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Ημερομηνία γέννησης 17/06/1981 | Εθνικότητα Ελληνική

## ΕΚΠΑΙΔΕΥΣΗ ΚΑΙ ΚΑΤΑΡΤΙΣΗ

01/10/2022-σήμερα

Μεταδιδακτορικός ερευνητής Τμήματος Φυσικοθεραπείας ΠΑΔΑ

01/02/2019-30/03/2022

Διδάκτωρ (PhD) Τμήματος Φυσικοθεραπείας ΠΑΔΑ

Άριστα

01/10/2015–31/10/2018

MSc in Hand Therapy ΕΠΠ επίπεδο 7

University of Derby, Derby (Μεγάλη Βρετανία)

Merit

12/09/2008–01/10/2010

MSc In Advanced Manipulative Physiotherapy ΕΠΠ επίπεδο 7

University of Birmingham, Birmingham (Μεγάλη Βρετανία)

Merit

01/02/2002–01/05/2006

Πτυχίο Φυσικοθεραπείας

ΑΤΕΙ Θεσσαλονίκης, Θεσσαλονίκη (Ελλάδα)

Βαθμός Πτυχίου Άριστα (8,65)

01/09/2011–08/09/2011

Foundation Acupuncture Course Instructor: Dr Chris Norris, Αθήνα (Ελλάδα)

01/06/2009–Σήμερα Member of Musculoskeletal Association of Chartered

Physiotherapists (MACP)  
Birmingham (Μεγάλη Βρετανία)

06/06/2006–01/02/2007

Βασικά Σεμινάρια Manual Therapy

Kalterborn- Enjent Concept Σύλλογος Χειροθεραπευτών Βορείου Ελλάδος,  
Θεσσαλονίκη  
(Ελλάδα)

## **ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΕΜΠΕΙΡΙΑ:**

22/02/2023- Σήμερα

Εντεταλμένος Διδάσκων Τμήμα Φυσικοθεραπείας, Πανεπιστήμιο Πατρών  
**Μυοσκελετική Φυσικοθεραπεία , Φυσικοθεραπεία σε ειδικούς  
πληθυσμούς**

01/10/2010–Σήμερα

Φυσικοθεραπευτής- Υπεύθυνος Εργαστηρίου

Physio- Kifisia, Θεόδωρου Δηληγιάννη 44, 14562 Κηφισιά (Ελλάδα)  
physio-kifisia.gr

01/09/2012–Σήμερα

Εκπαιδευτής, Υπεύθυνος Εκπαιδευτικού προγράμματος

Hellenic OMT Diploma

Αντιφίλου 24, 15771 Αθήνα (Ελλάδα)

[www.homdt.gr](http://www.homdt.gr)

Manual Therapy Instructor

2/10/2010–01/07/2013

Programme Leader- Lecturer

BSc Physical Therapy Attico College (in collaboration with University of  
Plymouth, UK),  
Αθήνα (Ελλάδα)

01/01/2011–01/01/2012

Φυσικοθεραπευτής Εθνικής ομάδας Ποδηλασίας

Ελληνική Ομοσπονδία Ποδηλασίας (ΕΟΠ)

Λεωφόρος Σπύρου Λούη ΟΑΚΑ, Αθήνα (Ελλάδα)

01/05/2009–01/07/2009

Εξειδικευμένος Μυοσκελετικός Φυσικοθεραπευτής

Physiotherapy Clinic Solihull, Birmingham/ NHS TRUST Physiotherapy Clinic  
Derby Royal

Hospital/ NHS TRUST, Birmingham (Αγγλία)

01/01/2008–01/09/2008

Φυσικοθεραπευτής (μυοσκελετικά)

Osteo- Physio Lab Γουδέβενος Γεώργιος, Αθήνα (Ελλάδα)

01/02/2007–01/01/2008 Φυσικοθεραπευτής- Νοσοκόμος  
Στρατιωτική Θητεία, 296 ΣΝ Αλεξανδρούπολης, 401 ΣΝ Αθηνών,  
Αλεξανδρούπολη- Αθήνα  
(Ελλάδα)

