

Angeliki Vervainioti

Curriculum Vitae

PERSONAL DETAILS

Address: 199, St. Ann's Hill, London, SW18 2RX, United Kingdom
Date of Birth: 13/12/1985
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Email: vervainioti.angie@gmail.com
Nationality: British & Greek

ACADEMIC QUALIFICATIONS

European Certified Hand Therapist	Nov 2021
European Federation Societies of Hand Therapy	
Qualified Hand Therapist - Greece	Feb 2016
Hellenic Scientific Society of Physiotherapy (EFSHT/ISFHT member)	
MDT McKenzie Credentialed Therapist	Nov 2014
The McKenzie institute Hellas - Cyprus	
MSc Stress Management & Health Promotion	Nov 2011
University of Athens - Medical School	
BSc Physiotherapy	Jun 2009
Athens Technological Educational Institute	

PROFESSIONAL REGISTRATIONS

UK	Health Professionals Council in the United Kingdom	Member since 2016
	British Association of Hand Therapy	Member since 2016
	Chartered Society of Physiotherapy	Member since 2016
GR	Panhellenic Physiotherapists' Association	Member since 2008
	Hellenic Scientific Society of Physiotherapy	Member since 2011

AWARDS

Best delegate – European Federation of Hand Therapy	2023
Hand Therapy achievement award – St. Georges Hospital H.T. Team	2021

TEACHING EXPERIENCE

- **St. George's University London** Mar 2021
SCHOOL OF PHYSIOTHERAPY
Introduction to Hand Therapy (theoretical and practical)
- **Chaidari Institute of Professional Qualification** Sept 2012-Feb 2013
PHYSIOTHERAPY ASSISTANTS, LECTURER
-Theoretical part of Exercise: safety and action part 1 2 hours/week 28 total hours
- **Peristeri Institute of Professional Qualification** Sept 2012-Feb 2013
PHYSIOTHERAPY ASSISTANTS, LECTURER
-Theoretical part of Exercise: safety and action part 2 2 hours/week 28 total hours
-Practical part of Exercise: safety and action part 2 4 hours/week 52 total hours

WORK EXPERIENCE

- **Hellenic Scientific Association of Physiotherapy** Oct 2022 – Current
HAND THERAPY EDUCATIONAL PROGRAM DIRECTOR
- renewal of educational programme for hand therapists
- finance control
- 10.000€ profit for association within first 6 months
- 22 new members within first 6 months
- delivering teaching sessions
- **St. George's University Hospitals, London** Sept 2019 – Oct 2022
HIGHLY SPECIALIST HAND THERAPIST
- reviewing and updating clinical guidelines
- liaising with nursing team for wound care
- collaborating with hand plastics consultants
- covering hand trauma and post-op clinics
- responsible for running a wrist class
- prioritising and manage patients' referrals
- supervising band 6 therapists and students
- participating in the planning, evaluation and audit of practice
- **HCA at the Shard, London** Sept 2017 – Aug 2019
PART-TIME HAND THERAPIST
- providing specialist hand assessment and treatment
- working as autonomous practitioner
- treating orthopaedic, plastic, rheumatoid and chronic pain hand conditions
- **King's College Hospital, London** Jan 2017 – Aug 2019
SENIOR HAND THERAPIST

- providing specialist hand assessment and treatment
- managing orthopaedic and elective caseload with focus in wrist rehabilitation
- developing 2nd site of department and work as a single therapist
- managing wound care for hand therapy patients
- prioritising and manage patients' referrals
- covering fracture clinic
- ordering, receiving and maintaining stock

● **Central Surrey Health, Epsom**

Apr 2016 – Jan 2017

SENIOR HAND THERAPIST

- fabricating static and dynamic splints
- providing formal supervision to nominated staff members and students.
- screening, prioritization and allocation of referrals
- managing the clinical area/team in the absence of the team leader
- participating in data collection for clinical audit and departmental research

● **Palladion, Rehabilitation Clinic, Tripoli**

Apr 2013 – Jan 2016

PHYSIOTHERAPIST/ HAND THERAPIST

- treating inpatient and outpatient MSK and Hand Therapy conditions
- training new colleagues
- attending multi-disciplinary team meetings
- organizing the week therapies schedule for every physiotherapist
- ordering supplies and equipment for all therapeutic departments

● **Arcos, Rehabilitation Center, Athens**

Dec 2011 – Feb 2013

MSK PHYSIOTHERAPIST / HAND THERAPIST

- outpatient care of MSK and Hand Therapy
- therapeutic exercise programs for groups and individuals
- specialist user or laser HERO 3.0 of Hilterapia technique

● **Doctors of the World, Athens**

Mar 2011 – Dec 2011

PHYSIOTHERAPIST – Charity work

- providing full physiotherapy assessments for outpatients in immigrants, uninsured, needy and homeless
- defining treatment needs and carrying out this treatment for own caseload
- maintaining clinical records in weekly basis

● **Physiopolis Rehabilitation, Athens**

April 2009 – Mar 2011

JUNIOR HAND THERAPIST

- outpatient for Hand therapy
- application of kinesiotherapy, exercises, paraffin therapy & therapeutic massage
- autonomous practitioner assessing patients
- hydrotherapy services

KEY SKILLS AND COMPETENCIES

Publications:

