

## Curriculum Vitae (CV)



### **Personal Details**

First name / Last name: Stavroula/ Fokidi

Date of birth: 10/01/1989

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Marital status: Single

### **Professional Experience**

- December 2020 – present: Physiotherapist in the General Public Hospital of Nikaia, “Agios Panteleimon”. Current position: Intensive Care Unit, Covid-19 clinics and Cardiology clinics. (Attica, Greece).
- June 2020 – November 2020: Médecins Sans Frontières – Europe Migration. Position: Head of Mission Assistant (Operational Center of Geneva) (Attica, Greece).
- May 2015 – June 2020: Physiotherapist with scientific responsibility for the Physiotherapy Lab of Mr. George O. Nicolaidis (Attica, Greece).
- September 2019 – June 2020: Head Physiotherapist for the Greek football academy of “Ionikos F.C.” (Attica, Greece).
- April 2019: Hellenic Football Federation Physiotherapist for the Women’s National football team (WU17), Developmental Tournament of UEFA (Kielce, Poland).
- February 2019 – April 2019: Physiotherapist for the Physiotherapy Centre “Therapy Lab” (Attica, Greece).
- September 2013 – September 2017: Physiotherapist for the Greek football academy of “Ionikos F.C.” (Attica, Greece).
- September 2015 – September 2016: Physiotherapist for the Greek football academy of “Halkidon F.C.” (Attica, Greece).

- September 2015 – September 2016: Physiotherapist for the Greek football academy of “Panneapolikos F.C.” (Attica, Greece).
- April 2012 – August 2012: Physiotherapist for the Greek football male team of “Ionikos F.C.” (Attica, Greece).
- September 2011 – March 2012: Practical Training Internship at “Attikon”, General University Hospital, Department of Physiotherapy (Attica, Greece).
- August 2011: Participation as Carer of people with disabilities at summer camp of POSGAMEA (Attica, Greece).
- February 2011 – June 2011: Physiotherapist assistant for the Physiotherapy Center of Mr. Dimitris Stefanides (Fthiotida, Greece)

### **Teaching Experience**

- September 2019 – June 2020: Hourly paid teaching lecturer on the specialty of Physiotherapist BSc (Hons) for the Metropolitan College – Piraeus Campus (Attica, Greece).
- September 2017 – June 2018: Hourly paid teaching fellow on the specialty of Occupational Therapist assistant for the public Institute of Vocational Training of Nikaia (Attica, Greece).
- February 2013 – June 2016: Hourly paid teaching fellow on the specialty of Physiotherapist assistant for the public Institute of Vocational Training (I.E.K.) of Haidari (Attica, Greece).
- February 2015 – June 2015: Hourly paid teaching fellow on the specialty of Physiotherapist assistant for the private Institute of Vocational Training (I.E.K.) of SBIE (Attica, Greece).
- February 2014 – June 2014: Hourly paid teaching fellow on the specialty of Physiotherapist assistant for the public Institute of Vocational Training (I.E.K.) of Peristeri (Attica, Greece).
- January 2013 – June 2013: Hourly paid teaching fellow on the specialty of Physiotherapist assistant for the public Institute of Vocational Training (I.E.K.) of Peristeri (Attica, Greece).

### **Education**

- December 2023: Basic Life Support (BLS) Certificate: European Resuscitation Council (Attica, Greece).
- October 2021 – June 2022: E- learning Program in Physiotherapy in the Intensive Care Unit - Modern Proven Approaches. Education and lifelong learning center – University of Thessaly (Thessaly, Greece).

- September 2020 – September 2021: National Training Center for School Scoliosis Screening. Orthopaedics and Traumatology department in Tzaneio General Hospital of Piraeus. (Attica, Greece).
- May 2021 – June 2021: International certification in Schroth Method International Schroth Three-Dimensional Scoliosis Therapy. (Attica, Greece).
- September 2016 – September 2018: Master of Science degree (MSc) in International Medicine-Health Crisis Management, School of Medicine, Athens University (Attica, Greece).  
Master’s Thesis: “The role of Physical Therapy Interventions in the Management of Chronic Pain of Musculoskeletal Disorders in the Victims of Torture”. Final Grade: 8,32/10
- July 2018: Certified Kinesio Tape Practitioner (CKTP) Kinesio Taping® Association International (KTAI), Kinesio University (Attica, Greece).
- February 2016 – July 2016: Distance Learning Certificate in “Clinical Ergospirometry and Rehabilitation”, National and Kapodistrian University of Athens (Attica, Greece).
- July 2015: First Aid training Certificate, First Aid assistant in Samaritans, Rescuers and Lifeguards sector at Hellenic Red Cross (Athens, Greece).
- 2007 – 2012: Bachelor's degree (BSc) in Psysiotherapy, Technological Educational Institution (T.E.I.) of Lamia (Fthiotida, Greece) / Final Grade: 6,62/10.

