological Educational Institute of Lamia.
12. Drainas E., **Paras G.** “The influence of hand splinting of healthy upper extremity in motor improvement of hemiparetic arm in children with cerebral palsy. The Nikolas case”. 4<sup>th</sup> Congress of Physiotherapy Departments. 15-17 May 2009, Egio.
13. Kapreli E., Paplomata Z., Damplia Z., **Paras G.**, Strimpakos N. (2013) Reliability and Responsiveness of the Greek Version of the Stroke-Specific Quality of Life Questionnaire (SSQOL-GR): A Pilot Study, 3rd International Congress on Neurology and Neuroepidemiology, Abu Dhabi November 21-23, UAE
14. Strimpakos N., Damplia Z., Paplomata Z., Billis V., Sakellari V., **Georgios Paras**, Kapreli E. Psychometric properties of Greek version of Stroke Specific Quality of Life (SSQOL) Questionnaire, 9th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), 2015, Berlin
15. Spanos S., Pepera G., **Paras G.**, Kanellopoulos A., Trigkas P., Poulis I., Kapreli E. High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium
16. Pepera G., Dimitriadis Z., Spanos S., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Physiotherapy student's perceptions towards the use of social Networking and e-Learning Platforms. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium (oral e-poster)
17. Pepera G., Dimitriadis Z., **Paras G.**, Kortianou E., Strimpakos N., Kapreli E. Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece. 5th European Congress of ER-WCPT, **11-12 September 2020**, Leuven, Belgium
18. Τσεσμελής Δ., Τζαγκαράκη Μ., Γκιόνι Α., **Παράς Γ.** “Μελέτη της επίδρασης της εξάσκησης με χρήση βάρους στη βελτίωση του καμπτικού προτύπου βάδισης σε παιδιά με σπαστικό τύπο εγκεφαλικής παράλυσης. Αξιολόγηση των κινηματικών παραμέτρων, της ισορροπίας και της αδρής κινητικής λειτουργίας”. Ελεύθερη Ανακοίνωση. 30<sup>ο</sup> Ετήσιο Πανελλήνιο Επιστημονικό Συνέδριο Φυσικοθεραπείας. «Φυσικοθεραπεία & Διεπιστημονική Διαχείριση των Σύγχρονων Προκλήσεων». **27-29 Μαΐου 2022**, Αθήνα.
19. Καλαϊτζή-Κυρίμη Τάνια, **Παράς Γ.** “Πρώιμη ανίχνευση νευροκινητικών σημείων υποψίας για αναπτυξιακή διαταραχή συντονισμού σε παιδιά προσχολικής ηλικίας”. E-poster. 30<sup>ο</sup> Ετήσιο Πανελλήνιο Επιστημονικό Συνέδριο Φυσικοθεραπείας. «Φυσικοθεραπεία & Διεπιστημονική Διαχείριση των Σύγχρονων Προκλήσεων». **27-29 Μαΐου 2022**, Αθήνα.
20. Δρόσου Α., Μπέσιος Θ., Παναγόπουλος Α., **Παράς Γ.** “Η άποψη των Γονιών και των Παιδιών με Νωτιαία Μυϊκή Ατροφία Ηλικίας 0-18 Ετών για την Ποιότητα Ζωής τους στην Ελλάδα.

Μια νέα Εποχή Μπροστά μας”. Παιδονευρολογικό Συνέδριο 2023, **10-12 Μαρτίου 2023, Θεσσαλονίκη**.

