

# Curriculum Vitae Korakakis Vasileios

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## **Work:**

### **Clinical Lead Physiotherapist / Researcher, West Expansion Rehabilitation Department**

Aspetar Orthopaedic and Sports Medicine Hospital  
PO Box 29222, Doha Qatar  
Ph: 974 66672809 (m), 974 444132000 (w)

### **Senior lecturer/Instructor in Orthopaedic Manual Therapy, Hellenic Orthopaedic Manipulative Therapy Diploma seminars (IFOMT cert)**

PO Box 11528, Athens, Greece  
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## **Tertiary Education**

Graduated Athens School of Health Care (ATEI of Athens) Department of Physiotherapy 1997 B.App.Sc (Physiotherapist)

## **Post Graduate Education**

PhD candidate in Biomechanics, University Of Thessaly, Greece (commenced part-time in 2013) 'Spinal proprioception in patients with mechanical Low Back Pain'

Diploma in Orthopaedic Manipulative Therapy (OMT): completed in N-OMT-D Athens Greece 2012

MSc in Exercise and Health, University of Thessaly, Faculty of Physical Education and Sport Science (FPES): completed with High distinction (Grade 9.6/10) in 2012

Diploma in Biomedical Acupuncture (Hellenic scientific society of Physical Therapy and Hellenic society of medical acupuncture) in Athens 2008

Postgraduate Diploma in Physical Therapy, University of Otago, Dunedin New Zealand: Clinical Anatomy and Mechanical Diagnosis and Therapy completed in 2006

Diploma in Mechanical Diagnosis and Therapy, The McKenzie Institute International, University of Otago, Dunedin, New Zealand: completed 2006

## **Employment History:**

1997-1998 Private Practice G. Voulgari, Athens Greece  
1998-1999 401 Military Hospital of Athens, Greece  
1999-2014 Private Practice, Korakakis Physiotherapy, Athens, Greece

2006 Specialist Musculoskeletal Physiotherapist School of Physiotherapy Clinic, Dunedin, New Zealand

2009 to present: Research Fellow, ECOSEP (European College of Sports and Exercise Physicians) & National Track and Field Centre, Sports Injury Clinic of SEGAS

2010-2012 Senior Instructor professional development seminars in musculoskeletal physiotherapy "STATE OF THE ART" (Physio Science Seminars)

2012 to present: Co-owner, senior instructor and clinical tutor in HOMTD physiotherapy seminars in Orthopaedic Manual Therapy (Hellenic Orthopaedic Manipulative Therapy Diploma) Athens, Greece (IFOMT certified)

2012-2014 Motion analysis Laboratory, Social Work Foundation "Hadzipaterion" RCCCP, "Lilian Voudouri" Supportive Technology Laboratory for children with Cerebral Palsy

2013-2014 Research consultant Filoktitis Centre for recovery & Rehabilitation, Athens Greece

Dec 2014-Feb 2016 Senior Physiotherapist /  
Researcher, Rehabilitation Department, Aspetar Sports  
Medicine Hospital, Doha, Qatar

2016 March to present: Clinical Lead Physiotherapist /  
Researcher, West Expansion Rehabilitation  
Department, Aspetar Sports Medicine Hospital, Doha,  
Qatar

## Professional Involvement

2008-2010 Board of Trustees McKenzie Institute  
Hellas-Cyprus

2008-2010 Council Municipality Athletic Organization  
(Agia Varvara)

2014 Scientific Committee at 24<sup>th</sup> Pan-Hellenic  
Scientific Physical Therapy (PPTA) Congress on  
December 5-7, 2014 Athens Greece

2014 to present: Member of Supreme Scientific Board  
of Panhellenic Physical Therapy Association (PPTA)

Charter Member of Panhellenic Physical Therapy  
Association

Charter Member Hellenic Physiotherapy Society of  
Algology (International Acupuncture Association of  
Physical Therapists I.A.A.P.T)

Charter Member McKenzie Institute Hellas-Cyprus  
Reviewer for British Journal of Sports Medicine

