

CURRICULUM VITAE



Dr. George Paras

Assistant Professor

Department of Physiotherapy
University of Thessaly

Name: George Paras (Γεώργιος Παράς)
 Father's name: Spyridon
 Nationality: Greek
 Date of birth: 11.12.1972
 Birthplace - hometown: Serres
 Family status: Married with one child
 Served in the Hellenic Army (Health Department), Rank: Sec. Lieutenant.

Current location: Lamia 35132, Greece
 Tel: ++30 22310 60234
 E-mail: gparas@uth.gr, gparas.pt@gmail.com

- Assistant professor in Department of Physiotherapy. School of Health Sciences, University of Thessaly (Lamia, Greece) <https://physio.uth.gr/en/>.
- Member of Human Performance and Rehabilitation Laboratory <https://www.hpri.physio.uth.gr/>
- Member of "Pan-Hellenic Physiotherapy Association" and Scientific Department of Neurological Physiotherapy (No 3336)
- Member of "Bulgarian Association of Physiotherapists" (BAF).
- License to practice the profession of physiotherapy in Greece (No 6761/23.9.1996).
- **2001 up today:** Scientific Director of a Pediatric Physiotherapy clinic.

Dr. George Paras is an Assistant Professor at the University of Thessaly (Department of Physiotherapy). He holds a bachelor's degree in Physiotherapy (1996) from the National Sports Academy "Vasil Levski" (Faculty of Kinesitherapy) in Sofia, Bulgaria. He received his Ph.D. (2002) from the same institution, Faculty of Physiotherapy and Rehabilitation.

He is a pediatric physiotherapist working in both academic and clinical settings. His area of expertise is Neurological Physiotherapy. His research interests focus on pediatric neurological rehabilitation and motor control, with particular emphasis on the interaction between neuromuscular activity and motor performance.

He is a member of Human Performance and Rehabilitation Laboratory and serves as a tutor in undergraduate and postgraduate programs. He has attended numerous postgraduate courses and specialized clinical seminars. He has authored publications, participated in scientific conferences, and contributed to research groups involved in funded research projects.

Current Position

- Assistant professor in Department of Physiotherapy. School of Health Sciences, University of Thessaly (Lamia, Greece) <https://physio.uth.gr/en/>.

Education

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. School of Health Sciences, University of Thessaly (Lamia, Greece)

*Teaching modules (undergraduate & postgraduate degree): **Pediatric and Neurological Rehabilitation: Clinical Neuroscience and Rehabilitation.***

Professional Experience

2001 up today: Scientific Director of a Pediatric Physiotherapy clinic.

1995 - 1996: Internship at the “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. <https://www.cpcentresof-bg.com/?cid=71>

Service to the Department of Physiotherapy

- **2007, 2008.** President and member of the “Graduation Projects Committee”.
- **2007, 2008 up today.** President and member of the “Ethics Committee”.
- **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., Stefan E. (2023). The effect of task oriented approach on gait oh hemiplegic patients: a case series study. International Journal of Clinical Trials | January-March 2023 | Vol 10 | Issue 1.
12. 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>
13. Giannou I., Katsina M., Dimitriadis Z., **Paras G.**, Besios T. "The effect of hippotherapy on people with multiple sclerosis, a systematic review". Multiple Sclerosis and Related Disorders, 97 (**2025**) 106374 <https://doi.org/10.1016/j.msard.2025.106374>
14. Kastrinis A., Skaftourou E., Dadakaridou D., Nomikou E., **Paras G.**, Dimitriadis Z. "Reliability and validity of visual observation when classifying spinal deformities in adolescents with idiopathic scoliosis based on the Schroth Classification: a retrospective cross-sectional study". International Journal of Therapy and Rehabilitation, **March 2025**, vol. 32, Issue 3. <https://doi.org/10.12968/ijtr.2024.0112>

