

Stefanos Karanasios, PhD, MSc

Assistant Professor, Department of Physiotherapy, University of West Attica

Contact: skaranasios@uniwa.gr

Dr. Stefanos Karanasios is an Assistant Professor in the Department of Physiotherapy at the University of West Attica, specializing in musculoskeletal disorders. As a doctoral and postdoctoral researcher, his research has focused on the assessment and rehabilitation of tendon disorders of the upper limb, utilizing innovative methods such as blood flow restriction exercises. He studied physiotherapy at the Technological Educational Institute of Thessaloniki (2002-2006) and continued his education in the United Kingdom, where he obtained a master's degree (MSc) in Advanced Manipulative Physiotherapy (2008-2010) from the University of Birmingham. In 2018, he earned another master's degree with a specialization in Hand Therapy (MSc in Hand Therapy) from the University of Derby, UK.

He has served as a lecturer in the Department of Physiotherapy at the University of Patras and the University of West Attica. Alongside his academic teaching, he maintains continuous clinical practice in the musculoskeletal field. He has several research publications in prestigious international scientific journals, as well as presentations at Greek and international conferences. He has received awards for his research work, such as the “Best Original Research Paper” award for 2023 from the esteemed scientific journal Sports Health, known as the T. David Sisk Award for Best Original Research Paper. He is a member of the Hellenic Physiotherapy Association NPID.

[Google Scholar Profile](#)