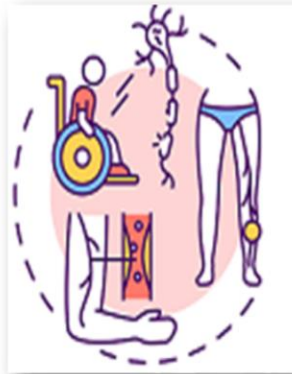


BIP Title: Neurological physiotherapy

ERASMUS+ BLENDED INTENSIVE COURSES (BIP)



BIP Title: Neurological physiotherapy

DATES

Virtual meeting

19-03-2025, 14.00 p.m. (Greece time)

Link:

https://teams.microsoft.com/l/channel/19%3AvB7CKxcGEARczztjrauUEQ3rlVy2YmopDMb_vnb4aUg1%40thread.tacv2/General?groupId=8ffc6b2e-3697-4ab4-86d1-3bf904282222

Dr. Marja Äijö: How did the collaboration between the faculties start?
Presentation from the BIP workshop at the University of Kuopio.

Prof. PhDr. Kamila Řasová, Ph. D.: BIP program in Prague

Dr. Thomas Besios: Familiarization with the program of the BIP workshop in
Lamia, Assignment of group work

Physical start date: 31-03-2025, University of Thessaly, Department of
Physical Therapy, Lamia

Physical end date: 04-04-2025, University of Thessaly, Department of
Physical Therapy, Lamia

Physical activity duration: 5 days

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Bip introduction

School of Health Sciences, University of Thessaly, Department of Physical Therapy, Lamia, Greece together with the Third Faculty of Medicine, Czech Republic and Savonia University of Applied Sciences, Finland, organize Blended Intensive Program (3 ECTS).

Physiotherapy plays a crucial role in treating patients with neurological conditions, and enhancing the educational quality of physiotherapists can significantly impact the care and, ultimately, the quality of life for individuals with neurological disorders. To achieve this goal, it's essential to explore innovative and effective educational methods for physiotherapists.

One promising approach is implementing a Blended International Program (BIP), a one-week course incorporating an online component and collaboration among three universities. This program would feature presentations by highly qualified academics who bring both clinical and research experience in neurological rehabilitation. Such expertise is expected to elevate the educational standards and introduce fresh, evidence-based content in this area to the physiotherapy curriculum.

The BIP also promotes cross-cultural learning and language skill development by facilitating interactions between local and international students. Participants will actively engage in international teams, working together to prepare and present a lecture and an academic article on specific neurological topics such as stroke rehabilitation, multiple sclerosis treatment, and more. This collaboration not only enhances their communication skills but also bolsters their confidence in presenting research findings.

Additionally, students will have the opportunity to visit facilities specializing in neurological patient care, which provides practical insights into treatment approaches and fosters a deeper understanding of patient needs.

The aim of this BIP Course is that physiotherapy students can gain valuable international experience and develop critical skills to enhance their professional practice in neurological rehabilitation.

BIP Title: Neurological physiotherapy

CONTACT PERSONS OF THE PROGRAMME

- **Dr. Thomas Besios**, Associate Professor, Department School of Health Sciences, University of Thessaly, Greece, tbesios@uth.gr
- **Prof. PhDr. Kamila Řasová, Ph. D.**, Professor of Physiotherapy, Third Faculty of Medicine, Charles University, Czech Republic
kamila.rasova@lf3.cuni.cz, +420 604 511 416
- **Dr. Marja Äijö, Ph. D.**, Principal lecturer of gerontology and rehabilitation, Savonia University of Applied Sciences, Kuopio, Finland
marja.aijo@savonia.fi, +358 447 856 425
- **Students Coordinators:**
 - Totsikas Aristofanis**, Tel.6993132952, Messenger: Aristos Totsikas, Instagram: @aristofanis_tot
 - Margarita Armouti** , Tel.6942695049, Messenger-Facebook: Margarita Armouti, Instagram: maggiarmouti, Email: magie2504@gmail.com

BIP Title: Neurological physiotherapy

MONDAY 31 MARCH

8:30 - 9.30: Welcome to the University of Thessaly, Department of Physical Therapy, Lamia

Division of students into 4 groups (representatives of all three universities will be equally distributed in each group).

