**Biographical Schetch**

|  |  |
| --- | --- |
| Σ. Καρανάσιος.jpg | **Stefanos Karanasios PhD c., MSc, PT**  University of West Attica, Department of Physiotherapy  [skaranasios@uniwa.gr](mailto:skaranasios@uniwa.gr) |

On the surface, Stefanos Karanasios is a clinical physiotherapist with over 15 years of experience in several rehabilitation domains. Stefanos has focused in managing a range of musculoskeletal conditions including acute and chronic pain patients, post-surgical rehabilitation, sport injuries and overuse syndromes as well.

He has graduated from the Physiotherapy Department in Thessaloniki with distinction, and got several annual prizes of excellence from the National Scholarships Foundation. After some years of clinical experience and after following community-based courses in Manual Therapy (Kaltenborn- Evjenth Concepts) he moved in UK and graduated from the University of Birmingham in MSc in Advanced Manipulative Physiotherapy (2010).

With his return in Greece he started his own private clinic (Physio-Kifisia) and at the same time, he worked as a head physio in the Greek Cycling Federation (2011-12). The passion of education led him to graduate from a second MSc course (MSc in Hand Therapy, University of Derby -2018).

Apart from the clinical interest, another area of his professional activity includes academic teaching. Stefanos is teaching in Manual Therapy courses (Hellenic OMT Diploma course) since 2011-12, serving as a Programme Coordinator as well. He has largely contributed in the development of the current programme and worked in the curriculum updates according to IFOMPT educational standards. He has been elected as a MO delegate of Hellas OMPT (2014-2019) and operated several developments of the umbrella group during International Monitoring processes. He has effectively collaborated with the rest of the members improving the organizational and educational status of the group.

During the last year he keeps on the academic activities as a PhD student in the Physiotherapy Department of Athens, University of West Attica. His area of investigation is the effectiveness of new methods of exercises (blood flow restriction training) in the management of tennis elbow. He is also teaching (part time) Kinesiology and Biomechanics I and II in the Physiotherapy undergraduate course.

Google Scholar: <https://scholar.google.com/citations?user=ltQSQmwAAAAJ&hl=en>