## Selected Conference Presentations

- Panhellenic Physical Therapy Association Conference, Athens, Greece 2006. Chronic Achilles and Patellar tendinopathy. Evidence, basic pathophysiology and treatment with eccentric exercises
- Pan-Hellenic Spine Society (EESS) conference. Invited speaker, Centralization phenomenon. A clinical tool in diagnosis, treatment and prognosis of patients with spinal pain, Athens, Greece 2007
- Hellenic Society of Orthopaedic Surgery and Traumatology. Invited Keynote, Exercises and Low Back Pain, Athens, Greece 2008
- Hellenic Scientific Society of Physiotherapy (HSSPT). Invited Keynote Sacroiliac Joint assessment and treatment, Athens, Greece 2008
- Hellenic Scientific Society of Physiotherapy (HSSPT). Invited Keynote Evidence based practice and Low Back Pain, Athens, Greece 2008
- Pan-Hellenic McKenzie Conference (PPTA), Athens, Greece. Invited speaker, Does it matter which exercise? Athens, Greece 2008
- Hellenic Society of Orthopaedic Surgery and Traumatology conference. Invited keynote, Yes to exercises in treatment of Low Back Pain Athens, Greece 2009
- Hellenic Society of Orthopaedic Surgery and Traumatology conference. Invited keynote, An update in exercises for the treatment of Low Back Pain, Athens, Greece 2010
- 5<sup>th</sup> Hellenic Society of Biomechanics (HSB) Conference, Thessaloniki, Greece 2012. Good and bad sitting posture. How prolonged bad posture affects spinal proprioception of healthy individuals
- Hellenic Orthopaedic Manipulative Therapy (HOMTD) conference. Invited Keynote, The role of muscles in Lumbo-pelvic motor control, Athens, Greece 2012
- Panhellenic Physical Therapy Association Conference, Athens, Greece 2012. Good and bad sitting posture
- Panhellenic Physical Therapy Association (PPTA) Conference. Invited Keynote, Clinical application of real time ultrasound imaging in Lumbo-pelvic region, Athens, Greece 2012
- National and Kapodistrian University of Athens, Department of Physical Education and Sport Science, Invited Keynote for Postgraduate (MSc), The usage of real time ultrasound in research and its clinical applications, Athens, Greece 2013
- 3<sup>rd</sup> European College of Sport and Exercise Physicians (ECOSEP) conference, Frankfurt, Germany 2013. Spinal repositioning deficits
- 23<sup>rd</sup> Pan-Hellenic Scientific Physical Therapy Conference, Athens, Greece 2013. Sitting bodily configuration: A study investigating the intra-tester reliability of positioning subjects into a predetermined sitting posture
- Hellenic Society of Arthroscopy (EAE). Invited speaker, Pathophysiology of lower limb

tendinopathies. An update in tendinopathy management, Athens, Greece 2013

- Hellenic Society of Orthopaedic Surgery and Traumatology & Hellenic Society of Arthroscopy (EAE) conference. Invited Keynote, Distal factors of the kinetic chain and the role of lumbo-pelvic stability in Anterior Knee Pain, Athens, Greece 2013
- European College of Sports and Exercise Physicians (ECOSEP), Athlete's Sports Rehab Workshop, Real time ultrasound in Lumbo-pelvic stabilization and Low Back Pain, Thessaloniki, Greece 2013
- European College of Sports and Exercise Physicians (ECOSEP), Athlete's Sports Rehab Invited Keynote, Lumbo-pelvic stabilization, motor control and Low Back Pain, Thessaloniki, Greece 2013
- Panhellenic Physical Therapy Association (PPTA) Conference. Invited speaker, Lower limb Tendon pathology, Athens, Greece 2013
- Panhellenic Physical Therapy Association (PPTA) Conference. Invited speaker, Rotator cuff tears, Athens, Greece 2013
- Greek Rheumatology Society (ERE) Invited Keynote, courses in Rheumatology. Acute/chronic Low Back Pain. Conservative management: The role of Physical Therapy, Medical School, Athens, Greece 2013
- "Filoktitis" Centre for Recovery and rehabilitation Scientific Meeting. Invited Keynote, Cross-cultural adaptation of assessment tools, research methodology in clinical trials and statistical interpretation, Athens, Greece 2013
- 24<sup>th</sup> Pan-Hellenic Scientific Physical Therapy Conference, Athens, Greece 2014. Development of a questionnaire (FASH) to measure the severity and impact of symptoms in patients with acute hamstring injuries
- Panhellenic Physical Therapy Association (PPTA) Conference. Invited Keynote, Evaluation and rehabilitation of overuse pathologies and tendinopathy of the shoulder, Herakleion, Crete, Greece 2014
- World Confederation for Physical therapy Conference, Singapore 2015. Reliability of

