

CURRICULUM VITAE

Name / Surname Korakakis Vasileios
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E-mail vkorakakis@hotmail.com
Nationality Greek
Date of Birth 02 October 1974
Gender Male
Marital Status Married
Number of Dependents 2

Current Posts:

Founder and Director of Physiotherapy Clinic (Private Clinic)

15-17 Hanion St, Agia Varvara TK12351, Athens, Greece

Tel +302105691131

Email: vkorakakis@hotmail.com

Main activities and responsibilities Design and implementation of evidence-based programs for:

- Conservative treatment of sports-related injuries
- ACL reconstruction
- Meniscal repair and reconstruction
- Shoulder and Hip arthroscopy
- Conservative treatment of spinal pathology

Functional testing and evaluation of professional and recreational athletes, as part of exercise testing procedures and pre-participation medical assessment:

- Functional movement screening
- Functional testing
- Gait analysis

Implementation of Rehabilitative Ultrasound Imaging:

- Assessment and evaluation of core / segmental stability muscles (e.g transversus abdominis, multifidus) in static and functional testing in professional and recreational athletes
- Rehabilitation of lumbo-pelvic stabilization deficits in spinal and lower limb pathology
- Assessment and treatment of urinary incontinence

Implementation of bio-medical acupuncture protocols:

- Acute and Chronic pain
- Sports and musculoskeletal conditions

Muscle and tendon rehabilitation protocols implementation by using HILT laser therapy (Qualified center) <http://www.asalaser.com/therapy/hilterapia>

Co-owner, instructor and clinical tutor in Hellenic Orthopaedic Manipulative Therapy Diploma company (HOMTD). Manual Therapy Seminars
Antifilou 24 & Dion.Aginitou, TK 11528, Athens, Greece
Tel: +30210725922
Website: www.homtd.gr

- Main activities and responsibilities** Lecturer and clinical tutor in physiotherapy courses in Orthopaedic Manipulative Therapy, especially:
- Evidence based practice
 - Basic statistics and research design
 - Sports rehabilitation
 - Rehabilitative ultrasound imaging
 - Manual assessment and treatment of the musculoskeletal system
 - Manipulation of the spine and extremities
 - Supervision and tutoring in clinical placement

Member of the Motion analysis laboratory staff (Social Work Foundation “Hadzipaterion” RCCCP). Gait analysis Laboratory for children with Cerebral Palsy
Irodotou 1 & Ploutonos, Metamorfofi TK14451, Athens, Greece
Tel: +302102825622
www.ike.org.gr

- Main activities and responsibilities** 3D motion analysis (VICON) and EMG in children with cerebral palsy:
- Assessment and functional screening
 - 3D gait analysis assessment and interpretation
 - EMG of lower limb assessment and interpretation

Research Fellow - “Filoktisis” research team

Filoktisis Center for recovery & Rehabilitation
Pefkon & Peisistratou, Karelas, Koropi TK 19400, Attica, Greece
[Tel:+302107220542](tel:+302107220542)

- Main activities and responsibilities** Clinical research in neurological patients:
- Cross-cultural adaptation and validation of quality of life and functional scales for patients with neurological conditions
 - Research projects in clinical trials regarding rehabilitation protocols and acupuncture

Qualifications:

2013	PhD candidate, University Of Thessaly, Trikala, Greece
2009-2012	Master in Exercise and Health (Grade 9.6/10), University of Thessaly, Department of Physical Education and Sport Science (DPESS)(Scholarship from the University of Thessaly)
2007-2008	Certification in Biomedical Acupuncture Hellenic scientific society of Physical Therapy and Hellenic society of medical acupuncture (165 hours)
2005-2006	Postgraduate diploma in Physical Therapy (Grade 75/100 – B+), University of Otago, Dunedin, New Zealand
2005-2006	Diploma in Mechanical Diagnosis and Therapy (Grade 78/100 - B+). The McKenzie Institute International, University of Otago, Dunedin, New Zealand
1999-2002	Certification in Mechanical Diagnosis and Therapy from the Hellenic McKenzie Institute, Greece
1993-1997	Bachelor in Physiotherapy (Grade 7/10), Athens School Of Health Care (ATEI of Athens) Department of Physiotherapy, Greece
1992	Matriculation (Grade 188/11/20) 2 nd High school of Agia Varvara, Athens

Other Qualifications:

Languages: English	Certificate of Proficiency in English The University of Michigan
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Posts Held:

1999-today	Owner of physical therapy private clinic
2013-today	The “Filoktitis” research team Filoktitis Center for recovery & Rehabilitation www.filoktitis.com.gr
2012-today	Motion analysis laboratory Social Work Foundation “Hadzipaterion” RCCCP. Gait Analysis Laboratory for children with Cerebral Palsy www.ike.org.gr
2012-today	Co-owner, instructor and clinical tutor in HOMTD physiotherapy seminars company. (Hellenic Orthopaedic Manipulative Therapy Diploma).