Moderates Dr. Thomas Besios: Presentation of participants, universities, and the countries

9.30-10.30 Presentation of students Country and Universities

10.30 - 12:00 Presentation of Stuff

- **Aging and Neurological Diseases - Needs for Rehabilitation**

Marja Äijö, PhD, Principal Lecturer; gerontology and rehabilitation

- **Principles of neurorehabilitation**

Prof. PhDr. Kamila Řasová, Ph.D.

- **How to keep female pelvic floor in balance by exercise - multiple approach**

PhDr. Hana Vránová, Ph.D.

- **Physical activity among physiotherapy students in Europe**

Mgr. Michaela Schramlová

12.30-13.30 Lunch time at the Department (provided by the organizer)

13:45 - 16:00 Presentation of Stuff

- **ICF concept in neurological diseases**

Mgr. Markéta Pavlíková, Ph.D., MSc.

- **Occupational Therapist's Role in Neurorehabilitation**

Karolína Straková, BSc.

- **Cerebral Palsy: Physical Therapy Techniques in Greece**

Dr. Thomas Besios, Associate Professor

- **Critical appraisal of systematic reviews**

Dr. Dimitriadis Zacharias, Associate Professor

BIP Title: Neurological physiotherapy

17.00 - 19.30 Evening programme:

Visit to Lamia tower, town sightseeing

20:00 Welcome Dinner at the center of Lamia (provided by the organizer)

TUESDAY 1 APRIL

8.45-13.00 Presentation of Laboratories

9.00-11.00 Research Laboratory of Clinical Physiology of Exercise and Rehabilitation

9.00- 9.15 CerLab presentation: meet the lab and Groups!

Prof Eleni Kapreli, Director

9.15-9.25 Respiratory Research Group presentations

Aspasia Mavronasiou, PhD student

Vagia Sapouna, PhD student

Maria Isakoglou, PhD student

9.25-9.30 Cardiovascular Research Group presentations

Antoniou Mina, PhD student

Eleni Karagianni, PhD student

9.30-9.40 Neuromuscular Research Group presentations

Paraskevi Bilika, PhD student

Achilleas Paliouras, PhD student

Savvoulidou Konstantina, PhD student

Despoina Ignatoglou, PhD student

9.40-9.50 Break

Workshops

9.50- 10.20 Quantitative Sensory Testing (QST) for pain assessment

Paraskevi Bilika, PhD student

10.20- 11.00 fNIRs for Brain Activation

Achilleas Paliouras, PhD student

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11.00-12.00 Research Laboratory of Health Assessment and Quality of Life

11:00 - 11:15 Presentation of the research laboratory

Prof. Nikolaos Strimpakos

11:15 - 11:30 Presentation of the Zebris gait analysis treadmill

Prof. Nikolaos Strimpakos

11:30 - 11:45 Presentation of the Zebris Ultrasound-based motion analysis system

Dr. Zacharias Dimitriadis, Associate Professor

11:45-12:00 Presentation of the musculoskeletal ultrasound

Georgios Sidiropoulos, PhD Student

12.00-13.00 Research Laboratory of Human performance and Rehabilitation

Presentation: Lab and Balance equipment

kostas Melligas, PhD, laboratory teaching stuff

Evaluation and presentation of Isokinetic equipment

Anthi Kellari, PhD Student

12.00-13.00 Workshop: Hydrotherapy for Neurological diseases

Kostas Chandolias, Assistant Professor

13.00-14.00 Lunch time at the Department (provided by the organizer)

14.00-15.00 Visit to the Daily Center of Handicapped children in Lamia

Drosia Christofili, Physiotherapist at the Center

16.00 - 19.00 Visit to Pavliani and walk to the Nature

19.00 Free evening for the students

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WEDNESDAY 2 APRIL

7.30 Meeting to Department of Physiotherapy

9.00 Visit the Center of Rehabilitation in Larisa “ANIMUS”

9:00-9:30 Reception & Welcome Presentation of the Group’s Structures

Bakoyanni Stavroula, PT, MSc, NDT, Director of Therapeutic Departments

9:30-9:45 The Role of Physiotherapy in Rehabilitation

Kechagia Fotini, PT, NDT, Head of Physiotherapy in Rehabilitation

9:45-10:00 The Role of Physiotherapy in Critically Ill Patients

Zachopoulou Vasiliki, PT, MSc, NDT, Head of Physiotherapy Wards

10:00-10:15 The Role of Occupational Therapy in Rehabilitation

Boutina Elena, Neurological Rehabilitation Occupational Therapist, Head of Occupational Therapy