methods used to evaluate lower limb malalignments

- World Confederation for Physical therapy Conference, Singapore 2015. Outcome assessment in patients with acute hamstring injuries
- 7<sup>th</sup> Muscletech Network Workshop and 4<sup>th</sup> ECOSEP congress, Barcelona, Spain 2015. The effectiveness of ECSWT therapy in common lower limb conditions in athletes. A systematic review and critical appraisal of the literature
- 7<sup>th</sup> Muscletech Network Workshop and 4<sup>th</sup> ECOSEP congress, Barcelona, Spain 2015 Assessment and education of the optimal sitting and standing posture in patients from the physiotherapists' perspective
- 4<sup>th</sup> Annual Podiatric Sports Medicine Conference in London, UK (19-20<sup>th</sup> June). Invited Keynote, The effectiveness of extracorporeal shock wave therapy. A systematic review 2015
- Systematic reviews. Myths and Facts, Aspetar Sports Medicine Hospital, March 2016
- Chair of Panel debate: Manual therapy is a questionable tool in the toolkit of treatments for low back pain. International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT 2016) Conference, Glasgow, UK, 4-8<sup>th</sup> July.
- Aspetar – American College of Sports Medicine (ACSM) symposium: New developments in Sports Medicine. Workshop entitled: 'The evidence highway – Where to get best evidence fast' Rob Johnson, Bill Dexter, Vasileios Korakakis, 20-22<sup>nd</sup> September 2016, Doha, Qatar.
- Sports Medicine Australia Conference, Melbourne, Australia (Australian conference of Science and Medicine in Sport; National Physical Activity Conference; National Sports Injury Prevention Conference) Blood flow restriction-induced analgesia in patients with anterior knee pain. Korakakis V, Whiteley R, Epameinontidis K. Melbourne, Australia 12-15<sup>th</sup> October 2016.
- Invited speaker at 5<sup>th</sup> International Congress for joint replacement (ICJR2016). Panel for

Anterior Cruciate Ligament reconstruction and rehabilitation: Nick Worth, Abbas Rahimi, Rodney Whiteley, Vasileios Korakakis, Hussain Nasser, 3-5<sup>th</sup> November, Dubai, UAE.

- Invited speaker at 5th International Congress for joint replacement (ICJR2016). Presentation entitled: 'Innovative sports rehabilitation. Blood flow restriction induced analgesia and muscle hypertrophy in patients with anterior knee pain.' Vasileios Korakakis, 3-5th November, Dubai, UAE.
- Invited speaker at 5th International Congress for joint replacement (ICJR2016). Presentation entitled: 'Current concepts in tendon rehabilitation.' Vasileios Korakakis, 3-5th November, Dubai, UAE.
- Application of Blood Flow Restriction training in the clinical setting: Effects on pain and function. Aspetar Sports Medicine Hospital, 25<sup>th</sup> April 2017.
- 2017 ASICS Sports Medicine Australia Conference. Australian conference of Science and Medicine in Sport. Blood flow restriction-induced pain reduction in patients with anterior knee pain. A pilot RCT. Korakakis V & Whiteley R. 25-28<sup>th</sup> October, 2017, Langkawi, Malaysia.

## Publications

**Korakakis V.** (2006) 'Rotator Cuff symptoms from a cervical derangement. Case presentation' International Journal of Mechanical Diagnosis and Therapy 1(3):14-17

**Korakakis V.** (2007) 'Chronic Achilles and Patellar tendinopathy. Histopathology and imaging REVIEW' Physiotherapy Issues 4(6):2-13

**Korakakis V.** (2007) 'Chronic Achilles and Patellar tendinopathy. Treatment and rehabilitation REVIEW' Physiotherapy Issues 4(7):3-16

Baliotis K., **Korakakis V.**, Dragioti E., Kotrotsiou E., & Gouva M. (2013) 'Internal and external shame and chronic Low Back Pain: Differences between Greek men and women athletes.' British Journal of Sports

Medicine, 47:e3 doi: 10.1136 /bjsports-2013-092558.49

Baliotis K, Dragioti E, **Korakakis V.**, Katri F, Kotrotsiou E, Gouva M. (2013) 'Fear of pain and chronic low back pain: differences between Greek men and women patients.' European Psychiatry, Vol 28, Supplement 1, 2013, Page 1. doi: 10.1016/S0924-9338(13)76851-2

Baliotis K, **Korakakis V.**, Katri F, Dragioti E, Kotrotsiou E, Gouva M. (2013) 'Pain anxiety symptoms and chronic low back pain: differences between Greek men and women patients.' European Psychiatry, Vol 28, Supplement 1, 2013, Page 1. doi: 10.1016/S0924-9338(13)76867-6

**Korakakis V** and Giakas G. (2013) 'Spinal repositioning deficit; The effect of prolonged flexed posture.' British Journal of Sports Medicine, 47:e3 doi: 10.1136 /bjsports-2013-092558.43.