21. Παπαδάκης Γ., Ψωμάς Φ., **Παράς Γ.** “Ο Ρόλος της Θεραπείας Παρατήρησης Δράσης στην Αποκατάσταση Νευρολογικών Διαταραχών”. 1<sup>ο</sup> Πανελλήνιο Συνέδριο Φοιτητών Φυσικοθεραπείας. **10-12 Μαρτίου 2023**, Τμήμα Φυσικοθεραπείας, Λαμία.
22. Κιτιξής Π., Μωυσιδής Χ., Κουτής Α.Ε., **Παράς Γ.**, Μπέσιος Θ. “Η Θεραπευτικής Επίδραση των Σύγχρονων Ρομποτικών Μέσων στο Άνω Άκρο Ασθενών με Αγγειακό Εγκεφαλικό Επεισόδιο: Ποιοτική Ανασκόπηση”. 1<sup>ο</sup> Πανελλήνιο Συνέδριο Φοιτητών Φυσικοθεραπείας. **10-12 Μαρτίου 2023**, Τμήμα Φυσικοθεραπείας, Λαμία.
23. Kontis V.O., Bania T., **Paras G.**, Matzaroglou C., Lampropoulou S. “Functional Motor Ability of Upper Extremity Following an Immersive Virtual Reality Rehabilitation Program in Stroke Patients”. Word Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (WCO IOF-ESCEO). **2023 Barcelona**.
24. Drosou A., Besios T., Panagopoulos A., **Paras G.** “Quality of Life in Children with Spinal Muscular Atrophy in Greece According to Parents and Children Perspective. Are we Entering the New Era?”. 35<sup>th</sup> EACD Annual Meeting European Academy of Childhood Disability. Ljubljana, Slovenia, **24-27 May 2023**.
25. Καστρίνης Α., Δαδακαρίδου Δ., Τζατζαλιάρης Δ., Θεοδοσόπουλος Β., Νομικού Ε., **Παράς Γ.**, Δημητριάδης Ζ. “Αξιοπιστία και εγκυρότητα της οπτικής παρατήρησης για την ταξινόμηση παραμορφώσεων σπονδυλικής στήλης με βάση την μέθοδο ISST Schroth”. 31<sup>ο</sup> Ετήσιος Πανελλήνιο Συνέδριο Φυσικοθεραπείας. **01-03 Δεκεμβρίου 2023**, Αθήνα (ελεύθερη ανακοίνωση).
26. Κιτιξής Π., Μωυσιδής Χ., Χανδόλιας Κ., **Παράς Γ.**, Μπέσιος Θ. “Η επίδραση της θεραπευτικής αναρρίχησης στη μυϊκή δύναμη, ισορροπία και μυϊκό τόνο παιδιών με ημιπληγία. Μια τυχαίοποιημένη ελεγχόμενη δοκιμή”. 31<sup>ο</sup> Ετήσιος Πανελλήνιο Συνέδριο Φυσικοθεραπείας. **01-03 Δεκεμβρίου 2023**, Αθήνα (ελεύθερη ανακοίνωση).
27. Κιτιξής Π., Μωυσιδής Χ., Κουτής Α. Ε., **Παράς Γ.**, Μπέσιος Θ. “Η θεραπευτική επίδραση των σύγχρονων ρομποτικών μέσων στο άνω άκρο ασθενών με αγγειακό εγκεφαλικό επεισόδιο”. 31<sup>ο</sup> Ετήσιος Πανελλήνιο Συνέδριο Φυσικοθεραπείας. **01-03 Δεκεμβρίου 2023**, Αθήνα (e-poster).
28. Kastrinis A., Kompogianni K., Tzatzaliaris D., Theodosopoulos V., Nomikou E., Dimitriadis Z., **Paras G.** The Impact of a Schroth Method Based Exercise Program, on the In Brace Correction on Individuals with Idiopathic Scoliosis. A Pilot Study. 5<sup>th</sup> International ScoSym Symposium. **September 2024**, Split Croatia.
29. Kastrinis A., Skaftourou E., Dadakaridou D., Tzatzaliaris D., Theodosopoulos V., Nomikou E., **Paras G.**, Dimitriadis Z. Reliability and Validity of Visual Observation for the Classification of Spinal Deformities Based on Schroth Method. 5<sup>th</sup> International ScoSym Symposium. **September 2024**, Split Croatia.
30. Αποτελεσματικότητα της δόνησης ολόκληρου του σώματος σε ασθενείς με ΣΚΠ: Μια πιλοτική τυχαίοποιημένη ελεγχόμενη μελέτη. 32<sup>ο</sup> Πανελλήνιο Επιστημονικό Συνέδριο Φυσικοθεραπείας. **29-30 Νοεμβρίου & 01 Δεκεμβρίου**, Αθήνα.



31. Η θεραπευτική επίδραση της ηλεκτροδιέγερσης με τη στολή EXOPULSE Mollii σε ασθενείς μετά από ΑΕΕ: Μια πιλοτική μελέτη. 32<sup>ο</sup> Πανελλήνιο Επιστημονικό Συνέδριο Φυσικοθεραπείας. **29-30 Νοεμβρίου & 01 Δεκεμβρίου**, Αθήνα (*e-poster*).

