

# CURRICULUM VITAE: MARIA G. PAPANDREOU

## PROFFESOR IN PHYSIOTHERAPY



### PERSONAL INFORMATION

Name/Surname: Maria G. Papandreou  
Nationality: Greek  
Physiotherapist,  
Physical Educator & Sports Scientist,  
Physiotherapy Department,  
Faculty of Health & Care Science,  
University of West Attika, Athens, Greece  
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Campus Alsous Aigaleo,  
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### *Licensure Date*

*Licensed Physical Therapist:*  
1987- in progress

### Education

1. Technological Education Institute of Athens, Greece. Physiotherapy, Bachelor degree, 1988.
2. University of Thrace, Komotini, Greece. Physical Education and Sports Science, Bachelor degree, 1992.
3. University of London, London Hospital Medical College. Department of Sports Medicine, U.K. Diploma in Academic and Practical Physiotherapy for Sports, 1994.
4. University of Sheffield, Sheffield Institute of Sports Medicine & Exercise Science, U.K. Master of Science in Sports Coaching/Sports Medicine, 1996.
5. Kapodistrian University of Athens, Greece. Medicine Department, Research Laboratory of Musculoskeletal System Problems. Doctor of Philosophy, 2006.

## Professional positions held

1. Professor, Physiotherapy Department, University of West Attika, Greece. 2023- today.
2. Associate Professor, Physiotherapy Department, University of West Attika, Greece. 2019- 2023.
3. Assistant Professor, Physiotherapy Department, Technological Education Institute (2014-18) and University of West Attika, Greece. 2014-2019.
4. Lecturer, Physiotherapy Department, Technological Education Institute of Athens, Greece. 2010-2014.
5. Assistant Lecturer, Physiotherapy Department, Technological Education Institute of Athens, Greece. 1998-2010.
6. Assistant Lecturer, Physiotherapy Department of Lamia, Technological Education Institute of Western Greece. 1997- 1998.

## Courses taught and other services provided to students and the home institution (University of West Attika-UNIWA)

2014-2023

- Sports physiotherapy
- Work physiology
- Clinical nutrition

2018-2023

- Clinical Therapeutic Exercise, in the MSc program “New Methods in Physiotherapy”, Physiotherapy Department University of West Attika.

1997, 2010- 2014- 2019

- Clinical Placement in Musculoskeletal Problems
- Ethics in Physiotherapy
- Therapeutic Exercise for Special Populations
- Research Methodology in Physiotherapy
- Clinical Placement in Respiratory Physiotherapy
- Kinesiology
- Kinesiotherapy
- Diagnosis and Physical Assessment for Physiotherapists

## Other services provided to students and the home institution

- Primary research mentor for 2 PhD, Doctor of Physical Therapy (DPT) students (since 2018) and 1 Post Doc student
- Postgraduate students (since 2016) and undergraduate students (since 1998).

*Ph.D students, undergraduate and graduate students under my mentorship have a consistent record of scholarly achievements including publications in peer-reviewed journals, presentations at national and international scientific conferences.*

## Service for the University

- Curriculum development and administrative responsibilities (*indicative the most basic ones*):
  - a) Member of committee Internal Evaluation of the Quality Assurance Unit of the Physiotherapy Department in 2009-2011, 2018-2020, 2020- 2023 in progress,
  - b) Renewal of the academic CV of Physiotherapy Department during the transitional phase from Technological Institute to University (2018),
  - c) Member of the CV committee of Postgraduate studies levels, “MSc degree in New Methods of Physiotherapy” since 2018 and I have just taken over as Co-ordinator of the MSc studies (6-11-2020),
    - Head of pulmonary system sector at the Physiotherapy Department in the last 4 years (since 2016-2020).
  - d) Presentation on the research policy of the Physiotherapy Department (2012-2013).

- e) Evaluation committee of laboratory collaborators and academic fellows of the Physiotherapy Department (2009-2019).
- f) Director of MSc “New Methods in Physiotherapy”, Physiotherapy Department, UNIWA, (2020-2022).

## Service for the Profession

### 1. Reviewing manuscripts:

- Journal of Physical Therapy Science [jpts@ipecc-pub.co.jp](mailto:jpts@ipecc-pub.co.jp)
- Cureus
- Sports Journal
- Physiotherapy Theory and Practice

2. Contribution as an Abstract Reviewer of submissions to the Scientific Programme at the 5th ER-3. WCPT Congress on Physiotherapy Education in 2020, European Region of World Physiotherapy.