10:15-10:30 The Necessity of Speech Therapy Intervention for Critically Patients

Tzeli Georgia, Speech Therapist, MSc, LSVT LOUD Clinician, Head of Speech Therapy

10:30-11:00 Hydrotherapy in Rehabilitation

Gkoumas Georgios, Head of Hydrotherapy

11:00-12:00 Discussion Tour of the Facilities

12.00-13.00 Lunch time

13.00-16.00 Visit to Meteora and the beautiful Monasteries

16.00-18.00 Visit to the Day Center for children and Young people with Disabilities in Trikala "SMILES OF HOPE"

- Welcome the visitors and Tour of the Facility

Gregoris Chatziparasidis, Director of the center

- Presentation of the Interdisciplinary Team, including doctor, social worker, therapists, and educators.

- Interactive play session with the beneficiaries, providing visitors with the opportunity to engage directly with the children.

Niki Gkaragkani, Georgia Agrafioti, Physical educators of special needs

19.00 Preparation of the presentations by the students

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THURSDAY 3 APRIL

8.00 Departure for the Day Center for children and Young people with Disabilities in Volos “ELEPAP”

9:00 - 09:30 Welcome the visitors and Tour of the Facility

Guided tour of the ELEPAP rehabilitation center, including the various spaces used for therapy, education, and recreation.

9:30 - 10:30 Presentation of the Interdisciplinary Team. Presentation on ELEPAP's Mission and Work. Introduction to the multidisciplinary team working at ELEPAP, including doctor, social worker, therapists, and educators.

Papakosta Styliani, physiatrist, MD, PHD, post DOC

-Overview of the speech therapy services and interventions offered to children. Speech Therapy Department.

Karampini Aspasia, speech therapist

-Introduction to the occupational therapy programs that support children's development. Occupational Therapy Department.

Iliopoulou Tatiana, Msc, occupational therapist

-Explanation of the psychological support available to children and families at ELEPAP.

Psychological Support Services. Karantzia Laurentia

-Video Presentation: Therapeutic Interventions for Children. Screening of a video showcasing therapeutic interventions and the progress made by children through ELEPAP's services.

Konstantopoulou Maria, Liaskoviti Anthi

10.30 - 10.50 Interactive Activity with the Beneficiaries

Interactive play session with the beneficiaries of ELEPAP, providing visitors with the opportunity to engage directly with the children.

10.50 - 11.00 Closing Remarks & Thank You.

Summary of the visit, followed by a Q&A session and an expression of gratitude for the visit.

12.00-13.00 Lunch

15.00-18.00 Visit to Thermopiles Museum and Natural Iamatic Springs

20.00 Dinner with Teachers

BIP Title: Neurological physiotherapy

FRIDAY 4 APRIL

9.00-11.00 Students Presentations

Group 1: Physiotherapy in Multiple Sclerosis

(Aristofanis Totsikas, Margarita Armouti, Giorgos Fykas, Vít Groulík, Aleksi Koistinen, Jasmina Mikkonen, Venla Nurmi, Klára Říšská, Barbora Hanzlová)

Group 2: Physiotherapy in Parkinson Disease

(Danai Kouti, Angela Halili, Klára Mojžíšková, Sara Siivonen, Michaela Karásková, Sonja Lydman, Magdalena Valentová, Milla Saastamoinen, Anna Karla Seifertová)

Group 3: Physiotherapy in Cerebral Palsy

(Euaggelia Kasselouri, Sofia Hatzigianni, Barbora Procházková, Miia Tiihonen, Salla Pekkala, Markéta Molíková, Jenni Vuorio, Aapo Kuokkanen)

Group 4: Physiotherapy in Stroke

(Stauroula Triantafyllidou, Eleni Pliaka, Eliška Vystavělová, Meri-Maria Suomela, Lucie Červinková, Kateřina Strnadová, Josefina Angerman, Kateryna Polishchuk)

11.00-12.00 Award of Degrees

13.00 Closing ceremony of the workshop

BIP Title: Neurological physiotherapy

TEACHING STUFF

Dr. Thomas Besios



Dr. Thomas Besios is an Associate Professor at the University of Thessaly (Department of Physiotherapy), Lamia. Postgraduate degree of the Democritus University of Thrace in the Department of Science and Physical Education specializing in Prevention - Intervention - Rehabilitation (2006). Postgraduate degree of the Department of Physiotherapy of Thessaloniki specializing in Pediatric Physiotherapy (2016). Ph.D. from the Democritus University of Thrace in Neurological rehabilitation (2018). He is a Member of the Research Laboratory of Human Performance and Rehabilitation and has been a member of research teams in research projects. He has published in scientific journals, member of scientific and organizational committees of conferences and has participated in several postgraduate courses and specialized clinical seminars. His field of expertise is Neurological Physiotherapy in children and adults. His research interests span the areas of neurological rehabilitation, assessment tests and treatment of neurological disorders.