2010-2012	Instructor in professional development seminars in musculoskeletal physiotherapy "STATE OF THE ART" (Physio Science Seminars)
2008-2010	Member of Board of Trustees McKenzie Institute Hellas-Cyprus
2008-2010	Council Member of municipality athletic organization (Agia Varvara city)
2006	Specialist Musculoskeletal Physiotherapist (Post Graduate placement) School of Physiotherapy Clinic, Dunedin, New Zealand /ACC
1998-1999	Physiotherapist Greek Military Services, 401 Military Hospital of Athens
1996-1997	Physiotherapist- clinical placement General Hospital Nikaia –Piraeus "Agios Panteleimon"
1995-1996	Physiotherapist Physiotherapy Centre, Voulgari G. Nikaia, Athens
1995-1997	Physiotherapist Basketball team Ionikos Nikaia (junior and adolescent teams)

Professional affiliations:

- Panhellenic Physical Therapy Association
- Member of Hellenic Physiotherapy Society of Algology (Full member of International Acupuncture Association of Physical Therapists) [I.A.A.P.T.]
<http://www.wcpt.org/iaapt/members>
- McKenzie Institute Hellas-Cyprus

Publications in peer-reviewed journals:

1. **Korakakis V**, Sideris V. & Giakas G. (2014) Sitting bodily configuration: A study investigating the intra-tester reliability of positioning subjects into a predetermined sitting posture. *Manual Therapy* 2014 Jan 16 doi: 10.1016/j.math.2014.01.001. [Epub ahead of print].
2. **Korakakis V** & Giakas G. (2013) Spinal repositioning deficit. The effect of prolonged flexed posture. Abstract from the 3rd European College of Sport and Exercise Physicians conference April 2013. *Br J Sports Med* 2013;47:e3 doi:10.1136/bjsports-2013-092558.43
3. Baliotis K, **Korakakis V**, Katri F, Dragioti E, Kotrotsiou E, Gouva M. (2013) Pain anxiety symptoms and chronic low back pain: differences between Greek

men and women patients. *European Psychiatry, Volume 28, Supplement 1, 2013, Page 1.*

4. Baliotis K, Dragioti E, **Korakakis V**, Katri F, Kotrotsiou E, Gouva M. (2013) Fear of pain and chronic low back pain: differences between greek men and women patients. *European Psychiatry, Volume 28, Supplement 1, 2013, Page 1.*
5. Baliotis K., **Korakakis V.**, Dragioti E., Kotrotsiou E., & Gouva M. (2013) Internal and external shame and chronic Low Back Pain: Differences between Greek men and women athletes. Abstract from the 3rd European College of Sport and Exercise Physicians conference April 2013. *Br J Sports Med* 2013;47:e3 doi:10.1136/bjsports-2013-092558.49
6. **Korakakis V**, Patsiaouras A & Malliaropoulos N. (2012) "Cross-cultural adaptation of the VISA P questionnaire for Greek-speaking patients with patellar tendinopathy." (Article in press *BJSM- British journal of sports medicine* online Dec/2012).

Publications international journals:

1. **Korakakis V.** (2006). Rotator Cuff symptoms from a cervical derangement. Case presentation. *International Journal of Mechanical Diagnosis and Therapy* 1(3):14-17.
2. **Korakakis V.** (2006). Rotator Cuff symptoms from a cervical derangement. Case presentation. *International Journal of Mechanical Diagnosis and Therapy* 1(3):14-17.

Publications in Greek journals:

1. **Korakakis V.** (2007) Chronic Achilles and Patellar tendinopathy. Treatment and rehabilitation. *REVIEW Physiotherapy Issues* 4(7):3-16.
2. **Korakakis V.** (2007) Chronic Achilles and Patellar tendinopathy. Histopathology and imaging. *REVIEW Physiotherapy Issues* 4(6):2-13.
3. **Korakakis V.** (2006). Rotator Cuff symptoms from a cervical derangement. Case presentation. *Mechanical Diagnosis and Therapy* 5(4):36-41.