3. Participation as Chair. Session Type: ePoster Session: Musculoskeletal: spine. WCPT 2023, 1-4 June Dubai.

4. Editorial Board of Physiotherapy Issues- CINAHL Plus: 2019-2014

5. Editorial Board of Archives of Physiotherapy, 2020.

6. Guest Editor in Sports Journal. Special Issue: "Clinical Advances in Upper Limb Sports Rehabilitation and Injury Prevention" 2023. [Sports | Special Issue : Clinical Advances in Upper Limb Sports Rehabilitation and Injury Prevention \(mdpi.com\)](https://www.mdpi.com/journal/sports/special_issue/clinical_advances_in_upper_limb_sports_rehabilitation_and_injury_prevention)

7. Member of >10 postgraduate and PhD thesis committee. MSc in Medicine Department, Kapodistrian University of Athens (2017-2018, 2019), Master of Science in Advanced Physiotherapy of Physiotherapy Department, University of Thessaly (2022-2023), MSc in Therapeutic Exercise, Physiotherapy Department, University of Patras (2016-2023).

8. Participated at over 50 oral and poster presentations at home and abroad Meetings and Conferences and >20 presentations as invited speaker.

9. Director of the research laboratory “Advanced Physiotherapy”, Physiotherapy Department, Uniwa (2023- today).

## MONOGRAPHS IN A BOOK

1. Maria Papandreou. "Core stability. Evaluation and stabilization exercises". Konstantinos Fousekis. [Applied Sports Physiotherapy](#). 1st Edition (2014). Broken Hill Publishers. Pages 471-492. ISBN: 9789963716715

2. Maria Papandreou. INTEGRATED FASCIA RELEASE. Authors: Fousekis Konstantinos, Grilias Panagiotis, Dimitriadis Zacharias, Ilias Kallistratos, Maria Papandreou, Dimitrios Stasinopoulos, Sasha Chaitow. [Soft Tissue techniques in Physiotherapy](#). 1st Edition (2022). Broken Hill Publishers. ISBN: 978992558848

## EDITING BOOK CHAPTERS

1. ACSM CLINICAL EXERCISE PHYSIOLOGY. Walter Thompson. CONSTANTARAS PUBLICATIONS. ISBN: 9789606080890

2. Rehabilitation of Sports Injuries (Sports and Soft Tissue Injuries. A guide for students and therapists). Christopher Norris. CONSTANTARAS PUBLICATIONS. ISBN: 978-960-608-100-2

## Puplications

- **h-index: 12, i10-index:13**
- **ΠΑΡΑΘΕΣΕΙΣ Google scholar (Citations): >965**
- **ΠΑΡΑΘΕΣΕΙΣ SCOPUS: >480**
- **h-index: 9**

[https://scholar.google.com/citations?update\\_op=accept\\_invitation&email\\_for\\_op=mpapand@teiath.gr&invitation\\_id=12701907771178681684&user=JTkViUgAAAAJ](https://scholar.google.com/citations?update_op=accept_invitation&email_for_op=mpapand@teiath.gr&invitation_id=12701907771178681684&user=JTkViUgAAAAJ)