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www.scholar.google.com/citations?user=3qSzaVcAAAAJ&hl=en

www.researchgate.net/profile/Thomas-Besios

BIP Title: Neurological physiotherapy

Prof. PhDr. Kamila Řasová Ph.D.



Affiliation: Department of Rehabilitation Medicine, and Department of Rheumatology and rehabilitation, Third Faculty of medicine, Charles University,

Prague, Czech Republic, Web of Science ResearcherID: T-3609-2017

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Prof. PhDr. Kamila Řasová, Ph.D. she received her doctorate in neuroscience at Charles University. She works as a professor, guarantor of the physiotherapy study program and head of research at the Rehabilitation Clinic of the 3rd Faculty of Medicine, UK. She works as a physiotherapist at the Rheumatology-Rehabilitation Clinic of the 3rd Faculty of Medicine, UK. He has research experience in the field of physiotherapy for people with multiple sclerosis, poststroke people, with spinal muscular atrophy and critically ill patients. Her research is financed by domestic and foreign grants. She developed her own therapy program, the Activating Therapy Motor Program. In addition, it has organized several international workshops, e.g., thanks to the support of European companies. She is the author of seven peer-reviewed monographs and the editor of international books devoted to neurorehabilitation. According to web of sciences, she is the author of 83 articles with an impact factor (publication 77 Web of Science Core Collection), Times Cited sum 739, H - index 15.

BIP Title: Neurological physiotherapy

Marja Äijö, PhD, Principal Lecturer; gerontology and rehabilitation,



Affiliation: Savonia University of Applied Sciences, School of Health Care, Kuopio, Finland E-mail: marja.aijo@savonia.fi . Principal lecturer, PhD Marja Äijö, is Doctor of Health Sciences, main field of study for the Gerontology and Public Health, from the University of Jyväskylä. She works as a principal lecturer, guarantor of the physiotherapy study program and head of research project: MIOLI, Measured and guided exercise service for older people with respiratory and circulatory diseases. Effects on physical activity, functional capacity, quality of life and use of health services funded by Olvi-säätiö and Kuopion Seudun Hengityssäätiö. She has research experience in the field of physical activity, older people, cardiovascular disease, fall prevention and health care services. Her research is financed by domestic grants. In addition, she has organized several international workshops for the physiotherapy students. She is a facilitator of research group in

ENPHE European Network of Physiotherapy in Higher Education and presentative person from

Savonia-UAS in COHEHRE Consortium of Institutes of Higher Education in Health and

Rehabilitation in Europe. She is the author of several book and research articles.

<https://www.researchgate.net/profile/Marja-Aeijoe>

https://scholar.google.fi/citations?user=jZoqS_kAAAAJ&hl=fi

<https://orcid.org/0000-0002-9325-6966>

BIP Title: Neurological physiotherapy

Zacharias Dimitriadis



Dr. Zacharias Dimitriadis is Associate Professor at the Physiotherapy Department of the University of Thessaly. He has obtained a BSc Physiotherapy from TEI Athens (currently known as University of West Attica, 2005), an MSc Physiotherapy (Neuro-adult route) from Cardiff University (2008) and a PhD Musculoskeletal from the School of Translational Medicine of the University of Manchester (2011). His research interests are concerned with the spinal pain and postural disorders, manual therapy, motor control and development and validation of assessment tools for musculoskeletal and neurological patients. He is currently teaching under- and postgraduate modules related to manual therapy, soft tissue mobilization, ergonomics, clinical musculoskeletal physiotherapy and research methods. He has participated in a number of clinical seminars relative to the rehabilitation of patients with neuromusculoskeletal and neurological problems and he has rich clinical experience in different rehabilitation settings. He has more than 40 publications in national and international peer reviewed journals and more than 300 citations (h index: 9). He is reviewer in many different international peer-reviewed journals. He has participated in many national and international conferences either by presenting his work or as a member of scientific committees.

www.physio.uth.gr/en/wp-content/uploads/2021/04/CV-Dimitriadis-Zacharias.pdf

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