Oral and poster presentations

1. **Korakakis V., Sideris V., Giakas G. (2013)** Sitting bodily configuration: A study investigating the intra-tester reliability of positioning subjects into a predetermined sitting posture. **Oral presentation** at the 23rd Pan-Hellenic Scientific Physical Therapy Congress on December 22-24, 2013. Athens Greece.

2. **Korakakis V & Giakas G. (2013)** Spinal repositioning deficit. The effect of prolonged flexed posture. **Oral presentation** at the 3rd European College of Sport and Exercise Physicians (ECOSEP) conference on 25-27 April 2013. Frankfurt, Germany.
3. Baliotis K., **Korakakis V.**, Dragioti E., Kotrotsiou E., & Gouva M. **(2013)** Internal and external shame and chronic Low Back Pain: Differences between Greek men and women athletes. **Poster presentation** at the 3rd European College of Sport and Exercise Physicians (ECOSEP) conference on 25-27 April 2013. Frankfurt, Germany.
4. Baliotis K., **Korakakis V.**, Katrifi F., Dragioti E., Kotrotsiou E., & Gouva M. **(2013)** Fear of pain and chronic low back pain. Differences between Greek men and women patients. **Poster presentation** 21st European Congress of Psychiatry (EPA), Nice, France.
5. Baliotis K., **Korakakis V.**, Katrifi F., Dragioti E., Kotrotsiou E., & Gouva M. **(2013)** Anxiety and chronic low back pain. Differences between Greek men and women patients. **Poster presentation** 21st European Congress of Psychiatry (EPA), Nice, France.
6. Baliotis K., **Korakakis V.**, Dragioti E., Kotrotsiou E., & Gouva M. **(2012)** Assessment of psycho-social characteristics (fear of pain, shame, and anxiety) of patients with chronic low back pain. 22nd Pan-Hellenic Scientific Physical Therapy Congress on 7-9 December 2012. Athens Greece
7. **Korakakis V & Giakas G. (2012)** Good and bad sitting posture. How prolonged bad posture affects spinal proprioception of healthy individuals. **Oral presentation** Panhellenic Physical Therapy Association Conference on 7-9 December 2012. Athens Greece
8. **Korakakis V & Giakas G. (2012)** Good and bad sitting posture. How prolonged bad posture affects spinal proprioception of healthy individuals. **Oral presentation** at the 5th Hellenic Society of Biomechanics (HSB) Congress on 28-29 September 2012. Thessaloniki, Greece.
9. **Korakakis V. (2006)** Panhellenic Physical Therapy Association Conference. "A review. Chronic Achilles and Patellar tendinopathy. Evidence, basic pathophysiology and treatment with eccentric exercises". Athens, Greece.

Current Research Activity

- Cross-cultural adaptation and validation of the following questionnaires/scales:
 1. Exercise Induced Leg Pain Questionnaire (A questionnaire to measure the severity of functional limitation and reduction of sports ability in Greek-speaking patients with exercise induced leg pain)
 2. VISA-H questionnaire (A new VISA questionnaire for patients with proximal hamstrings tendinopathy)
 3. Modified Ashworth Scale (scale for the clinical measurement of muscle spasticity)

- Development and validation of a new questionnaire for the Functional Assessment of patients with Acute Hamstrings Injury
- Reliability and validity of sitting posture measurements and postural education by using VICON 3D motion analysis system
 - i) Validation of a marker based model for the assessment of seated posture in healthy individuals
 - ii) Intra and inter-rater reliability of positioning and educating subjects in sitting posture
 - iii) Assessment of spinal reposition error in a specific sub-group of patients with Low Back pain
- Kinetics and kinematics in functional tests in patients with patellofemoral pain syndrome (PFPS)
- Reliability of Real time Ultrasound Imaging for the assessment of isolated contraction of segmental stability muscles
- Comparison of exercise based therapeutic interventions with and without acupuncture in patients with stroke