<https://www.researchgate.net/profile/Maria-Papandreou>

- 1. Maria G. Papandreou**, Emmanuel Antonogiannakis, Christos Karabalis and Konstantinos Karliaftis. Inter-rater reliability of Rolimeter measurements between anterior cruciate ligament injured and normal knees. *Knee Surgery, Sports Traumatology, Arthroscopy*, 2005; 13(7): 592-597 [PubMed/MEDLINE, Scopus EMBASE, Google Scholar, EBSCO, CSA], IF:3.227. SJR:1,63; H index:64. DOI:10.1007/s00167-004-0597-2.
- 2. Maria G. Papandreou**, Nikos Papaioannou, Emmanouel Antonogiannakis, Hlias Zeeris. The effect of cross exercise on quadriceps strength in different knee angles after the anterior cruciate ligament reconstruction. *Brazilian Journal of Biomechanics*, 2007;1(4): 123-138. [Copernicus, EBSCOhost, Latindex, DOAJ], Index Copernicus: 5,04.
- 3. Papandreou M**, Billis E, Antonogiannakis E, Papaioannou N. Effect of cross exercise on quadriceps acceleration reaction time and subjective scores (Lysholm questionnaire) following anterior cruciate ligament reconstruction. *Journal of Orthopaedic Surgery and Research*. 2009; 4(2):1-7. [PubMed/MEDLINE, SCOPUS, CINAHL], IF: 1,545, SJR:0,053; H index:14. DOI: 10.1186/1749-799X-4-2.
- 4. Papandreou M**, Vervainioti A. Work related musculoskeletal disorders among percussionists in Greece. A pilot study. *Medical Problems of Performing Artists*. 2010; 25:116-119. [PubMed/MEDLINE, Scopus]. IF:0,638; SJR:0,29; H index:13.
- 5. Maria Papandreou**, Evdokia Billis, George Papathanasiou, Panagiotis Spyropoulos, Nikos Papaioannou, Cross-Exercise on Quadriceps Deficit after ACL Reconstruction. *Journal of Knee Surgery*. 2013; 26(1):51-58. [PubMed/MEDLINE, Scopus, EBSCO, ProQuest]. IF: 1,657; SJR:0,69; H index:34. DOI:10.1055/s-0032-1313744.
- 6. Maria G. Papandreou**, Evdokia Billis, George Georgoudis, George Papathanasiou, John Gliatis. Ultrasonography study: Supraspinatus muscle thickness evaluation on dominant versus non dominant shoulder on tennis players. *Journal of Exercise, Sports and Orthopaedics*. 2016, 3(1):1-5. [CGIS OAJI= 0.150, Google Scholar, DRJI. OAJI, CrossRef]
- 7. Maria Papandreou**, Evripidis Diamantis, Vasiliki-Ioanna Vrachlioti, Evdokia Billis, John Gliatis. Clinical evaluation of static scapular posture in overhead athletes with asymptomatic shoulder injuries. *The Journal of Sports Medicine and Physical Fitness. Sports Med Phys Fitness*, (2017), 58 (7-8), 1071-1077. [PubMed/MEDLINE, SCOPUS], IF: 1,215.
- 8. Papathanasiou G**, Georgoudis G, **Papandreou M**, Spyropoulos P, Georgakopoulos D, Kalfakakou V, Evangelou A. Reliability measures of the short International Physical Activity Questionnaire (IPAQ) in Greek Young Adults. *Hellenic Journal of Cardiology*. 2009; 50:283-294. [PubMed/MEDLINE, EMBASE], IF: 0.940; SJR:0,065; H index:12].
- 9. Billis E**, McCarthy C, Gliatis J, Stathopoulos I, **Papandreou M**, Oldham J. Which are the most important discriminatory items for sub classifying non-specific low back pain? A Delphi study among Greek health professionals. *Journal of Evaluation in Clinical Practice*. 2010; 16:552-549. [PubMed/MEDLINE]. IF: 1,25; SJR: 0,106; H-index:39.doi/10.1111/j.1365-2753.2009.01156.x/full
- 10. Papathanasiou G**, **Papandreou M**, Galanos A, Kortianou E, Tsepis E, Kalfakakou V, Evangelou A. Smoking and physical activity interrelations in health science students. Is smoking associated with physical inactivity in young adults? *Hellenic Journal of Cardiology*, 2012; 53 (1): 17-25. [PubMed, EMBASE], IF: 0.940.
- 11. Billis E**, McCarthy CJ, Gliatis J, Gittins M, **Papandreou M**, Oldham JA. Inter-Tester reliability of discriminatory examination items for sub-clasifying non-specific low back pain. *Journal of Rehabilitation Medicine*, 2012; 44 (10): 851-857. [Index Medicus/MEDLINE, Excerpta Medica/EMBASE], IF: 2,098. doi=10.2340/16501977-0950.

