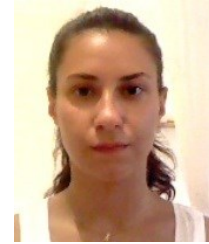


CV



Personal Details	
Name	GIANNIKOU EFSTRATIA
Address	22 Thivon str, Athens, Greece
E-mail	efstratiagiannikou@gmail.com
Telephone	+30 6981156068
Nationality	Greek
Date of birth	26 / 01 / 1989

Education & Training

- March 2021: Master's Degree in University of West Attica στο Πανεπιστήμιο Δυτικής Αττικής "New methods in Physiotherapy", very well 8,58/10
- May 2017: **Thai Massage**, in Kavi Hasta Massage School by Alexandros Stavrinos
- June 2016: **Thai Massage (for the lower back)**, in Kavi Hasta Massage School by Alexandros Stavrinos
- September 2006- December 2011: **Physiotherapy**, in ATEI Athens, Faculty of Health and Caring Sciences, Physiotherapy Dpt. Thesis: Feldenkrais Method- Current research data for its effectiveness
- June 2011: **Ayurveda Massage**, Introduction to **Reflexology**, In lasimo Centre of Holistic approach, by Lydia Kalatzi
- May 2011: **Organity Massage**, The Lotus Bouras Organiza, by Monyca Bouras
- February – april 2011: **Lymphatic Massage**, by Katerina Lopou
- 2006: **High school** diploma, 18.5/20, 6th High School of Piraeus

Language : **Greek**

Another language:

- **English** (Proficiency of Michigan)
 - **French** – basic understanding
 - **Spanish** – basic understanding
-

Computer skills: Certificate «**Cambridge international diploma in IT skills**»
Excellent Knowledge: Word, Excel, Access, Powerpoint, Internet .

Experience

November 2020-Today: **Sotiria** General Hospital of Thoracic Disease Athens, 152 Mesogion Avn, Physiotherapy in I.C.U., Covid-19 clinics, Pulmonology and Surgical Clinic, and Pulmonary Rehabilitation.

September - November 2020: Physical Therapy Dpt of municipality of St. Dimitrios, Physical therapy and electrophysical modalities

October 2012- may 2013 & May – July 2011: “**lasimo**”, Centre of Holistic approach, Kalatzi Lydia-Anna, 45 Fokionos Negri str, Kipseli

- Lymphatic drainage
- Deep tissue massage
- Ayurvedic massage

May- September 2012: «**Chora Resort & Spa**», Tranoudakis Ioannis, Chora Resort, **Folegandros**

- Organisation and Spa Management
- Lymphatic, Therapeutic, Holistic, Ayurvedic Massage
- Reflexology
- Face and Body Treatment

July – September 2011: “**lasimo**”, **Centre of Holistic approach**, Kalatzi Lydia-Anna, Costa-Costa beach, Aghia Marina, Chania

- Lymphatic, Therapeutic, Ayurvedic Massage

October 2010- March 2011: **Traineeship** In General Hospital “G. Gennimatas”

- Physiotherapy, Respiratory Physiotherapy, Use of electrophysical modalities in clinics: Neurologic, Neurosurgical, Plastic Surgery, General Surgery, Pathological, Orthopaedics, Physical Rehabilitation, Physical Therapy, ICU, Hormonological, cardiology.

2009- Today: **Physical Therapy** to individuals

2008- 2010: **ELEMAC – PELEKI**, shipping office- ship supplies, Keratsini, 85, Analipseos str

- accounting department – Secretarial support

Other skills and Abilities:

- Yoga classes
- Cooking – Pastry making
- Reading literature
- Hagiography

Recommendation: Upon request