#### Workshops – postgraduate courses (indicative)

1. **28.11.1994 - 03.02.1995**: Reflexology (204 hours). Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy, Sofia.
2. **05.4.1995 - 08.4.1995**: Mechanical Diagnosis & Therapy – PART A, The Lumbar spine. The McKenzie inst. International. Lecturer: Scott Herbowy. Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy. Sofia.
3. **19.02.1996 - 23.02.1996**: Feldenkrais Method. Lecturer: Otto Mars. Organization: Post-graduate qualification & faculty of physical therapy – Bulgarian National Sports Academy. Sofia.
4. **28.9.1998 - 21.01.1999**: Vojta Diagnosis & Therapy (personal training). Organization: “Specialized Hospital for Residential Treatment of Prolonged Therapy and Rehabilitation of Children with Cerebral Palsy “Santa Sofia” - Sofia.
5. **February 1999 - June 1999**: Bobath Method. Organization: “Specialized Hospital for Residential Treatment of Prolonged Therapy and Rehabilitation of Children with Cerebral Palsy “Santa Sofia” - Sofia.
6. **05.9.2000**: Workshop. Vojta therapy. Organization: 3<sup>rd</sup> Mediterranean Congress of Physical Medicine and Rehabilitation. Athens.
7. **09.6.2003 - 18.7.2003 & 18.8.2003 - 29.8.2003**: Basic Bobath Course (NDT). Duration: 8 weeks - 280 hours. Organization: EL.E.P.A.P. & European Bobath Tutors Association – Athens.
8. **17-18/4/2004**: workshop. Orthotics, Analysis – Assessment – Applications. Duration: 16 hours. Lecturers: Åke Friestedt, orthotist/prosthetist - Linda Bratteby Tollerz, physiotherapist, Sweden. Organization: Greek NDT Society. Thessaloniki, Greece.
9. **20-21/11/2004**: “Neurological Disorders in Childhood & Physiotherapy Intervention”. Organization: Hellenic Scientific Physiotherapy Society - EEEF, Athens.
10. **13-14/5/2006**: GMFM – GMPM, GMFCS assessment scales. Organization: Greek NDT Society. Thessaloniki, Greece.
11. **03-04/02/2007**: Kinesio Taping®, Basic Course. Kinesio Taping Association (<http://www.kinesio.co.jp>). Lamia - Greece.
12. **25/5/2011**: “Writing for Publication”. Διοργάνωση: Technological Educational Institution of Lamia. Faculty of healthcare professions.
13. **7-8/12/2013**: Applied Lower Limb Biomechanics. International College of Biomechanics. Athens.

14. Dynamic Neuromuscular Stabilization According to Kolar – A Developmental Kinesiology Approach. Level A, contact hours: 18. Athens
15. **11-13/11/2022**: Physiotherapeutic Scoliosis Specific Exercises. Basic Level. Education hours: 24. Athens

#### Participations in congresses – symposiums (indicative)

1. **15-17 May 1998**: 1<sup>st</sup> Panhellenic Conference on Hydrotherapy. Organization: TEI of Lamia.
2. **20 June 1998**: Meeting in topic: “Cerebral Palsy”. Organization: Hellenic Scientific Physiotherapy Society - EEEF, Athens.
3. **3-4-5 December 1999**: 13<sup>th</sup> Physiotherapy Symposium. “Musculoskeletal problems in child development – tension headache – application protocols”, Athens.
4. **12-13 April 2003**: Symposium in Topic: “Neuromuscular & musculoskeletal retraining techniques”. Kavala - Greece.
5. **10 December 2005**: 6<sup>th</sup> pan-hellenic pediatric neurological congress. (*UEMS 5 credits*) Athens.
6. **7-8 October 2017**: 2<sup>nd</sup> congress of Podiatrics – Podology. Athens.
7. 29<sup>ο</sup> Ετήσιο Πανελλήνιο Επιστημονικό Συνέδριο Φυσικοθεραπείας. «Άσκηση και Φυσική Δραστηριότητα. Τι, πού, ποιος και πότε». **20-30 Νοεμβρίου – 01 Δεκεμβρίου 2019**, Αθήνα.

#### Languages

English, Bulgarian

#### Computer skills

**28.6.2002**: European Computer Driving Licence (ECDL)

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

#### Interests

Fine Arts, Photography, Sports