12. Billis E, McCarthy CJ, Roberts C, Gliatis J, **Papandreou M**, Gioftsos G, Oldham JA. Sub-grouping patients with non-specific low back pain based on cluster analysis of discriminatory clinical items. *Journal of Rehabilitation Medicine*, 2013; 45:177-185. [Index Medicus/MEDLINE, Excerpta Medica/EMBASE], IF:2,098.
13. George Papathanasiou, Efthimia Zerva, Ioannis Zacharis, **Maria Papandreou**, Effie Papageorgiou, Christina Tzima, Dimitris Georgakopoulos, and Angelos Evangelou. Association of High Blood Pressure with Body Mass Index, Smoking and Physical Activity in Healthy Young Adults. *The Open Cardiovascular Medicine Journal*, 2014, 8, 102-109. [Indexed in: MEDLINE/PubMed, DOAJ, Open J-Gate, Scopus, EMBASE, MediaFinder® - Standard Periodical Directory, PORTICO, HINARI, Scirus, PubsHub, J-Gate, Index Copernicus – SJR(2013):0,489/ H Index:12].
14. **Papandreou Maria**, Papatzika Fyllis, Ekizos Antonis, Panteli Chrystalla, Arampatzis Adamantios. Reliability and limits of agreement of the supraspinatus muscle anatomical cross-sectional area assessment by ultrasonography. *Ultrasound in Medicine and Biology*, 2015: 41(7), 1821-1826. [IF: 2.70, Indexed in: BIOSIS, Elsevier, BIOBASE, BIOMED, MEDLINE, EMBASE, Scopus].
15. Billis E, Koutsojannis C, Matzaroglou C, Gliatis J, Fousekis K, Gioftsos G, **Papandreou M**, McCarthy C, Oldham JA, Tsepis E. Association of low back pain on physical, sociodemographic and lifestyle factors across a general population sample within Greece. *Journal of Back and Musculoskeletal Rehabilitation*. 2017; (3) 279–290. DOI 10.3233/BMR-150484. [IF: 0.912, Indexed in: EBSCO, Google Scholar, MEDLINE, EMBASE, Scopus].
16. John Gliatis, Konstantinos Anagnostou, Pantelis Tsoumpos, Evdokia Billis, **Maria Papandreou**, and Spyridon Plessas. Complex knee injuries treated in acute phase. Long-term results using LARS ligament. *World Journal of Orthopedics*; 2018 March 18; 9(3): 24-34. [IF: 1,896, Indexed: Pub Med central, Web of Science, Scopus].
17. George Georgoudis G, Felah B, Nikolaidis PT, **Papandreou M**, Mitsiokapa E, Mavrogenis AF, Rosemann T, Knechtle B. The effect of physiotherapy and acupuncture on psychocognitive, somatic, quality of life, and disability characteristics. *Journal of Pain research*; 2018, 11: 2527–2535. [IF: 2.645, Indexed online: PubMed, Science Citation Index Expanded, Journal Citation Reports/Science Edition, Embase, Scopus, Directory of Open Access Journals (DOAJ), OAlster, The Open Access Initiative]
18. **Maria Papandreou**, Anastassios Filippou, Michalis Koutsilieris, Alexandra Kaperda. The effect of treatment regimes in saliva cortisol level in patients with multi-site chronic musculoskeletal pain. *Journal of Bodywork and Movement Therapies*. 2019; 24(1). DOI: 10.1016/j.jbmt.2019.10.010 [IF: 2.497, PubMed/MEDLINE-Scopus].
19. Maria Simatou, **Maria Papandreou**, Evdokia Billis, Maria Tsekoura, Konstantinos Mylonas, Konstantinos Fousekis. Effects of the Ergon® instrument-assisted soft tissue mobilization technique (IASTM), foam rolling, and static stretching application to different parts of the myofascial lateral line on hip joint flexibility. *Journal of Physical Therapy Science*, (2020), 32: 288–291. [IF: 0.986 Indexed: PMC CINAHL, J-STAGE, SCOPUS].
20. Paraskevopoulos E, Sasati, D, **Papandreou M**. Intra-rater and inter-rater reliability of scapular asymmetry measurements in male professional volleyball players. *Medicina dello Sport*, (2019); 71, (4): DOI: 10.23736/S0025-7826.19.03523-3. [IF: 0.723 Indexed/Abstracted in: BIOSIS Previews, EMBASE, Science Citation Index Expanded (SCIE), Scopus].
21. Paraskevopoulos Eleftherios, **Maria Papandreou**, John Gliatis. Reliability of assessment methods for scapular dyskinesis in asymptomatic subjects: A systematic review. *Acta Orthopaedica et Traumatologica Turcica*, (2020): doi: 10.5152/j.aott.2020.19088. [IF: 1.511, Indexed/Abstracted in: Web of Science-Science Citation Index Expanded, PubMed/Medline, PubMed Central, Scopus, DOAJ, Index Copernicus, TUBITAK ULAKBIM TR Index].
22. E Paraskevopoulos, **M Papandreou**. Systematic infection control in Greek Physiotherapy Practices during the COVID-19 pandemic. *Work* (Reading, Mass.), (2020), 66(2):367-370. <https://pubmed.ncbi.nlm.nih.gov/32568160/>. [SJR: 0.437, H index: 53, Impact Score: 1.55].
23. Eleftherios Paraskevopoulos, **Maria Papandreou**. Physiotherapy Clinical Placement during the COVID-19 Pandemic. *Education for Health*, (2020), 33 (1),30. [SJR: 0.287, H index: 54, Impact Score: 1.43]. Indexed: EMBASE/ Excerpta Medica, Emerging Sources Citation Index, MEDLINE/Index Medicus, PubMed Central, Scimago Journal Ranking, SCOPUS, Web of Science.
24. Eleftherios Paraskevopoulos, Theocharis Simeonidis, Charilaos Tsolakis, Panagiotis Koulouvaris, **Maria Papandreou**. The adjunctive benefits of mirror cross education on kinetic chain exercise approach in volleyball athletes with scapular dyskinesis. *The Journal of Sports Medicine and Physical Fitness*, (2021) doi: 10.23736/S0022-4707.21.12174-7. [IF: 1.637, Indexed/Abstracted in: Chemical