**Korakakis, V.**, Sideris, V., & Giakas, G. (2014) 'sitting bodily configuration: A study investigating the intra-tester reliability of positioning subjects into a predetermined sitting posture.' Manual therapy, 19(3), 197-202 doi: 10.1016/j.math.2014.01.001.

**Korakakis, V.**, Patsiaouras, A., & Malliaropoulos, N. (2014) 'Cross-cultural adaptation of the VISA-P questionnaire for Greek-speaking patients with patellar tendinopathy.' British Journal of Sports Medicine, 48(22), 1647-1652 doi: 10.1136/bjsports-2012-091339

Malliaropoulos N, **Korakakis V**, Christodoulou D, Padhiar N, Pyne D, Giakas G, Nauch T, Malliaras P, Lohrer H. (2014) 'Development and validation of a questionnaire (FASH – Functional Assessment Scale for Acute Hamstring Injuries): to measure the severity and impact of symptoms on function and sports ability in patients with acute hamstring injuries.' British Journal of Sports Medicine, 48(22):1607-1612. doi: 10.1136/bjsports-2014-094021.

Chamogeorgakis, G., Athanasopoulos, S., & **Korakakis, V.** (2015) 'Reliability of methods used to evaluate lower limb malalignments: a systematic review.'

Physiotherapy 101, e787 doi: 10.1016/j.physio.2015.03.3665

Malliaropoulos, N., **Korakakis V**, Christodoulou, D., Padhiar, N., Pyne, D., Giakas, G., et al. (2015). 'Development of a questionnaire (FASH) to measure the severity and impact of symptoms in patients with acute hamstring injuries.' Physiotherapy 101, e785-e786 doi: 10.1016/j.physio.2015.03.3663

**Korakakis, V.**, & Giakas, G. (2015) Spinal movement while seated abolishes the proprioceptive deficit induced by prolonged flexed sitting posture. Physiotherapy, 101, e786 doi: 10.1016/j.physio.2015.03.3664

Tsaklis, P., Malliaropoulos, N., Mendiguchia, J., **Korakakis, V.**, Tsapralis, K., Pyne, D., et al. (2015) Muscle and intensity based hamstring exercise classification in elite female track and field athletes: implications for exercise selection during rehabilitation. Open Access Journal of Sports Medicine, 6, 209-217 doi: 10.2147/OAJSM.S79189

**Korakakis, V.**, Malliaropoulos, N., Baliotis, K., Papadopoulou, S., Padhiar, N., Nauck, T., et al. (2015) 'Cross-cultural Adaptation and Validation of the Exercise-Induced Leg Pain Questionnaire for English- and Greek-Speaking Individuals.' Journal of Orthopaedic & Sports Physical Therapy, 45(6), 485-496 doi: 10.2519/jospt.2015.5428

**Korakakis, V.**, & Whiteley, R. (2015) The Effectiveness of ESWT in Lower Limb Tendinopathy: Letter to the Editor. American Journal of Sports Medicine, 43(10), NP43-NP44 doi: 10.1177/0363546515608114

Malliaropoulos N, Crate G, Meke M, **Korakakis V**, Nauck T, Lohrer H, & Padhiar N. (2016). Success and Recurrence Rate after Radial Extracorporeal Shock Wave Therapy for Plantar Fasciopathy: A Retrospective Study. BioMed Research International, 8 doi: 10.1155/2016/9415827

Lohrer H, Nauck T, **Korakakis V**, & Malliaropoulos N. (2016) Historical ESWT Paradigms Are Overcome: A Narrative Review. BioMed Research International, 2016, 7 doi: 10.1155/2016/3850461

**Korakakis V**, Evagelinou V, Sotiralis Y, Karanasios S, Sakellariou K, & Sideris A. (2016). What do physiotherapists consider as the optimal sitting and standing posture? Manual therapy, 25, e111 doi: 10.1016/j.math.2016.05.199

**Korakakis V**, Sideris V, Sotiralis Y, Karanasios S, Sakellariou K, Sideris A, & Giakas G. (2016) Postural education. A study investigating the intra- and inter-examiner reliability of positioning subjects into neutral and lordotic sitting posture Manual therapy, 25, e79 doi: 10.1016/j.math.2016.05.129

**Korakakis V**, Whiteley R, & Tzavara A. (2016) Systematic reviews cannot inform clinical practice. An example using a critical appraisal of a systematic review of shockwave therapy Manual therapy, 25, e57 doi: 10.1016/j.math.2016.05.079

**Korakakis, V.**, Whiteley, R., & Epameinontidis, K. (2016) Blood flow restriction to lower body induces analgesia in patients with anterior knee pain. Manual therapy, 25, e140 doi: 10.1016/j.math.2016.05.267

Lohrer H., Nauck T., **Korakakis V.**, Malliaropoulos N. (2016) Validation of the FASH (Functional Assessment Scale for Acute Hamstring Injuries) questionnaire for German-speaking football players. Journal of orthopaedic surgery and research, 2016;11(1):130.

