

Curriculum Vitae



Katerina Sivrika joined the research group as a PhD candidate in July 2022. Katerina studied Physiotherapy at TEI of Athens and holds a master's degree in Sports Physiotherapy from the European University of Cyprus. Her doctoral research is on the role of Pilates exercises in the rehabilitation of Achilles tendinopathy.

Katerina has been practicing in the private sector for more than 20 years, running her own office in the center of Athens. In parallel, she has continued her professional development with Clinical Pilates courses (2008-14), Myofascial release technique courses (2014), Pilates Mat and equipment (2015-16), Orthopaedic and Musculoskeletal therapy courses (2014-15). Her clinical and research interest is on the prevention, management and rehabilitation of the musculoskeletal disorders through corrective exercise and especially through the Clinical Pilates procedure.

For the last 3 years, she has also been actively involved – as Vice Chairman – in a non-profit association aiming to raise awareness of the wider community and to contribute to the prevention of musculoskeletal diseases through the collaboration with other organizations, scientific societies, academic institutions and governmental bodies.