01/10/2004–01/12/2006  
Φυσικοθεραπευτής (μυοσκελετικά)  
Φυσικοθεραπευτήριο Κούτρας Γεώργιος Phd, MSc, Θεσσαλονίκη (Ελλάδα)

## ΑΤΟΜΙΚΕΣ ΔΕΞΙΟΤΗΤΕΣ

Μητρική(ές) γλώσσα(ες) Ελληνικά

Ξένες γλώσσες: Αγγλικά IELTS -7 , CAE

## Δημοσιεύσεις

1. **Karanasios, Stefanos**, Ioannis Lignos, Kosmas Kouvaras, Maria Moutzouri, and George Gioftsos. 2023. "Low-Intensity Blood Flow Restriction Exercises Modulate Pain Sensitivity in Healthy Adults: A Systematic Review" Healthcare 11, no. 5: 726. <https://doi.org/10.3390/healthcare11050726>
2. **Karanasios S**, Lignos I, Gioftsos G (February 25, 2023) Wrist Extensor Training With Blood Flow Restriction for the Management of Lateral Elbow Tendinopathy: A Case Report. Cureus 15(2): e35468. doi:10.7759/cureus.35468
3. **Karanasios S**, Kampourakis G, Ntoulaveris I, Kouvaras K, Lignos I, Diamantopoulos N, Gioftsos G. Cross-Cultural Adaptation, Reliability, and Validity of the Greek Version of the Upper Extremity Functional Index. Cureus. 2023 Jan 5;15(1):e33381. doi: 10.7759/cureus.33381. PMID: 36751255; PMCID: PMC9897685.
4. **Karanasios Stefanos**, Korakakis Vasileios, Moutzouri Maria, Xergia Sofia A, Tsepis Elias, Gioftsos George. Low-load resistance training with blood flow restriction is effective for managing lateral elbow tendinopathy: a randomized, sham-controlled trial. Journal of Orthopaedic & Sports Physical Therapy. 2022;1-30.
5. **Karanasios, Stefanos**; Korakakis, Vasileios; Diochnou, Afroditi; Oikonomou, Georgios; Gedikoglou, Ingrid A; Gioftsos, George; ,Cross cultural adaptation and validation of the Greek version of the Western Ontario Rotator Cuff (WORC) index,Disability and Rehabilitation,,,1-10,2022,Taylor & Francis

6. **Karanasios S.** Georgaki A, Kontakiotis N, Papandreou M, Gioftsos G. Physiotherapists current knowledge and clinical use of tools to predict, monitor, evaluate the treatment outcome and classify patients with sciatica in Greece: an online survey. *Journal of Musculoskeletal Research*. 2022;
7. Samaras, Panagiotis; **Karanasios, Stefanos**; Stasinopoulos, Dimitrios; Gioftsos, George; Greek physiotherapists' contemporary knowledge and practice for lateral elbow tendinopathy: An online survey, *Musculoskeletal Science and Practice*, 57, 102502, 2022, Churchill Livingstone
8. Paraskevopoulos, Eleftherios; **Karanasios, Stefanos**; Gioftsos, Georgios; Tatsios, Petros; Koumantakis, Georgios; Papandreou, Maria; ,The effectiveness of neuromobilization exercises in carpal tunnel syndrome: Systematic review and meta-analysis, *Physiotherapy Theory and Practice*, 1-40, 2022, Taylor & Francis
9. Korakakis, Vasileios; Kotsifaki, Argyro; Korakaki, Alexandra; **Karanasios, Stefanos**; Whiteley, Rodney; "Current perspectives and clinical practice of physiotherapists on assessment, rehabilitation, and return to sport criteria after anterior cruciate ligament injury and reconstruction. An online survey of 538 physiotherapists", *Physical Therapy in Sport*, 52, 103-114, 2021, Churchill Livingstone
10. **Karanasios, Stefanos**; Koutri, Charikleia; Moutzouri, Maria; Xergia, Sofia A; Sakellari, Vasiliki; Gioftsos, George; ,The Effect of Body Position and the Reliability of Upper Limb Arterial Occlusion Pressure Using a Handheld Doppler Ultrasound for Blood Flow Restriction Training, *Sports Health*, 19417381211043877, 2021, "SAGE Publications Sage CA: Los Angeles, CA"
11. Patselas, Thomas; **Karanasios, Stefanos**; Sakellari, Vasiliki; Fysekis, Ioannis; Patselas, Marios I; Gioftsos, George; ,EMG activity of the serratus anterior and trapezius muscles during elevation and PUSH UP exercises, *Journal of Bodywork and Movement Therapies*, 27, 247-255, 2021, Churchill Livingstone
12. **Karanasios, Stefanos**; Tsamasiotis, Georgios K; Michopoulos, Konstantinos; Sakellari, Vasiliki; Gioftsos, George; ,Clinical effectiveness of shockwave therapy in lateral elbow tendinopathy: systematic review and meta-analysis, *Clinical Rehabilitation*, 35, 10, 1383-1398, 2021, "SAGE Publications Sage UK: London, England"
13. **Karanasios, Stefanos**; Korakakis, Vasileios; Moutzouri, Maria; Drakonaki, Eleni; Koci, Klaudia; Pantazopoulou, Vasiliki; Tsepis, Elias; Gioftsos, George;

