

SHORT CURRICULUM VITAE



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Married, Mother of 2 sons. Date of birth 16/07/1970.

EDUCATION:

Institute of Neurology. University of London. PhD in Human Balance (1996). University College, London. Master in Ergonomics (1993), T.E.I. of Athens. Physiotherapy Department (1992).

WORK EXPERIENCE:

A. Academic-teaching:

Currently: Professor at the Physiotherapy Department (BSc in Physiotherapy and MSc in New Methods in Physiotherapy), UNIWA/Greece

Previous positions: Professor at the Physiotherapy Department (MSc in Advance Physiotherapy), TEI Stereas Elladas (2016-2018)/University of Thessaly (2018-2019)

Teaching staff at the Physiotherapy Department, TEI of Lamia (currently TEI Stereas Elladas) Lecturer (Sept. 96 - Jan. 2001: Ass. Prof. (Feb. 2001-Mar 2008) Prof. (Mar 2008 – today) subject «Physiotherapy with an emphasis on human balance».

Part time Lecturer of Applied Anatomy and Ergonomics, Osteopathy Depart., Kingston University London. (Oct. 94 - Jun 96)

Demonstrator of Anatomy - Biomechanics. King's College, London (Oct. 93 - Jun 94)

Faculty of Humanities Educator I.E.K. Lamia. Specialties: "Sport Trainer", "Expert Dietary Applications." Educational K.E.K. Lamia. Specialty: " Sport Tourism".

B. Physiotherapy practice:

Physiotherapist at the Public General Hospital of Lamia, (Dec 99 – Jan 01),

Physiotherapist /Owner of Private Practice (Sept. 96 – Dec 99),

C. Administrative

Currently: Deputy Head of the Physiotherapy Department UNIWA, Faculty of Health and Care Sciences Erasmus Coordinator

Previous positions: Regular Member of ELIDEK General Assembly (2 years),

Head of the Institute of Health Care Center for Technological Research of Central Greece based in Lamia K.T.E.S.E. (3 years)

Dean/ Director of the School of Health and Caring Professions of the TEI of Lamia/TEI of Sterea Ellada (over 14 years)

Director or Center of Technological Research of Central Greece (K.T.E.) (over 3 years, (ΦΕΚ 205/9-6-10).

Head of the Physiotherapy Department, TEI of Lamia (over 7 years)

Responsible Sector of specific subjects of the Physiotherapy Department, TEI of Lamia.

Member of the Education and Research Committee of the TEI of Lamia special account (over 2 years)

Institutional Coordinator of TEI of Lamia for programs Socrates – Erasmus (over 4 years). Departmental Erasmus (Erasmus+) Coordinator for the TEI Stereas Physiotherapy Department TEISTE/TEILAM Physiotherapy Department (over 18 years)

Representative of the Faculty of health and welfare (SEYP) for the program Leonardo da Vinci (over 4 years).

Departmental Socrates – Erasmus – Erasmus plus Coordinator for the TEILAM/TEISTE Physiotherapy Department (appr 17 years).

D. other: Participant in:

Currently: Supervision of two postdoctoral researchers, a doctoral thesis, five MSc theses and several undergraduate projects.

Previously: Member of the Tripartite Advisory Committee for the supervision of doctoral thesis a. University of Ioannina, Faculty of Medicine (2011-15, thesis successfully completed), b. University of Athens (EKPA), Faculty of Medicine (since 2016, still running) c. 3 MSc theses and dozens undergraduate projects.

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03/03/2020

Member of Scientific Committee (EDITORIAL BOARD) International scientific journals (3). Reviewer of scientific articles for international Scientific Journals (5).

Participation in electoral bodies for teaching staff as member and president

Participation as an academic Advisor for DOATAP. Member of the Planning Ministry Committee for the Faculty of SEYP. Assessor for overseas scholarships for State Scholarships Foundation (I.K.Y.) External member of Ranking Committees at the University of Nicosia.

Scholarships -Awards: State Scholarship Foundation (I.K.Y.) for postgraduate studies (1993-1996), 2015 outstanding reviewer Award Gait and Posture, ELSERVIE, Βράβευση εργασιών poster a. ELEMBO 2014, b. Panhellenic Association of Physiotherapy (PSF) 2017

Funded projects:

Current Research Grants: Human Resources Development, Education and Lifelong Learning Greece 2014-2020 ESPA (inv. Code: E4BM103 - AA: 3784, code MIS: 5050525) Support for researchers with emphasis on new researchers-cycle B'. Title: The effect of the implementation of a combined motor control and ergonomic safety-improvement home-based program in the reduction of falls in ambulatory frail elderly.