15. Spanos S., Siasios I., Kortianou E., **Paras G.**, Poulis I., Fountas K. "Could Numeric Rating Scale Take the Place of Neck Disability Index. As a Self-Reported Instrument of the Neck/Arm Pain-Related Daily Living Disability, in Patients with Cervical Radiculopathy?" *International Journal of Health Sciences*. Vol. 9, No 2, **August 2025**, pages: 715-724 <https://doi.org/10.53730/ijhs.v9n2.15693>
16. Michailidou T., Petrou E., Dimitriadis Z., Besios T., **Paras G.** "Immersion as a Determinant of the Effectiveness of Visual Feedback Systems in the Rehabilitation of Motor Disorders: a systematic review". *International Journal of Therapy and Rehabilitation*. Vol. 32, No. 6. **June 2025**. <https://doi.org/10.12968/ijtr.2024.0113>
17. Argyrou S, Kitixis P, Dimitriadis Z, Christakou A, Strimpakos N, **Paras G**, Tsioutsoumaka M, Kapreli E. The Effectiveness of an Exercise Program Based on Motor Learning Principles for the Correction of the Forward Head Posture: A Randomized Controlled Trial. *Brain Sciences*. **2025**; 15(8):873. <https://doi.org/10.3390/brainsci15080873>
18. 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 on Individuals with Idiopathic Scoliosis: A Retrospective Cohort Study. In: Vlamos, P. (eds) *GeNeDIS 2024. Advances in Experimental Medicine and Biology*, vol 1487 **November 2025**, pp 163-172. *Conference paper*. Springer, Cham. https://doi.org/10.1007/978-3-032-03398-7_18
19. Kalaitzi T., Kitixis P., Zafeiriou D., Poulis I., **Paras G.** Preliminary psychometric evaluation of the Greek little developmental coordination disorder questionnaire (LDCDQ-GR). *Research in Developmental Disabilities*. Vol. 169, **Feb. 2026**, 105236. <https://doi.org/10.1016/j.ridd.2026.105236>

Publicized Abstracts

20. 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, *Neuroepidemiology*, 41:301. **Περίληψη σε Επιστημονικό Περιοδικό**. Current Impact Factor: 2.689 (**Δικ. 11.10.**)
21. 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**;
22. 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**;
23. 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**;
24. 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. 2nd European Paediatric Physiotherapy Congress. 6-8 October **2022**. Florence, Italy.
25. Papadakis G., Psomas F., **Paras G.** "The Role of Action Observation Therapy in the Rehabilitation of Neurological Disorders: Literature Review". *Fysiotherapia*, Volume 26, Issue 2, **April-June 2023**. <https://doi.org/10.55742/CUHI8064>

26. 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>

Oral Presentations – Posters

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”. 3rd 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). 14th 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 5th 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”. 7th 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.**, Gioufchos 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”. 4th international conference on strength training. **3-7 November 2004**, Serres, Greece. (*Poster*).
9. **Paras G.**, Sarafi P., Danilopoulos D. “The effect of therapeutic horseback riding on the motor function of a child with spastic cerebral palsy – a single case study.” 20th Annual Panhellenic Scientific Congress of Physiotherapy. “Clinical and physiotherapeutic approach to the neurosurgical and orthopedic patient – modern concepts”, **26 - 28 November 2010**, Athens.
10. 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.

11. 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
12. Aggelidis Konstantinos, Tsirka Irini, Topis Athanasios, Lampropoulou Sofia, **Paras Georgios**, Kortianou Eleni. "The benefits of continuous and interval aerobic exercise on physical fitness and daily physical activity of adolescents with intellectual disability. A case study." Free announcement. 27th Annual Panhellenic Scientific Congress of Physiotherapy. "Physiotherapy in Europe: An Autonomous Clinical Approach", **24 - 26 November 2017**, Athens.
13. Lixeka Evangelia, **Paras Georgios**, Sakellari Vasiliki, Lampropoulou Sofia, Tabaki Sofia. "The effect of therapeutic climbing on gross motor function of children and adolescents with hemiplegia." Poster presentation. 27th Annual Panhellenic Scientific Congress of Physiotherapy. "Physiotherapy in Europe: An Autonomous Clinical Approach", **24 - 26 November 2017**, Athens. Awarded as the best poster scientific presentation of the Congress.
14. Aggelidis K., Tsirka E., Topis A., Lampropoulou S., **Paras G.**, Kortianou E. "The benefits of continuous and interval aerobic exercise on physical fitness and daily physical activity of adolescents with intellectual disability. A case study." Oral presentation. 4th International Congress of Physiotherapy, **20 - 22 April 2018**, Thessaloniki.
15. Gkitsiou Th., Loggiou A., **Paras G.**, Trigas P. "Criteria for return to sport after anterior cruciate ligament reconstruction." Oral presentation. 33rd Hellenic Scientific Society of Physiotherapy Congress, **12 - 14 April 2019**, Athens.
16. Lianos T., **Paras G.**, Poulis I., Trigas P., Spanos S. "The use of orthotic insoles in improving static and dynamic balance in a healthy population." Oral presentation. 29th Annual Panhellenic Scientific Congress of Physiotherapy. "*Exercise and Physical Activity: What, Where, Who and When*", **29 Nov. - 1 Dec. 2019**, Athens.
17. 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
18. 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)
19. 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
20. Tsesmelis D., Tzagkaraki M., Gkioni A., **Paras G.** "Study of the effect of weight-bearing exercise on the improvement of crouch gait pattern in children with spastic cerebral palsy. Evaluation of kinematic parameters, balance, and gross motor function." 30th Annual Panhellenic Scientific Conference of Physiotherapy. "Physiotherapy & Interdisciplinary Management of Contemporary Challenges." **May 27 - 29, 2022**, Athens.