- ,Diagnostic accuracy of examination tests for lateral elbow tendinopathy (LET)–A systematic review, *Journal of Hand Therapy*,2021,Elsevier
14. **Karanasios, Stefanos**; Korakakis, Vasileios; Whiteley, Rod; Vasilogiorgis, Ioannis; Woodbridge, Sarah; Gioftsos, Georgios; , "Exercise interventions in lateral elbow tendinopathy have better outcomes than passive interventions, but the effects are small: a systematic review and meta-analysis of 2123 subjects in 30 trials", *British journal of sports medicine*, 2021
  15. Korakakis, Vasileios; O'Sullivan, Kieran; O'Sullivan, Peter B; Evagelinou, Vasiliki; Sotiralis, Yiannis; Sideris, Alexandros; Sakellariou, Konstantinos; **Karanasios, Stefanos**; Giakas, Giannis; ,Physiotherapist perceptions of optimal sitting and standing posture, *Musculoskeletal Science and Practice*,39,,24-31, 2019,Elsevier
  16. Korakakis, Vasileios; O'Sullivan, Kieran; Sotiralis, Yiannis; **Karanasios, Stefanos**; Sideris, Vasilis; Sideris, Alexandros; Sakellariou, Konstantinos; Giakas, Giannis; ,Evaluation of the within-and between-day intra-tester and inter-tester reliability of positioning subjects into neutral and lordotic sitting postures, *European Journal of Physiotherapy*, 21,3,142-152, 2019,Taylor & Francis
  17. Korakakis, V; Evagelinou, V; Sotiralis, Y; **Karanasios, S**; Sakellariou, K; Sideris, A; What do physiotherapists consider to be the optimal sitting and standing posture?, *Manual Therapy*,100,25,e111,2016,
  18. Korakakis, V; Sideris, V; Sotiralis, Y; **Karanasios, S**; Sakellariou, K; Sideris, A; Giakas, G; Postural education. A study investigating the intra-and inter-examiner reliability of positioning subjects into neutral and lordotic sitting posture, *Manual Therapy*,100,25,e79,2016,
  19. Korakakis, V; Sideris, V; Sotiralis, Y; **Karanasios, S**; Sakellariou, K; Sideris, A; Giakas, G; ,Intra and inter-examiner reliability study positioning and postural education into neutral and lordotic sitting posture, *Journal of Science and Medicine in Sport*,20,,e36,2017,Elsevier
  20. Edeni, K; Ringdal, H; **Karanasios, S**; Heneghan, N; Rushton, A; ,Intra-rater reliability of dynamic ultrasound imaging measurement of median nerve longitudinal movement in chronic whiplash associated disorders II,*Physiotherapy*,101,,e339-e340,2015,Elsevier
  21. Edeni, K; Ringdal, H; **Karanasios, S**; Heneghan, N; Rushton, A; , "Validity of upper limb neurodynamic test using median nerve movement, elbow extension, pain response, brachialis muscle activity in chronic wad", *Physiotherapy*,101,,e340,2015,Elsevier