Abstracts, CINAHL, Current Contents/Clinical Medicine, EMBASE, PubMed/MEDLINE, Science Citation Index Expanded (SCIE), Scopus].

**25.** Eleftherios Paraskevopoulos, Theocharis Simeonidis, Charilaos Tsolakis, Panagiotis Koulouvaris, **Maria Papandreou**. Mirror cross-exercise on a kinetic-chain approach improves throwing performance in professional volleyball athletes with scapular dyskinesis. *Journal of Sports Rehabilitation*, (2021) (Ahead of Print). <https://doi.org/10.1123/jsr.2021-0103>. [IF: 1.931, Indexed/Abstracted in: Chemical Abstracts, CINAHL, Current Contents/Clinical Medicine, EMBASE, PubMed/MEDLINE, Science Citation Index Expanded (SCIE), Scopus].

**26.** Eleftherios Paraskevopoulos, Georgios Gioftsos, Georgios Georgoudis, and **Maria Papandreou**. Perceived Barriers and Facilitators of Sports Rehabilitation Adherence in Injured Volleyball Athletes: A Qualitative Study from Greece. *Journal of Clinical Sport Psychology*, (2021) (Ahead of Print) <https://doi.org/10.1123/jcsp.2021-0040>. [IF: 1.531, Indexed/Abstracted in: EMBASE, Science Citation Index Expanded (SCIE), Scopus].

**27.** Eleftherios Paraskevopoulos, Stefanos Karanasios, Georgios Gioftsos, Petros Tatsios, Georgios Koumantakis & **Maria Papandreou**. The effectiveness of neuromobilization exercises in carpal tunnel syndrome: Systematic review and meta-analysis. *Physiotherapy Theory and Practice*. (2022 Apr), 28;1-40. doi: 10.1080/09593985.2022.2068097. Online ahead of print. [IF: 2.176, PubMed/MEDLINE].

**28.** Petros I. Tatsios, Eirini Grammatopoulou, Zacharias Dimitriadis, **Maria Papandreou**, Eleftherios Paraskevopoulos, Savvas Spanos, Palina Karakasidou and George A. Koumantakis. The Effectiveness of Spinal, Diaphragmatic, and Specific Stabilization Exercise Manual Therapy and Respiratory-Related Interventions in Patients with Chronic Nonspecific Neck Pain: Systematic Review and Meta-Analysis. *Diagnostics* 2022, 12, 1598. [SJR: 0.638, H index: 35, Impact Score: 3.91, Indexed: PubMed, Scopus, Web of Science]. <https://doi.org/10.3390/diagnostics12071598>.