Speaker in Conferences and Scientific meetings

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| 2013 | Panhellenic Physical Therapy Association (PPTA) Conference. "Rotator cuff tears" Korakakis V. |
| 2013 | Panhellenic Physical Therapy Association (PPTA) Conference. "Lower limb Tendon pathology" Korakakis V. |
| 2013 | "Filoktitis" Center for Recovery and rehabilitation Scientific Meeting. Department of acupuncture. "Cross-cultural adaptation of assessment tools, research methodology in clinical trials and statistical interpretation. Korakakis V. |
| 2013 | Hellenic Orthopaedic Manipulative Therapy (HOMTD) conference. "Pain and motor control". Korakakis V. |
| 2013 | Hellenic Society of Orthopaedic Surgery and Traumatology (EEXOT) & Hellenic Society of Arthroscopy (EAE) conference. "Distal factors of the kinetic chain and the role of lumbo-pelvic stability in Anterior Knee Pain". Korakakis V. |
| 2012 | Panhellenic Physical Therapy Association (PPTA) Conference. Workshop "Clinical application of real time ultrasound imaging in Lumbo-pelvic region". Korakakis V. |
| 2012 | Panhellenic Physical Therapy Association (PPTA) Conference. "Real time ultrasound imaging applications in motor control and muscle's function assessment". Korakakis V. |
| 2012 | Hellenic Orthopaedic Manipulative Therapy (HOMTD) conference. "The role of muscles in Lumbo-pelvic motor control". Korakakis V. |
| 2010 | Hellenic Society of Orthopaedic Surgery and Traumatology (EEXOT) conference. "An update in exercises for the treatment of Low Back Pain". Korakakis V. |

- 2009 Hellenic Society of Orthopaedic Surgery and Traumatology (EEXOT) conference. "Yes to exercises in treatment of Low Back Pain".
Korakakis V.
- 2008 Panhellenic Physical Therapy Association (PPTA) Conference. "Postural education". **Korakakis V.**
- 2008 Pan-Hellenic McKenzie Conference (PPTA), Athens, Greece. "Does it matter which exercise?" **Korakakis V.**
- 2007 Seminar in Biomechanics of the Spine and Biotechnology. "Centralization phenomenon. A clinical tool in diagnosis, treatment and prognosis of patients with spinal pain". **Korakakis V.**
- 2007 Pan-Hellenic Spine Society (EESS) conference. "Centralization phenomenon. A clinical tool in diagnosis, treatment and prognosis of patients with spinal pain". **Korakakis V.**
- 2004 McKenzie Conference, Athens, Greece. "Mechanical Diagnosis and Therapy in chronic Low Back Pain" **Korakakis V.** & Sifnaios D.

Invited lecturer and teaching experience

- Today-2012 Instructor and clinical educator in Orthopaedic Manipulative Therapy. Hellenic Orthopaedic Manipulative Therapy Diploma (HOMTD) Seminars.
- 2014 Course director of Health and Fitness certification. Studio One (School of Fitness and Aerobics)
The role of professional trainer in Post-rehabilitation.
- 2013 Greek Rheumatology Society (ERE) inter-University training courses in Rheumatology. "Acute/chronic Low Back Pain. Conservative management: The role of Physical Therapy". Medical School, Athens, Greece
- 2013 European College of Sports and Exercise Physicians (ECOSEP), Athlete's Sports Rehab Course. "Lumbo-pelvic stabilization, motor control and Low Back Pain". Thessaloniki, Greece
- 2013 European College of Sports and Exercise Physicians (ECOSEP), Athlete's Sports Rehab Course. **Workshop** "Real time ultrasound in Lumbo-pelvic stabilization and Low Back Pain". Thessaloniki, Greece
- 2013 Hellenic Society of Arthroscopy (EAE) training course. "Pathophysiology of lower limb tendinopathies. An update in tendinopathy management". Athens, Greece
- 2013 National and Kapodistrian University of Athens, Department of Physical Education and Sport Science, Postgraduate (MSc) training course "The usage of real time ultrasound in research and its clinical applications". Athens, Greece
- 2012-2010 Instructor in musculoskeletal physiotherapy seminars. "State of the Art in musculoskeletal Physiotherapy" Physio Science Seminars

- 2011 Hellenic Society of Orthopaedic Surgery and Traumatology (EEXOT) training course. "Segmental stabilization and Low Back Pain " Athens, Greece
- 2008 Spine section of Hellenic Scientific Society of Physiotherapy (HSSPT) "Evidence based practice and Low Back Pain".
- 2008 Spine section of Hellenic Scientific Society of Physiotherapy (HSSPT) "Sacroiliac Joint assessment and treatment".
- 2008 Hellenic Society of Orthopaedic Surgery and Traumatology (EEXOT) training course. "Exercises and Low Back Pain".

Grants and Awards:

- 2010 Scholarship from University of Thessaly, Department of Physical Education and Sport Science. Total amount awarded €1000.