



**EFFIMIA – MIMI MARCELLOU PT., MSc., PhD candidate**  
Advanced Physiotherapist

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**Education**

1992-1996 Master's degree (MSc.) in Physiotherapy, Long Island University, New York.  
1987-1991 Undergraduate studies (BSc) in Physiotherapy, New York University, New York.

**Employment**

03/1998 – present **Executive Director.** Physiotherapeutic Practice Ltd., Athens.  
07/2012- 07/2018 **Scientific associate.** S.C.A. Greece (TENA & LIBERO) Pelvic Floor Muscle Training in Incontinence.  
01/2003-09/2004 **Operations Manager**-Medical Services (Operations Manager-Medical Services). Organising Committee of the 2004 Olympic Games ATHENS 2004.  
05/2000 - 08/2012 **Head Physiotherapist.** Men's Basketball Team A2 Category "Athletic Union of Psychiko".  
02/1997 – 12/2002 **Physiotherapy Consultant.** New York Sports and Spine Complex, New York.  
11/1995 – 02/1997 **Partner and Executive Director.** Hands-on Physical Therapy, New York.  
01/1991 – 03/1994 **Member of the Senior Orthopedic Staff,** Beth Israel Medical Center, New York. Responsible for pre-season physicals for the New York Knicks basketball team.

**Teaching experience**

11/1995 - 12/1996 **Part-time Lecturer,** Mercy College, New York. Introductory lectures to entry-level Master's level students.  
09/1992 - 12/1996 **Clinical Instructor,** Hands On Physical Therapy & Beth Israel Medical Center.  
05/1992 - 10/1995 **Part-time Lecturer,** New York University, New York. Introductory lectures to undergraduate students.

**Clinical Exercise and Clinical Practice**

05/1991 -07/1991 Beth Israel Medical Center, New York.  
10/1990 - 11/1990 Sports and Spine Institute, New York.  
01/1990 - 02/1990 Maimonides Hospital, Brooklyn, New York.

## Organization & Coordination

- 11/2020 **Organization and coordination of an online interdisciplinary workshop** on: "Women at the centre of treatment. Breast cancer in the era of personalised medicine'. One size doesn't fit all. Europa Donna Hellas.
- 11/2018 **Executive Director of hosting** a training seminar on the topic: "Physiotherapeutic Evaluation and Management of Urinary Dysfunction in Women". POGP - Chartered Society of Physiotherapy UK.
- 09/2017 **Regional Section Chair and Project Officer**. World Physiotherapy Day. Panhellenic Physiotherapists' Association. Regional Section of Attica. Zappeion Hall.
- 06/2017 **Executive Director of hosting and Moderator**. Two-day workshop: "The Amateur Athlete - Interdisciplinary Approach". 1st Combined Scientific Sections Conference. Sports Physiotherapy Section & Cardiovascular and Respiratory Physiotherapy Sections. Panhellenic Physiotherapists' Association.
- 03/2017 **Head of Physiotherapy Volunteer Team**. Track & Field Federation SEGAS event Half Marathon. Athens, Greece.
- 12/2016 **Scientific Committee Chair** - 24th Scientific Conference of the Panhellenic Physiotherapists' Association. Main conference theme: "Restart. International Guidelines. A modern interdisciplinary approach".
- 11/2016 **Head of Physiotherapy Volunteer Team**. Track & Field Federation SEGAS event 34th Authentic Athens Marathon. Athens, Greece.
- 05/2016 **Roundtable Moderator**: "Sports Injuries. Prevention Rehabilitation-Return to Sport". 1st Scientific Conference Sport Physiotherapy Section - Panhellenic Physiotherapists' Association.
- 11/2015 **Head of Physiotherapy Volunteer Team**. Track & Field Federation SEGAS event 33rd Authentic Athens Marathon. Athens, Greece.
- 2011 **Mission Head** - National Beach Volleyball team. Deaf Olympic Games. Sofia, Bulgaria.

## Physiotherapy in Women's Health and Pelvic Floor Dysfunctions

### Training - Organisation & Coordination of Seminars

- 04/2021 **Instructor**. Introductory Lecture. Clinical Pilates Program. Continuing Education Centre, University of West Attica.
- 04/2021 **Lecturer**. Introductory lecture on "Functional Anatomy" and "Pelvic Floor Function & Dysfunction". Educational webinar to student participants of the Musculoskeletal Assessment course. University of West Attica. (P.A.D.A.).