**29.** Karanasios Stefanos, Georgaki Athina, Kontakiotis Nikolaos, **Papandreou G Maria** and Gioftsos George. 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*. Accepted 27 June 2022. [SJR: 0.143, H index: 16, Impact Score: 0.18, Indexed: Scopus, Web of Science, Google Scholar]. <https://doi.org/10.1142/S0218957722500257>.

**30.** Eleftherios Paraskevopoulos, Georgios Plakoutsis, Eustathios Xronopoulos, **Maria Papandreou**. Is a Combined Program of Manual Therapy and Exercise More Effective than Exercise only in Patients with Rotator Cuff Related Shoulder Pain? A Systematic Review and Meta-analysis. *Sports Health*, 2022, 1-9. IF=3.84, Scopus, Google Scholar, Medline. DOI: 10.1177/19417381221136104

**31.** George Plakoutsis, Eleftherios Paraskevopoulos, Athanasios Zavvos, **Maria Papandreou**. "The Effects of Motor Imagery on Pain in Lower Limb Sport Injuries. *Healthcare* 2022, 10(12), 2545; IF=3.160, PubMed, Science Direct, Elsevier. <https://doi.org/10.3390/healthcare10122545>

**32.** Eleftherios Paraskevopoulos, Georgios A. Koumantakis and **Maria Papandreou**. A Systematic Review of the Aerobic Exercise Program Variables for Patients with Non-Specific Neck Pain: Effectiveness and Clinical Applications. *Healthcare* 2023, 11, 339. IF=3.160, PubMed, Science Direct, Elsevier. <https://doi.org/10.3390/healthcare11030339>

**33.** Tsimouris Dimitrios, Moutzouri Maria, Gioftsos Georgios, **Papandreou Maria**, Grammatopoulou Eirini. "Is manual therapy of the diaphragm effective for people with Obstructive Lung Diseases? A protocol for a systematic review". *Respiratory Medicine*. IF= 3.415, [PubMed, Elsevier]. Accepted. 15/02/23. Doi: 10.1016/j.resmer.2023.101002

**34.** George Plakoutsis, Konstantinos Fousekis, Elias Tsepis, **Maria Papandreou**. Cross Cultural Adaptation, Validity and Reliability of the Greek Version of the Vividness of Movement Imagery Questionnaire-2 (VMIQ-2) *Healthcare* 2023. IF= 3.160, PubMed, Scopus, Science Direct, Elsevier. Received: 20 February 2023. Accepted.

**35.** Eleftherios Paraskevopoulos, George M. Pamboris and **Maria Papandreou**. The Changing Landscape in Upper Limb Sports Rehabilitation and Injury Prevention. *Sports* 2023, 11, 80, 2-5. <https://doi.org/10.3390/sports11040080>. Editorial, Special issue [PubMed, Scopus, Science Direct, Elsevier].

**36.** Eleftherios Paraskevopoulos, George M. Pamboris, George Plakoutsis and **Maria Papandreou**. Reliability, measurement error and responsiveness of tests used for the assessment of throwing performance: a systematic review. *Journal of Bodywork and Movement Therapies*. [IF: 2.497, PubMed/MEDLINE, Scopus]. Accepted 11-4-2023. YJBMT2549

37. Eleftherios Paraskevopoulos, George Plakoutsis and **Maria Papandreou**. A Pilot Test of the Measures of the Greek Version of Upper Extremity Functional Index in Patients with Lateral Elbow Tendinopathy. *Medical Science*, 2023, 11, 45, (2-10). <https://doi.org/10.3390/medsci11030045>. [PubMed/MEDLINE, Scopus, EBSCO].

38. Koumantakis, George A., Galazoulas, Anastasios, Stefanakis, Marios, Paraskevopoulos, Eleftherios, Gioftsos, George, & **Papandreou Maria**. (2023). Greek Cross-Cultural Adaptation, Reliability, and Validity of the Quick Foot and Ankle Ability Measure Questionnaire. *Journal of Sport Rehabilitation*. <https://doi.org/10.1123/jsr.2022-0359>

### **Gongress Proceedings (Peer-reviewed journal)**

1. E. Antonogiannakis, C. Karabalis, I. Hiotis, D. Giotikas, I. Galanopoulos, **M. Papandreou**, G. Gialas, G. Babalis. Arthroscopic reconstruction of rotator cuff tears. Technique early results. Proceedings from the 59<sup>th</sup> Panhellenic Orthopaedics Congress, 2003. *J Bone Joint Surg Br*, 2004; 86-B Suppl II:189. [Pub-Med, Scopus, IF=1.61].

