

CURRICULUM VITAE

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1. EDUCATION

- **Master's Degree:** MSc Advanced Manipulative Physiotherapy, Department of physiotherapy, University of Birmingham, UK. Thesis: "Vibration Perception Thresholds in the Upper Limb, in Individuals Who Have Previously Experienced a Whiplash Injury and Others Who Have Not." Original project. 2007-2009
- **BSc Physiotherapy:** Department of Physiotherapy, A.T.E.I Athens, Greece. 200-2005
- **Post graduate seminars:**
 1. Kinesio Taping Asociason – Basic course
 2. Kinesio Taping Asociason – KT Advance course
 3. Introduction to Musculoskeletal Radiology for Senior Physiotherapists/ New ESPs at the University of COVENTRY, UK
 4. Sports and Exercise Performance - module attendance at the University of BIRMINGHAM, UK
 5. Advanced Manipulative Physiotherapy 1: Lower Quadrant - module attendance at the University of BIRMINGHAM, UK
 6. Advanced Manipulative Physiotherapy 2: Upper Quadrant - module attendance at the University of BIRMINGHAM, UK
 7. Postgraduate course in Muscle Energy Techniques (MET) by Leon Chaitow
 8. Acupuncture training solutions. Foundation in Acupuncture by Dr Panos Barlas
 9. Postgraduate course in The Shoulder by Dr. Jeremy Lewis
 10. Postgraduate course in Combined Movement Theory – Manipulation of the Cevical, Thoracic and Lumbar Spine by Dr. Christopher McCarthy, London
 11. Postgraduate course in Tendinopathies by Dr. Jill Cook PhD
 12. Explain Pain interactive seminar in London by David Butler
 13. Clinical workshop in Cognitive fuctional therapy for the targeted management of disabling low back pain by Prof Peter O'Sullivan in London
 14. Advanced Acupuncture Course - trigger points by Dr. Panos Barlas, London

15. Online Clinical Mentors Training Course by Musculoskeletal Association of Chartered Physiotherapy (MACP). The only approved course for mentorship.
16. Neurodynamics Solutions in the lower Quarter course with Michael Shacklock in University College Hospital, London

2. RESEARCH WORK

2.1 Publication

- Rushton A., Wright C., Kontakiotis N., Mystrakis A., Frydas D., Heneghan N., Discriminative validity of sensory evaluation in a whiplash-associated disorder II population. International Journal of Therapy and Rehabilitation, October 2014, Vol 21, No 10
- Discrimination of sciatica problems based on clinical assessment tools (poster power point presentation in 5th European Congress of the European Region WCPT 2020).

2.2 Citations

<https://scholar.google.com/citations?user=G9EdUpkAAAAJ&hl=en>

2.3 Oral presentations conferences

- Oral presentation in the 1st PanCyprus postgraduate meeting of the Cyprus Orthopaedic institute of Manual Therapy. June 2019, Nicosia, Cyprus

3. Academic Experience

- Teaching practical lectures of Biomechanics and Kinesiology 1 and 2 in the department of physiotherapy in the University of West Attica, within my PhD studies.
- Instructor in the postgraduate diploma in Manual Therapy in the Cyprus Institute of Orthopaedic Manual Therapy, the only full registered member of IFOMPT (International Federation of Orthopaedic Manipulative Therapists) in Cyprus.
- Lecturer in the department of Physiotherapy in the University of Nicosia, Cyprus.
- MACP Mentor in physiotherapy students from all over the world in their clinical placement during their Bachelor or Master's degree.

4. WORK EXPERIENCE

January 2009- until today: Private Physiotherapy Clinic, Owner of the clinic, Athens Physio Clinic

June- september 2008: Cardiff Hospital UK, manual therapist

May 2007 – August 2007: Private Physiotherapy Clinic (Petropoulou Georgia, Full Time physiotherapist

July 2006 – May 2007: Military Hospital of Samos, Full Time physiotherapist

October 2005 – May 2006: Private Physiotherapy Clinic (Mpaschalis Simeon), Full time Physiotherapist

September 2005 – May 2006: Dafni Basketball Team, Full time physiotherapist