- Vervainioti, A., & Alexopoulos, E. C. (2015). Job-related stressors of classical instrumental musicians: a systematic qualitative review. *Medical problems of performing artists*, 30(4), 197-202.
<https://doi.org/10.21091/mppa.2015.4037>
- Vervainioti, A. (2014). Nd: YAG laser in the management of low back pain. *Energy for Health*, 12, 16-21.
https://www.asalaser.com/sites/default/files/ricerca/documenti/e4h12_ndyag_laser_low_back_pain.pdf
- Vervainioti, A. (2013). The effects of stress in WRMD's and particular professional groups. *Review of clinical pharmacology & pharmacokinetics (Greek version)*, 31(3): 258-265. (in Greek language)
<https://www.researchgate.net/publication/285524780>
- Artemiadis, A. K., Vervainioti, A. A., Alexopoulos, E. C., Rombos, A., Anagnostouli, M. C., & Darviri, C. (2012). Stress management and multiple sclerosis: a randomized controlled trial. *Archives of Clinical Neuropsychology*, 27(4), 406-416. <https://doi.org/10.1093/arclin/acs039>
- Papandreou, M., & Vervainioti, A. (2010). Work-related musculoskeletal disorders among percussionists in Greece: a pilot study. *Medical Problems of Performing Artists*, 25(3), 116-119.
<https://doi.org/10.21091/mppa.2010.3024>

Conference talks:

- FESHT – EFSHT conference 2023, “Efficiency of Telephone Consultations in a Hand Therapy Clinic: A Retrospective Study”, Rimini IT, 2023
- FESHT – EFSHT conference 2023, “The journey of a certified ECHT. Reflections on challenges, achievements and growth”, Rimini IT, 2023
- 27th Microhand conference, “Comparison of Protocols for hand flexor tendon rehabilitation”, Thessaloniki GR, 2022
- 35th conference of Hellenic Scientific Society of Physiotherapy, “Camptodactyly in pediatric presentations”, Athens GR, 2021
- 26th Microhand conference “Hand Therapy rehabilitation after a Zone III full house flexor repair - a case study”, Syros GR, 2021.
- 26th Microhand conference “The effect of physiotherapy in the function, of urban elderly population, with peripheral limb dysfunctions”, Syros GR, 2021.
- 26th Microhand conference “Postoperative rehabilitation of the scapho-lunate ligament. Current approach and proposal of clinical guidelines ”, Poster presentation, Syros GR, 2021.
- 34th conference of Hellenic Scientific Society of Physiotherapy, “A hand therapy approach in scapholunate instability”, Athens GR, 2020
- 29th conference of Hellenic Scientific Society of Physiotherapy, “Treatment principles in Musician’s Hand”, Athens GR, 2015
- 22nd Panhellenic Physiotherapy Conference “The effects of stress in WRMD's and specific professional groups”, Poster presentation, Athens, GR, 2012
- 2nd Days of percussion festival, “Musician’s stress”, Patra, GR, 2012
- 1st Days of percussion festival, “Overuse syndromes on musician’s hands”, Patra, GR 2011

- 3rd International congress for musician's medicine, "Musculoskeletal disorders of percussionists: a pilot study", Thessaloniki, GR, 2010
- 4th Interdepartmental Scientific congress of Physiotherapy, "Work-related musculoskeletal disorders among percussionists", Aigio, GR, 2009

Lectures and teaching provided:

- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Introduction to splinting for hand therapy", Athens, GR, 2023.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Introduction to hand therapy", Athens, GR, 2022.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Types of Fixations of the hand and the therapist's approach", Virtual, 2021.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Radiographic imaging of the Hand", Virtual, 2020.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Rehabilitation of Hand Extensor Tendon Repairs", Virtual, 2020.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Rehabilitation of Hand Flexor Tendon Repairs", Virtual, 2020.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Functional anatomy, assessment and muscle testing of the hand", Virtual, 2020.
- Hand Therapy section, Hellenic Scientific Society of Physiotherapy "Assessment and rehabilitation of Hand Fractures", Athens, GR, 2020.
- Orthopaedic and Trauma course for emergency medicine "Hand splinting application session", Romford, UK, 2019
- Orthopaedic and Trauma course for emergency medicine "Hand splinting application session", Romford UK, 2018

Courses/seminars attended:

- Acupuncture in Physiotherapy, AACP, London, UK, 2021
- Emerging Leaders Programme, St. George's Hospital, London, UK, 2021
- Radiological protection for non-medical referrers, RPC, London, UK, 2020
- Hands-on Dissection course, Hand Academy, Amsterdam, NL, 2018
- BAHT level 2 – Radiographic Imaging of the Hand, Pulvertaft centre, Derby, UK, 2018
- BAHT level 2 – Fractures, NES Hand Therapy, London, UK, 2018
- Foundation and core trainee orthopaedic teaching. King's College Hospital, London, UK, 2017
- Oxford University - Strengthening and Stretching for Rheumatoid Arthritis of the Hand (i-SARAH) exercise program, Virtual, 2017
- BAHT level 1 – Hand Therapy introduction, NES Hand Therapy, London, UK, 2017

- The essentials of External Fixators, RNOH, London, UK, 2016
- Physiotherapy management of spinal cord injuries, Lisa Harvey, Virtual, 2014
- Mechanical diagnosis and therapy, parts A, B, C, D & E, McKenzie institute, Athens, GR, 2014
- Musician's Hand, Athens, HSSPT, GR, 2013

Other skills:

Greek Federation of Winter Sports

Dec 2014 – Present

- Technical Delegate for Alpine skiing
- Fully qualified for the Greek championship