### **Publications**

- Grivas TB, Dadakaridou D, Fokidi SA, Kastrinis A, Kosti M, Mihas C, Oikonomaki M, Theodosopoulos E, Griva AM. A Questionnaire of Physiotherapeutic Specific Exercises of Scoliosis—QPSSE. Journal of Clinical Medicine. 2024; 13(2):318. <https://doi.org/10.3390/jcm13020318>

### **Presentations (Oral and Posters)**

- May 2024: Poster Presentation of “Development and validation of a new questionnaire of physiotherapeutic specific exercises of scoliosis- QPSSE” in Sosort International Congress.  
<https://virtual.oxfordabstracts.com/#/event/public/4954/program?program&date=%222024-5-2%22> (Boston, USA).
- December 2023: Oral presentation of “Treatment with Physiotherapeutic Specific Scoliosis Exercises (PSSEs)” in 31<sup>st</sup> Annual Pan-Hellenic Scientific Psysiotherapy Congress- Round Table of Idiopathic Scoliosis.  
[https://congress.psf.org.gr/files\\_upload/31/31\\_psf\\_programma\\_index.pdf](https://congress.psf.org.gr/files_upload/31/31_psf_programma_index.pdf) (Athens, Greece).
- September 2022: Oral presentation of “Questionnaire of Physiotherapeutic Specific Exercises of Scoliosis—QPSSE” in 3<sup>rd</sup> International Symposium: Current trends in research on scoliosis and other spinal deformities ScoSym.

[https://www.ctmi.gr/scosym2022/wp-content/uploads/2022/05/3rd\\_Scosym-Program.pdf](https://www.ctmi.gr/scosym2022/wp-content/uploads/2022/05/3rd_Scosym-Program.pdf) (Athens, Greece).

- December 2012: Oral presentation of “Evaluation of functionality after total knee replacement: Systematic review and evaluation of relative publications with the PEDro scale” in 22<sup>th</sup> Annual Pan-Hellenic Scientific Physiotherapy Congress (Athens, Greece).

### **Scientific training (Conferences, Summits, Workshops)**

- December 2023: 19<sup>th</sup> Congress of Hellenic intensive care- Workshop in Physiotherapy in Intensive Care Unit (Athens, Greece).
- September 2022: ScoSym, 3rd International Symposium: Current trends in research on scoliosis and other spinal deformities- Special Advisor in the Organising Committee (Athens, Greece).
- September 2021: ScoSym, 2nd International Symposium: Current trends in research on scoliosis and other spinal deformities (Novi Sad, Serbia).
- October 2017: 7<sup>th</sup> International Conference “Management of disaster victims” (Rhodes, Greece).
- May 2017: 1<sup>st</sup> Scientific Summit “Specialized physiotherapeutic intervention in depression” (Athens, Greece).
- January 2017: “Principles of humanitarian law” – support as ‘prisoner of war’ in the seminar workshops (Athens, Greece).
- June 2016: “Principles of humanitarian law” – support as ‘prisoner of war’ in the seminar workshops (Athens, Greece).
- February 2014: Basic Seminar for lower extremity at the association of physiotherapists of Greece, OMT Kaltenborn – Evjenth (Athens, Greece).
- June 2014: Basic Seminar for upper extremity at the association of physiotherapists of Greece, OMT Kaltenborn – Evjenth (Athens, Greece).
- December 2012: 22<sup>th</sup> Annual Pan-Hellenic Scientific Physiotherapy Conference “Physiotherapy: Modern trends and prospects” (Athens, Greece).
- November 2011: 21<sup>st</sup> Annual Pan-Hellenic Scientific Physiotherapy Conference “Disability and modern physiotherapeutic rehabilitation” (Athens, Greece).
- April 2011: 20<sup>th</sup> Scientific Summit “Spinal and pelvis injuries” (Athens, Greece).
- May 2010: 2<sup>nd</sup> Summit “Young fellow physiotherapists” (Aigio, Greece).
- April 2008: 17<sup>th</sup> Scientific Summit “Biomechanics – Injuries – Knee rehabilitation” (Athens, Greece).

- May 2007: 3<sup>rd</sup> Interdepartmental Physiotherapy Conference “Therapeutic interventions in specific patient groups”, “Sports physiotherapy”, “Therapeutic interventions in muscular-skeletal diseases”, “Respiratory physiotherapy – The elderly”, “Therapeutic approach to neurological diseases”, “Evaluation, Research, Training” (Athens, Greece).

**Personal qualities (Languages, Computer skills, Volunteer experience)**

- Greek: native speaker
- English: FCE Level B2: University of Cambridge ESOL, British Council – December 2003
- ECDL: Basic Computer concepts, Windows XP, Word, Excel, Access, PowerPoint, Internet – February 2007
- Since 2015 volunteer as First Aid assistant in Samaritans, Rescuers and Lifeguards Sector and Member of the Hellenic Red Cross
- Since 2012 Member of the Panhellenic Association of Physiotherapists