### Conference & Poster Announcements

- 04/2018 "The influence of the Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. **Marcellou M.**, Grimas G., Arvanitakis Emmi. Conference announcement at the 32nd Annual Congress of the Hellenic Scientific Society Physiotherapy.
- 10/2017 "The influence of the Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. **Marcellou M.**, Grimas G., Arvanitakis Emmi. E-poster announcement at the 73rd Annual Conference of Orthopedic Surgery and Traumatology, Hilton Hotel, Athens (EEXOT 2017)
- 09/2017 "The influence of Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. **Marcellou M.**, Grimas G., Arvanitakis Emmi. Annual Pediatric-Podiatric Conference.

## Lifelong Learning Special Skills in the area of Physiotherapy in Women's Health and Pelvic Floor Dysfunction

- 10/2021 «**Breathing and the Diaphragm: Orthopedic Therapists**» - Remote Course – Instructors: Aparna Rajagopal and Leeann Taptich. Herman & Wallace, USA
- 01/2017 «**Advanced Course in Manual Therapy for the Pelvic Floor**», Macclesfield UK. Instructor Maeve Whelan MSc., SMISCP
- 06/2016 «**Physiotherapy assessment and management of female urinary dysfunction**», Chertsey UK, by the “Pelvic Obstetric & Gynecological Physiotherapy professional network of the “Chartered Society of Physiotherapy” UK.
- 03/2012 «**Core Wellness & Pelvicore** - Ενδυνάμωση των μυών του πυελικού εδάφους», Professor Kari Bo, Athens Greece.

#### **Program co-founder**

##### **Physiotherapy in Women's Health and Pelvic Floor Dysfunction**

- 05/2015 Co-founder of the Pelvic Floor Dysfunction Physiotherapy Program for Women and Men, "**Pelvic Floor Act**". Pelvic floor physiotherapy for women and men.
- 05/2003 Co-founder of the Gynaecological / Obstetric Physiotherapy Program, **M.A.M.A.** (Maternal Hugs With Principles).

#### **Scholarships**

- 1992 - 1995 Beth Israel Medical Center. New York. Full tuition coverage for graduate studies (Master's degree).

#### **Awards and prizes**

- 2004 Honorary Diploma. Contributing Member of Medical Services Group. Organising Committee of the 2004 Athens 2004 Olympic Games.
- 1980-1985 Member of the Greek National Basketball Team, Youth and Women's teams.

#### **Other Properties**

- 12/2019 **International Representative** of Europa Donna Hellas in the European Parliament. Speaker on 'Pelvic floor health. Reconnect with your pelvic floor'. European Parliament. Seminar on "Transforming Breast Cancer Together. Woman in the center of society. "Gender in health: challenges for a healthier future for women in Europe" Day event on Feminine health.
- 10/2019 **International Representative** at the European Conference Europa Donna-The European Breast Cancer Coalition. Vienna, Austria.
- 11/2018 **Member of the national delegation** of the European scientific forum for the development of the European Breast Cancer European European scientific network for the development of advocacy skills and communication strategy for breast cancer actions.
- 2018 - present **Vice President** Europa Donna Hellas the Greek forum of the European Breast Cancer Coalition. Advocacy actions for breast cancer.
- 03/2017 - 11/2017 **President** of the Regional Section of Attica. Panhellenic Physiotherapists' Association (PPTA).
- 04/2016 **National Representative** of the PPTA to the Ministry of Tourism Development on issues of Physiotherapy and Medical Tourism.
- 2011 - 2018 **General Assembly Delegate.** PPTA
- 2016 - 2017 **Chair** - Sports Physiotherapy Section. PPTA
- 2015 - 2017 **Member of the Board** of Directors of the Regional Department of Attica, PPTA.
- 2014 - 2016 **Secretary General** Sports Physiotherapy Section. PPTA
- 2014 **President** of the Scientific Committee of the 24th PPTA Conference
- 2014 - 2016 **Member** of the PPTA Supreme Scientific Council.

2013                    **Member** of the Scientific Committee of the 23rd PPTA Annual Conference  
2011-2014           **Vice President.** Panhellenic Association of Professional Physiotherapists (P.E.E.F.)  
2009 - present      **Member of the Board.** Europa Donna Hellas

**Member**

2021                    International Continence Society  
1997 - present      Panhellenic Association of Physiotherapists  
1992 - 2017         American Physical Therapy Association.

**Additional Skills**

- Sports Physiotherapy
- Organisation and Management of Physiotherapy Centres, Greece-America  
Organisation of Scientific Conferences, Seminars and Seminars.
- Podiatric Analysis & Soft Orthotic Pellets Manufacturing. Biomedical Acupuncture.

**Languages**

- Greek
- Fluency in English.

**Professional licence**

1991 - present      Physical Therapy, New York State  
1996 - present      Equivalent professional license in Greece