2. Billis E, McCarthy C, Roberts C, Stathopoulos I, **Papandreou M**, Gliatis I, Oldham J. Which are the most discriminatory clinical features for sub-classifying non-specific low back pain in Greece? Proceedings from the 16<sup>th</sup> International Congress of the World Confederation for Physical Therapy (WCPT). *Physiotherapy*, 2011. 97(1) Suppl S1. [Elsevier, Scopus, IF= 3.010].

3. **Papandreou M**, E. Billis, J. Gliatis. Supraspinatus muscle thickness assessment on the overhead athletes on dominant vs non-dominant shoulder. 20<sup>th</sup> European Congress of Physical and Rehabilitation Medicine. Estoril, Portugal, 23-28 April 2016. *European Journal of Physical and Rehabilitation Medicine*, Vol 52, Suppl 1 to no 2. [Indexed/Abstracted in: CINAHL, Current Contents/Clinical Medicine, EMBASE, PubMed/ MEDLINE, Science Citation Index Expanded, SciSearch, Scopus. IF = 1,827].

4. Eleftherios Paraskevopoulos, **Maria Papandreou**. ID 304 – Pilot Study: Learning skills questionnaire of Sports physiotherapy module during the COVID-19 pandemic. Proceedings from the 5th European Congress on Physiotherapy Education organized by the Europe Region of World Physiotherapy. *Physiotherapy Theory and Practice*, 2021, 43. [Indexed: Pub- Med, Scopus, IF=1.31,]. [Full article: Proceedings from the 5th European Congress on Physiotherapy Education organised by the Europe Region of World Physiotherapy \(tandfonline.com\)](https://www.tandfonline.com)

5. Plakoutsis Georgios, Eleftherios Paraskevopoulos, **Maria Papandreou**. The effects of Motor Imagery on therapeutic regimes in athletes with lower limb sport injuries. *Int J Sports Phys Ther* v.17(5); 2022, 950-980. [Indexed: Pub- Med, Elsevier, Scopus, IF=0.029]. [Fourth World Congress of Sports Physical Therapy Scientific Abstracts - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/35411111/)

6. George Plakoutsis, Dimitrios Zapantis, Eirini-Maria Panagiotopoulou, Eleftherios Paraskevopoulos, **Maria Papandreou**. Validity and reliability of the portable K-force plates system with the use of a smartphone application for measuring countermovement jump. *Gait & Posture*, 2023, 106: S167-S168. [Indexed: Pub- Med, Elsevier, Scopus, IF=2.746]. <https://doi.org/10.1016/j.gaitpost.2023.07.201>

### **Other Professional activities (workshops, seminars, consultations)**

- Blended distance-learning courses. Academic Coordinator and instructor in 3 e-learning Lifelong Learning Center program.

1. Acupuncture therapeutic techniques for musculoskeletal patients (2018-2019). Collaboration with the Research laboratory of Musculoskeletal Physiotherapy, Physiotherapy Department, Uniwa.
2. Integrated myofascial therapy techniques (2019- today). Kapodistrian University of Athens
3. Strength and conditioning for sports physiotherapists (2020- today). Physiotherapy Department, University of Thessaly in collaboration with UNIWA.

- Thought in seminars at the framework of scientific education of Hellenic Scientific Association of Physiotherapy (2000-2001): “Joint weight bearing and close kinetic chain rehabilitation”, (2005): “Joint biomechanics and rehabilitation principles” and as a guest lecturer in several MSc programs in the Greek Universities.

## ERASMUS, Bilateral Educational Programme

1. Visiting researcher for one week (4-11 December 2012) at the Centre of Sports Medicine and Human Performance in the School of Sport & Education at Brunel University in London. The purpose of the research visit was *"The use of diagnostic ultrasound for musculoskeletal rehabilitation work and research"* in the framework of the LLP – Erasmus programme staff mobility (training staff mobility).
2. Visiting teacher for one week (1-5 December 2014) at the Faculty of Physiotherapy of the University of Valencia. The purpose of the visit is to conduct the lesson entitled *"Core stability: a stabilization system providing a rigid base of support for dynamic movements"* within the framework of the Erasmus-Plus Programme Staff Mobility.
3. Visiting Researcher Invitation-Dr Maria Papandreou: in the framework of scientific visit in 2019 under the bilateral educational programme, Training staff mobility, Prime Minister of Education in Greece. 9th to 14th December 2019 at the Centre/ Clinic of Isokinetic Medical Group in Roma, Italy.
3. Visiting Researcher Confirmation -Dr Maria Papandreou, was hosted as visiting researcher for one week (6-10 June 2022) at Vortex, Laren the Netherlands.

