Short CV

Eleftherios Paraskevopoulos is a qualified physiotherapist and a member of the Panhellenic Association of Physiotherapists (PSF). He holds a Master of Science degree from the Department of Physical Education and Sports Science of the University of Thessaly, specializing in clinical biomechanics. He has completed seminars in Manual Therapy where he has received the title of Orthopaedic Manual Therapist (OMT) with recognition from the World Federation of Manual Therapy (International Federation of Orthopedic Manipulative Physical Therapists-IFOMPT). He completed his PhD in 2022 at the Department of Physiotherapy of the University of West Attica researching the effects of mirror cross exercise in volleyball athletes with scapular dyskinesis. Since then, he has been working at the Physiotherapy Department of the University of Peloponnese through the ESPA program titled "Acquisition of Academic Experience for young scientists with PhD''.

His main research interests focus on the rehabilitation of shoulder dysfunctions in professional volleyball players. At the same time, he participates in the organization of training seminars related to Myofascial Release, of the National and Kapodistrian University of Athens, with Associate Professor Dr. Maria Papandreou.

He has worked for a number of years in Britain and Greece as a Physiotherapist specializing in sports physiotherapy in the public and private sector. He has been Physiotherapist of the Greek National Rowing Team (Men-Women) for a number of years.

From January 2023, he continued his research activity by starting a post-doctoral research on "Prevention of injuries to the shoulder girdle in overhead athletes: Diagnostic value of the field test Arm Care Screen Test (ACS)" in order to design a program that can identify overhead athletes who are at increased risk of shoulder girdle injury.

Google Scholar: https://scholar.google.com/citations?user=V0lyI_8AAAAJ&hl=el&oi=ao

Research Gate: https://www.researchgate.net/profile/Eleftherios-Paraskevopoulos-3?ev=hdr_xprf