Malliaropoulos, N., Jury, R., Pyne, D., Padhiar, N., Turner, J., **Korakakis, V.**, Meke, M., Lohrer, H. (2016). Radial extracorporeal shockwave therapy for the treatment of finger tenosynovitis (trigger digit). Open Access Journal of Sports Medicine, 7, 143-151. doi:10.2147/oajsm.s108126

**Korakakis, V.**, Whiteley, R., & Epameinontidis, K. (2017) Blood flow restriction-induced analgesia in patients with anterior knee pain. Journal of Science and Medicine in Sport, 20, Supplement 1, e100 doi: <http://dx.doi.org/10.1016/j.jsams.2017.01.080>

**Korakakis, V.**, Sideris, V., Sotiralis, Y., Karanasios, S., Sakellariou, K., Sideris, A., & Giakas, G. (2017) Intra and inter-examiner reliability study of positioning and postural education into neutral and lordotic sitting

posture. Journal of Science and Medicine in Sport, 20, Supplement 1, e36 doi: <http://dx.doi.org/10.1016/j.jsams.2017.01.103>

**Korakakis, V.**, Giakas, G., Sideris, V., & Whiteley, R. (2017) Repeated end range spinal movement while seated abolishes the proprioceptive deficit induced by prolonged flexed sitting posture. A study assessing the statistical and clinical significance of spinal position sense. Musculoskeletal Science and Practice, 31, 9-20. doi: [10.1016/j.msksp.2017.06.003](https://doi.org/10.1016/j.msksp.2017.06.003)

Malliaropoulos N., Bikos G., Meke M., Tsifountoudis I., Pyne D., & **Korakakis V.** (2017) Mechanical Low Back Pain in Elite Track and Field Athletes: An observational cohort study. Journal of Back and Musculoskeletal Rehabilitation, 30, 681-689. doi: [10.3233/BMR-150390](https://doi.org/10.3233/BMR-150390)

**Korakakis V.**, Whiteley R., Tzavara A. & Malliaropoulos N. (2017) The effectiveness of Extracorporeal Shockwave Therapy in common Lower Limb Conditions – a Systematic Review including quantification of patient-rated pain reduction. British Journal of Sports Medicine, Online first, published on September 27, 0:1-23. doi:[10.1136/bjsports-2016-097347](https://doi.org/10.1136/bjsports-2016-097347).

**Korakakis, V.** & Whiteley, R (2017) Blood flow restriction-induced pain reduction in patients with anterior knee pain. A pilot RCT. Journal of Science and Medicine in Sport, 20, Supplement 3, page 80 doi: <http://dx.doi.org/10.1016/j.jsams.2017.09.355>.

Malliaropoulos N., Thompson D., Meke M., Pyne D., Alaseirlis D., Atkinson H., **Korakakis V.**, & Lohrer H. (2017). Individualised radial extracorporeal shock wave therapy (rESWT) for symptomatic calcific shoulder tendinopathy: a retrospective clinical study. BMC Musculoskeletal Disorders 18:513 doi: [http:// dx.doi.org/10.1186/s12891-017-1873-x](http://dx.doi.org/10.1186/s12891-017-1873-x)

edition. Chapter 17: Electrophysical agents with Gardiner N., Gledhill A., Mayhew L., & **Korakakis V.** (2017) Extracorporeal Shockwave Therapy.

In: **Shock Waves in Sport Medicine** by Heinz Lohrer and Tanja Nauck., 1<sup>st</sup> edition. Chapter: «Effectiveness of extracorporeal shockwave therapy in common lower limb pathologies: A critical review» **Korakakis Vasileios.**

## Book Chapters

In: **Clinical Sports Medicine** (Vol 1 - Injuries) by Brukner P., Clarsen B., Cook J., Cools A., Crossley K., Hutchinson M., McCrory P., Bahr R., & Khan K., 5<sup>th</sup>