## Continuing Education in Instructional Methods and Administration

I consistently take advantage of opportunities to learn and implement contemporary teaching and administrative methods through active participation continuing education courses >15 seminars (1993-2018)

## Membership and activities in professional associations

- Member of the committee "Accredited Diploma of Sports Physiotherapist & Exercise Specialist" at the PanHellenic Physical Therapy Association (2018-today).
- Member in many scientific and organization of Panhellenic Physical Therapy Association and Hellenic Scientific Association of Physiotherapy (since 1997- 2019).
- Freelancer physiotherapist for more than 10 years (1989-2003) in musculoskeletal area, sports rehabilitation and in sports activities and therapeutic exercise for people with special needs.

## Professional honors, awards and fellowships

### Sabbatical

-In the academic year 2016-2017, I completed my Sabbatical in the research area of cortisol and musculoskeletal pain, *"The effect of different treatment regimens on salivary cortisol levels in patients with multi-site chronic musculoskeletal pain"*, in collaboration with the Laboratory of Research Physiology at Kapodistrian University of Athens.

### Fellowship

1. Member of the main research team of the approved research program "Archimedes III – Support for research teams at Technological Educational Institutes (TEI)" with EU and Ministry of Education. "Tsepis H, Billi E, Koutsogiannis K, Fousekis K, Giftsos C, McCarthy CJ, Oldham JA, **Papandreou Maria**, Strimpakos N, Stathopoulos I, Gliatis I, Kapreli E, Trigas P, Krekoukias C, Spanos". "Evaluation of back pain as a useful tool by Greek health professionals, through the systematic recording of the problem of back pain ". TEI of Patras - Department of Physiotherapy. Funding (100.000 Euro): EU and Greek Ministry of Education. Program Duration: October 2011 - end of 2014.

2. Key researcher of the approved one-year research program IKYDA 2013: Approval of funding for the IKYDA 2013-2014 program (3000 Euro) in collaboration with DAAD: Foundation of state scholarships (iky), directorate of special programs, international scholarships department of foreign scholarships and educational exchanges. Promotion of exchanges and scientific cooperation between Greece and Germany. "**Papandreou Maria**, Papatthanassiou Georgios, Billy Evdokia, Tsepis Elias, Spyropoulos Panagiotis".



"Diagnostic ultrasound: Evaluation of the architectural structure of the rotator cuff muscles and the effect of specific exercises regimes in the glenohumeral joint". Collaboration: Adamantios Arampatzis, Antonis Ekizos, Lisa Diepgen. Humboldt-Universität zu Berlin, Department of Training and Movement Sciences, Germany with Physiotherapy Department, TEI of Athens.

3. Key researcher of the approved one-year research program entitled: "Diagnostic ultrasound: Evaluation of the Transverse Section of the supraspinatus muscle applied isometric contraction" 2014-2015. Physiotherapy Department, TEI of Athens, Approved for Special Account Management Committee and Research Funds of the Department of Research Programs, TEI of Athens. "**Papandreou Maria**, Victoria Papadimitriou, Athena Georgaki, Papathanassiou George".

4. Member of the main research group of the approved three-year research program 2023-2026 entitled "Higher education to improve competence in Sport Physiotherapy" in the context of Erasmus + with the participation of 7 European countries. Project lump sum 400.00 euros. Scientific head of Greece, Dr. Eleni Kaprelli, Professor, Department of Physiotherapy, University of Thessaly.

### Voluntary work

-Volunteering program: II MEDITERRANEAN COASTAL GAMES that took place from 25 to 31 August in Patras.

- Volunteering program (October 2020-in progress): "We love sports, we care for athletes" that takes place at the research laboratory "Advanced Physiotherapy", Physiotherapy Department, Uniwa.