Currently scientific responsible of the KEDIBIM UNIWA Otago Exercise Programme. **Previously** scientific responsible of the Self-funded seminar Otago Exercise Programme (2016-2018): Scientific responsible and coordinator for the TEI Stereas Elladas Education and Research Committee special account (employed 3 members of TEISTE teaching staff and 3 external collaborators-young scientists)

Previous research participations:

Visiting Scientist. Medical Research Council (M.R.C.) London. Supported by the European Programme: Human Capital and Mobility. (1994 – Sept 96) INSTITUTIONAL contract no ERBCHGE-CT93-0020.

European Programme: Human Capital and Mobility. (1994 – Sept 96). Medical Research Council (M.R.C.), London. Funded participation as Visiting Scientist.

Projects in the framework of EPEAEK Program for Education and Primary Vocational Training (EPEAEK) – 2nd and 3rd CSF, Archimedes II and Archimedes III – Strengthening research teams in TEI (E.E.O.T.): Funded participation as scientist

Projects in the framework of EPEAEK Program for Education and Primary Vocational Training (EPEAEK) – 2nd and 3rd CSF, Strengthening research teams in TEI (E.E.O.T.): Funded participation as technical and scientific support concerning TEI Lamias evaluation report, Academic Library, Study guides development, Carrier Office.

International partnerships developing ERASMUS- CDA -1 European Masters in Physiotherapy. (INSTITUTIONAL CONTRACT No28319-IC-1-99-IE-ERASMUS-CDA-1 European Masters in Physiotherapy, 1999-2004): Funded participation as scientist

Collaboration with the University of Manchester, Division of Epidemiology and Health Sciences, UK to doctoral level Split Site Medicine Programme (2007).

Scientific responsible of the TEI Stereas on 7th Framework Programme (ProFouND). ICT-PSP Call 6: Objective 3.4 Thematic Network ProFouND Prevention of Falls Network for Dissemination (2013-2016)

LEAR (Legal Entity Appointed Representative) of Hellenic Scientific Physiotherapy Society in the URF database of the 7th Framework Programme (2012-13).

1st and 2nd phase, (2016-17, 2017-18) Grant from National participation in European framework programmes, Greek Min of Education (ΥΠΕΘ) / GSRT (ITET), ProFouND – CIP Thematic Network with cod. No FP7 325087 Funded participation as Scientific responsible of the TEI Lamias/TEI Stereas Elladas

7th Framework Programme (ProFouND). ICT-PSP Call 6: Objective 3.4 Thematic Network ProFouND Prevention of Falls Network for Dissemination (2013-2016) : Funded participation as Scientific responsible of the TEI Lamias/TEI Stereas Elladas

5th Framework Programme European Commission (ProFaNE) thematic network, Key Action #6 (The Ageing Population and their Disabilities), Quality of Life and Management of Living Resources Programme, European Commission (QLRT-2001-02705). Participation as collaborators.

'Collaboration 2011' project titled 'Fuel consumption reduction in marine power systems through innovative energy recovery' (2013) proposal submitted and approved during my term as a Director or Center of Technological Research of Central Greece (K.T.E)

PUBLICATIONS:

International scientific journals (*SCOPUS*) *h-index:10*. Other Greek scientific journals. Presentations of original papers in international refereed conferences. Full papers and abstracts published in Conference proceedings. Numerous conference invited presentations. Chaired sessions. Presidency of organizational and, scientific conferences committees. Workshops. Rapporteur of courses for Hellenic Scientific Society of Physiotherapy and the Cyprus Association of Physiotherapy.

Other Writings: Notes of the physiotherapy department TEI of Lamia, Study guides, Tourism Department, TEI Lamias. Training Guide I.E.K. Notes for teaching needs in vocational training Institute (KEK), Brochures of General Hospital of Lamia.

Scientific work citations SCOPUS (*over 350 Citations*)

Books

Sakellari V., Gogou V. Therapeutic Massage Techniques, Parisianou Editions, Athens 2004. ISBN: 9603942987

Sakellari V. Chapter titled: Sports Massage in Fousekis K. book titled: Applied Physiotherapy. November 2014 Paschalidis Editions. ISBN: 9789963716715

Thesis

PhD thesis: ' The results of sensory stimuli and hyperventilation on human balance '. Institute of Neurology. Supervisor A.M. Bronstein. University of London, 1996

MSc thesis: Access and egress from chairs as a function of their design and the age of user. Supervisor D.W. Grieve. University College, London, 1993
BSc thesis. Evaluation of total knee replacement results on knee osteoarthritis with isokinetic dynamometer. Supervisor S. Poulis. TEI of Athens. Physiotherapy Department.

