

CURRICULUM VITAE

Name / Surname Korakakis Vasileios
Address Har.Trikoupi 26, TK 12351, Agia Varvara, Greece
Tel: +302105691131 mob: +306977450993
E-mail vkorakakis@hotmail.com
Nationality Greek
Date of Birth 02 October 1974
Gender Male
Marital Status Married
Number of Dependents 2

Current Posts/Employment/Activities:

Founder and Director of Physiotherapy Clinic (Private Clinic)
15-17 Hanion St, Agia Varvara TK 12351, Athens, Greece
Tel +302105691131
Email: vkorakakis@hotmail.com

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

Research Fellow of the European College of Sports and Exercise Physicians **ECOSEP (Greek brunch)** and of the National Track and Field Centre, Sports Injury Clinic of **SEGAS**
34 G.Seferi str, TK 54250, Thessaloniki, Greece
contact@sportsmed.gr

Member of the Motion analysis laboratory staff (Social Work Foundation "Hadzipaterion" RCCCP). "Lilian Voudouri" Supportive Technology Laboratory for children with Cerebral Palsy
Irodou 1 & Ploutonos, Metamorfoosi TK14451, Athens, Greece
Tel: +302102825622 www.ike.org.gr

Research Fellow - "Filoktitis" research team
Filoktitis Center for recovery & Rehabilitation
Pefkon & Peisistratou, Karelas, Koropi TK 19400, Attica, Greece
Tel:+302107220542

Qualifications:

2013	PhD cand in Biomechanics, University Of Thessaly, Trikala, Greece
2012	Diploma in Orthopaedic Manipulative Therapy (OMT), N-OMT-D, Athens, 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
3D Motion Analysis	VICON motion analysis system

Posts:

1999-today	Owner of physical therapy private clinic
2014-today	Member of the Supreme Scientific Board of Panhellenic Physical Therapy Association (PPTA)

- 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.
"Lilian Voudouri" Supportive Technology 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).
- 2009-today Research Fellow at the European College of Sports and
Exercise Physicians ECOSEP (Greek brunch) and at the
National Track and Field Centre, Sports Injury Clinic of
SEGAS
- 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. Malliaropoulos N, **Korakakis V**, Christodoulou D, Padhiar N, Pyne D, Giakas G, Nauch T, Malliaras P, Lohrer H. (2014) Development and validation of a questionnaire (FASH – Functional Assessment Scale for Acute Hamstring Injuries): to measure the severity and impact of symptoms on function and sports ability in patients with acute hamstring injuries. *Br J Sports Med*. 2014 Oct 6. doi: 10.1136/bjsports-2014-094021. [Epub ahead of print]
2. **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 Jun*;19(3):197-202. doi: 10.1016/j.math.2014.01.001.
3. **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.
4. 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*.
5. 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*.
6. 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.

7. **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 scientific 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 patho-physiology and treatment with eccentric exercises". Athens, Greece.

Current Research Activity

- Cross-cultural adaptation and validation of the following questionnaires/scales:
 1. Anterior cruciate ligament-Return to sport after injury (ACL-RSI)
 2. Donor-site related functional problems following anterior cruciate ligament reconstruction
 3. 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) **(Submitted for publication)**
 4. VISA-H questionnaire (A new VISA questionnaire for patients with proximal hamstrings tendinopathy)
 5. Modified Ashworth Scale and Modified Modified Ashworth Scales (scale for the clinical measurement of muscle spasticity)
 6. Norwegian female incontinence questionnaire for urinary incontinence (SUIQQ)
 7. Male Lower Urinary Tract Symptoms Sex questionnaire (ICIQ-MLUTSsex)
 8. Male Lower Urinary Tract Symptom questionnaire (ICIQ-MLUTS)

9. Quality of Life Assessment Questionnaire Concerning Urinary Incontinence (Contilife)

- Prolonged sitting and spinal proprioception (**Submitted for publication**)
- 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 (hop test, landing etc) in athletes with ACL reconstruction and matched controls
- 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 (**Submitted for publication**)
- Comparison of exercise based therapeutic interventions with and without acupuncture in patients with stroke

Speaker in Conferences and Scientific meetings

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| 2014 | Panhellenic Physical Therapy Association (PPTA) Conference (Crete brunch). "Evaluation and rehabilitation of overuse pathologies and tendinopathy of the shoulder" Korakakis V. |
| 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

- 2012-today 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".

Continuous professional development and seminars

- 2014 "Explain Pain" with Tim Beames from NOI group (Neuro Orthopaedic Institute). Athens, Greece (24-25/May)
- 2013 Clinical diagnostic imaging. Master workshop, Athens, Greece. (10/November)

- 2013 Pain physiology and manual therapy. Max Zusman, Athens, Greece (5-day course 14-18/April)
- 2013 Combination taping course li – Upper limb, Cervical and Thoracic spine, Athens, Greece. (9-10/February)
- 2012 Combination taping course I – Lower limb, Lumbar spine & Pelvis, Athens, Greece. (12-13/May)
- 2011 Tendinopathies, Jill Cook. Athens, Greece.
- 2010 Combined Movement Theory - Lumbar Spine/ Manual Therapy.
By Christopher McCarthy, Athens, Greece.
- 2009 Combined Movement Theory - Cervical Spine/ Manual Therapy. By Christopher McCarthy Athens, Greece.
- 2009 & 2006 Certificate of competence for Cardio Pulmonary Resuscitation. (Athens, Greece -Dunedin, New Zealand).
- 2009 Kinetic Control. Diagnosis of Mechanical Back pain Sub-Groups and Stability Retraining of the Lumbar Spine.
By James Moore, Athens, Greece.
- 2009 Kinetic Control. Diagnosis of uncontrolled movement, Subgroup Classification & Motor Control Retraining of the Shoulder Girdle.
By Sarah Mottram, Athens, Greece.
- 2009 Kinetic Control. Theory and concepts.
By Sarah Mottram, Athens, Greece
- 2008 Clinical Application of Rehabilitative Ultrasound Imaging (RUSI) Lumbo-pelvic dysfunction. By Jackie Whittaker, Basel, Switzerland
- 2006 An A-Z manual therapy approach for cervical spine pathology. Athens, Greece.
- 2005 Mechanical Diagnosis And Therapy Part D
Advanced problem solving; manipulation. Revision
- 2005 Mechanical Diagnosis And Therapy Part C
Problem solving, sacroiliac joint, complex presentations.
Revision
- 2004 Mechanical Diagnosis and Therapy Part E
Extremity joints.
- 2002 Credentialing Examination in Mechanical Diagnosis And Therapy
- 2001 “The Maitland Approach: Cervical Spine assessment and Mobilization”. Athens, Greece.

- 2001 Mechanical Diagnosis And Therapy Part D
Advanced problem solving; manipulation.
- 2001 Mechanical Diagnosis And Therapy Part C
Problem solving, sacroiliac joint, complex presentations.
- 2000 Mechanical Diagnosis And Therapy Part B
MDT of the Cervical and Thoracic Spine.
- 2000 Mechanical Diagnosis And Therapy (MDT) Part A
Offered by The McKenzie Institute Hellas according to the
International McKenzie Curriculum standards. MDT of the
Lumbar Spine.
- 1999 Postgraduate Seminar: "Clinical examination, treatment and
mobilization of Shoulder Girdle". Athens School Of Health
Care (ATEI of Athens) Department of Physiotherapy.
- 1998 Postgraduate Seminar: "Clinical examination, treatment and
mobilization of Foot and Ankle". Athens School Of Health
Care (ATEI of Athens) Department of Physiotherapy.

Grants and Awards:

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