21. Kalaitzi-Kyrimi Tania, **Paras G.** “Early detection of neuromotor signs indicative of suspected developmental coordination disorder in preschool children.” E-poster. 30th Annual Panhellenic Scientific Conference of Physiotherapy. “Physiotherapy & Interdisciplinary Management of Contemporary Challenges.” **May 27 - 29, 2022**, Athens.
22. Drosou A., Besios Th., Panagopoulos A., **Paras G.** “The perspectives of parents and children with spinal muscular atrophy aged 0–18 years on their quality of life in Greece. A new era ahead.” Pediatric Neurology Conference 2023, **March 10 - 12, 2023**, Thessaloniki.
23. Papadakis G., Psomas F., **Paras G.** “The role of Action Observation Therapy in the rehabilitation of neurological disorders.” 1st Panhellenic Conference of Physiotherapy Students. **March 10 - 12, 2023**, Department of Physiotherapy, Lamia.
24. Kitixis P., Moisidis Ch., Koutis A.E., **Paras G.**, Besios Th. “The therapeutic effect of modern robotic devices on the upper limb of patients with stroke: A qualitative review.” 1st Panhellenic Conference of Physiotherapy Students. **March 10 - 12, 2023**, Department of Physiotherapy, Lamia.
25. 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**.
26. 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?”. 35th EACD Annual Meeting European Academy of Childhood Disability. Ljubljana, Slovenia, **24-27 May 2023**.
27. Kastrinis A., 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 the ISST Schroth method.” 31st Annual Panhellenic Scientific Conference of Physiotherapy. **December 1-3, 2023**, Athens.
28. Kitixis P., Moisidis Ch., Chandolias K., **Paras G.**, Besios Th. “The effect of therapeutic climbing on muscle strength, balance, and muscle tone in children with hemiplegia: A randomized controlled trial.” 31st Annual Panhellenic Scientific Conference of Physiotherapy. **December 1-3, 2023**, Athens
29. Kitixis P., Moisidis Ch., Koutis A.E., **Paras G.**, Besios Th. “The therapeutic effect of modern robotic devices on the upper limb of patients with stroke.” 31st Annual Panhellenic Scientific Conference of Physiotherapy. **December 1-3, 2023**, Athens (E-poster).
30. 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. 5th International ScoSym Symposium. **September 2024**, Split Croatia.
31. 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. 5th International ScoSym Symposium. **September 2024**, Split Croatia.

32. Koritsi E., Miteloudis G., Bikis E., Tsatsakos G., **Paras G.**, Besios Th., Chandolias K. "Effectiveness of whole-body vibration in patients with multiple sclerosis: A pilot randomized controlled study." 32nd Panhellenic Scientific Conference of Physiotherapy. **November 29-30 & December 1, 2024**, Athens.
33. Selfo O., Katsamaga E., Dimitriadis Z., **Paras G.**, Chalkia A., Besios Th. "Therapeutic effect of electrostimulation using the EXOPULSE Mollii suit in post-stroke patients: A pilot study." 32nd Panhellenic Scientific Conference of Physiotherapy. **November 29-30 & December 1, 2024**, Athens (E-poster).
34. Koritsi E., Miteloudis G., Bikis E., Tsatsakos G., **Paras G.**, Besios Th., Chandolias K. "Effectiveness of whole-body vibration in patients with multiple sclerosis: A pilot randomized controlled study." 2nd Panhellenic Student Conference of Physiotherapy. **May 9-11, 2025**, Patras.
35. Skoutelis V., Moutsiou R., Potamiti E., **Paras G.**, Besios Th., Dinopoulos A. "Gait Outcomes Assessment List (GOAL): Cross-cultural adaptation into Greek." Panhellenic Pediatric Neurology Conference. **May 15-17, 2025**, Trikala.
36. Michailidou Th., Petrou E., Besios Th., Dimitriadis Z., **Paras G.** "Immersion as a factor influencing the effectiveness of visual feedback systems in the rehabilitation of neuromotor disorders." 6th International Scientific Conference of Physiotherapy. **May 30-31 & June 1, 2025**, Thessaloniki.
37. Miteloudis G., Koritsi E., Bikis E., Tsatsakos G., **Paras G.**, Besios T., Chandolias K. The Effectiveness of Whole-Body Vibration in Patients with Multiple Sclerosis: A Pilot Randomized Controlled Trial. **Word Physiotherapy Congress 2025**, Tokyo Japan (poster).