Original publications in international scientific journals SCOPUS

1. Spinal mobilization vs conventional physiotherapy in the management of chronic low back pain due to spinal disk degeneration: a randomized controlled trial. Krekoukias, G., Gelalis, I.D., Xenakis, T., Gifotsos, G., Dimitriadis, Z., Sakellari, V. *Journal of Manual and Manipulative Therapy* 25 (2), pp.66 , 2017 <https://doi.org/10.1080/10669817.2016.1184435>
2. 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. Gifotsos, G., Arvanitidis, M., Tsimouris, D., Kanellopoulos, A., Paras, G., Trigkas, P., Sakellari, V. *Journal of Physical Therapy Science* 28 (7), pp.2114, 2016 <https://doi.org/10.1589/jpts.28.2114>
3. Physiotherapy: Current tendencies and perspectives. *Epitheorese Klinikes Farmakologias kai Farmakokinetikes*. Sakellari, V. 2013
4. Letter from the guest editor. *Epitheorese Klinikes Farmakologias kai Farmakokinetikes*. Sakellari, V. 2013
5. Human balance and vestibular compensation. Sakellari, V. *Epitheorese Klinikes Farmakologias Kai Farmakokinetikes*, 31(1), 9-18, 2013
6. Cross-cultural validation of the Falls Efficacy Scale International (FES-I) in Greek community-dwelling older adults. Billis, E., Strimpakos, N., Kapreli, E., Sakellari, V., Skelton, D.A., Dontas, I., Ioannou, F., Filon, G., Gifotsos, G. *Disability and Rehabilitation*, (19-20) 1776-1784, 2011. <https://doi.org/10.3109/09638288.2010.546937>
7. Cervical joint position sense: an intra- and inter-examiner reliability study. Strimpakos, N., Sakellari, V., Gifotsos, G., Kapreli, E., Oldham, J. *Gait and Posture*, 23(1):22-31, 2006. <https://doi.org/10.1016/j.gaitpost.2004.11.010>
8. Evaluation of the Educational Process at the Technological Educational Institute of Lamia Physiotherapy Department - Implications from the Change in Teachers' Employment Qualifications. Sakellari, V., Saritzoglou, M., Gifotsos, G., Sakellaris, K. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition* 19:127-138, 2005.
9. Cervical spine ROM measurements: Optimizing the testing protocol by using a 3D ultrasound-based motion analysis system. Strimpakos, N., Sakellari, V., Gifotsos, G., Papatthanasiou, M., Brontios, E., Kelekis, D., Kapreli, E., Oldham . *Cephalalgia*, 25(12):1133-45, 2005. <https://doi.org/10.1111/j.1468-2982.2005.00970.x>
10. Therapeutic Exercise and Parkinsons Disease. Sakellari, V., Iatridou, G., Gializi, A., Pourtzooglou, D., Gifotsos, G., Kiriakakis, V. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition* 19:69-76, 2005.
11. Intra- and inter-tester reliability of neck isometric dynamometry. Strimpakos N., Sakellari V., Gifotsos G., Oldham J.A. *Archives of Physical Medicine and Rehabilitation*, 85 (8); 1309-1316, 2004. <https://doi.org/10.1016/j.apmr.2003.08.104>
- 12., V. Parkinson's Disease: Medical and Physical Therapy, a descriptive study of 38 patients. Sakellari, V., Fotiadou, S., Gifotsos, G., Tsiftsis, N., Kiriakakis. *Review of Clinical Pharmacology and Pharmacokinetics, International Edition*, 16:171-178, 2002.
13. Influence of motion parallax in the control of spontaneous body sway. Guerraz, M., Sakellari, V., Burchill, P., Bronstein, A.M.. *Experimental Brain Research* 131:244-252, 2000 <https://doi.org/10.1007/s002219900307>
14. The effects of hyperventilation on postural control mechanisms. Sakellari, V., Bronstein, A.M., Corna, S., Hammon, C.A., Jones, S., Wolsley, C.J.. *Brain*, 120:1659-1673, 1997. <https://doi.org/10.1093/brain/120.9.1659>
15. Hyperventilation Effect on Postural Sway. Sakellari, V., Bronstein, A.M.. *Archives of Physical Medicine and Rehabilitation*, 78:730-736, 1997. <https://linkinghub.elsevier.com/retrieve/pii/S0003999397900812>
16. The effect of eye/head deviation and visual conflict on visually evoked postural responses. Wolsley, C.J., Buckwell, D., Sakellari, V., Bronstein, A.M. *Brain Research Bulletin*, 40(5/6):437-442, 1996. [https://doi.org/10.1016/0361-9230\(96\)00139-6](https://doi.org/10.1016/0361-9230(96)00139-6)
17. Reorientation of visually evoked postural responses by changing eye and head angular position: A function of ocular and cervical proprioceptors? Wolsley, C., Sakellari, V., Bronstein, A.M.. *Experimental Brain Research* 111:283-288, 1996. <https://doi.org/10.1007/BF00227305>
18. Auditory and Visual Influences on Postural Stabilisation. Sakellari, V., Soames, R.W.. *Ergonomics*, 39(4):634-648, 1996. <https://doi.org/10.1080/00140139608964486>