Book Editing – Translations

1. Editor of the Greek edition of the book "Motor Control – From Research to Clinical Practice" – 3rd edition, Paschalidis Medical Publications, Athens, 2011. Original: Motor Control – Translating Research into Clinical Practice, 3rd edition. Anne Shumway-Cook, Marjorie H. Woollacott.
2. Co-editor of the Greek edition of the book "Physical Management for Patients with Neurological Conditions" – 4th English edition, 1st Greek edition, Broken Hill Publishers Cyprus / Paschalidis Medical Publications, 2020. Original: Physical Management for Neurological Conditions, Lennon S., Ramdharry G., Geert V.
3. Co-editor of the Greek edition of the book "Campbell's Physical Therapy for Children" – 5th English edition, 1st Greek edition, Broken Hill Publishers Cyprus / Paschalidis Medical Publications, 2021. Original: Campbell's Physical Therapy for Children, Palisano R., Orlin M., Schreiber J.
4. Co-editor of the Greek edition of the book "Tecklin's Pediatric Physical Therapy" – 6th English edition, 1st Greek edition, Konstantaras Publications, 2025. Original: McKeogh Spearing E., Pelletier E., Drnach M.

5. 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

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 hippotherapy in children with cerebral palsy”. 3rd 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”.
4. Poulimenou A., **Paras G.** “Physiotherapy intervention for a child with congenital hemiparesis – case study”. 3rd Congress of Physiotherapy Departments. **11-13 May 2007**, Technological Educational Institute of Lamia.
5. Tzouma D., **Paras G.** “Physiotherapy intervention for a child with general hypotonia – case study”. 3rd Congress of Physiotherapy Departments. **11-13 May 2007**, Technological Educational Institute of Lamia.
6. Kalelidou G., **Paras G.** “The influence of Physiotherapy in children with Cerebral Palsy”. 7th meeting “Physiotherapy & Oncology”, 10 November 2007, “Agios Savas Hospital”, Athens.
7. **G. Paras**. “The normal of postural control mechanism” 22nd Conference of Hellenic Scientific Physiotherapy Society (EEEEF): “Postural syndromes & gait disorders – Ergonomy. Alternative approaches”, **14-16 November 2008**, Glyfada, Athens.
8. Drinas 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”. 4th Congress of Physiotherapy Departments. **15-17 May 2009**, Egio.
9. **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.
10. **Paras Georgios**, PT, Ph.D. “Clinical Reasoning and Decision-Making Process in Neurorehabilitation.” Scientific Congress: *Pediatric Physiotherapy – Modern Approaches*. Organized by the Hellenic Society for Neurodevelopmental and Neuropediatric Rehabilitation (E.E.N.A.), **18 - 19 October 2014**, Thessaloniki.

11. **Paras Georgios**, Ph.D., Physiotherapist. “Evidence-Based Clinical Practice and Decision-Making Process in Neurorehabilitation.” 24th Annual Panhellenic Scientific Congress of Physiotherapy. Restart. **5 - 7 December 2014**, Athens.
12. **Paras Georgios**. “Assessment of the Internship Program of Physiotherapy Students at the Department of Physiotherapy, TEI of Lamia, TEI of Central Greece” as Scientific Supervisor of the Internship Program of the Department of Physiotherapy within the framework of the Operational Program *Education and Lifelong Learning* 2007–2013. Workshop of the Office of Central Internship Activities, TEI of Lamia, TEI of Central Greece, **29 October 2015**, Lamia.
13. **Paras Georgios**. “General and Special Education: A Experiential Approach. Supportive – Therapeutic Structures.” Organized by the Union of Parents’ Associations of Primary Education Students of Lamia Municipality. **3 June 2018**, Amphitheatre of the School of Science, University of Thessaly, Lamia.
14. **Paras Georgios**. “Design and Development of a Physiotherapy Intervention Program for an Adolescent with Musculoskeletal Disorders – A Single Case Study.” Online Workshop on Ergonomics and Children titled: “*Change Posture, Change Life*”, **24 January 2021**. Organized by the Scientific Section of Pediatric Physiotherapy, Hellenic Physiotherapy Association – Department of Physiotherapy, University of Thessaly.

Workshops – postgraduate courses (indicatively)

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: 3rd 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
16. **13-18/12/2022**: Schroth - Physiotherapeutic Scoliosis Specific Exercises. Level I. Education hours: 45. Athens.

Participations in congresses – symposiums (selected)

1. **15-17 May 1998**: 1st 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**: 13th 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**: 6th pan-hellenic pediatric neurological congress. (UEMS 5 credits) Athens.
6. **7-8 October 2017**: 2nd congress of Podiatrics – Podology. Athens.
7. 9th Annual Panhellenic Scientific Congress of Physiotherapy. “Exercise and Physical Activity: What, Where, Who and When”, 29 November – **1 December 2019**, Athens.
8. 6th International Scientific Congress of Physiotherapy. “From Scientific Evidence to Modern Clinical Practice”, **30 - 31 May & 1 June 2025**, Thessaloniki.

Languages

Greek (native), English, Bulgarian, Russian (A2)

Computer skills

28.6.2002: European Computer Driving Licence (ECDL)

Interests

Fine Arts and sports (running, judo)