



**Georgios Mitsiou, MSc, PhD
Physiotherapist**

Short Curriculum Vitae

Mr. Mitsiou Georgios is a Physiotherapist and is working as Laboratory Teaching Staff at the Department of Physiotherapy of the University of West Attica since June 2025. He has previously worked at the Athens Medical Center Hospital (2006) and with the Greek National Men's Water Polo Team (2005–2007). He also worked as a Physiotherapist in the Intensive Care Unit of Evangelismos Hospital (2007–2012), and was an academic fellow of the Physiotherapy Department at the Technological Educational Institute (TEI) of Athens and the University of West Attica (UniWA) for over 10 years (2012–2025).

He holds a Bachelor's degree in Physiotherapy (2001) from TEI of Athens, a Master's degree (2005) from the Metropolitan University of Manchester (United Kingdom), and a PhD (2023) from the School of Physical Education and Sport Science in Komotini, Democritus University of Thrace, Greece with a dissertation titled: "Acute and Long-Term Effects of Exercise on Endothelial Progenitor Cells Mobilization in Patients with Chronic Heart Failure." His research work includes publications (with over 500 citations) and presentations in Greek and international journals and conferences, as well as lectures at national and international congresses. His research interests focus on investigating the effects of exercise and inspiratory muscle training in patients with heart failure, and application of techniques and methods for prevention and rehabilitation in patients with cardiovascular disease and post-cardiac surgery. He is a member of the Cardiovascular and Respiratory Physiotherapy and Rehabilitation Department of the Greek Association of Physiotherapists.

The courses he teaches in the Department of Physiotherapy include:

1. Physiotherapy in Cardiovascular Disease (Laboratory)
2. Clinical Exercise in Physiotherapy of Respiratory and Cardiovascular Diseases (Laboratory)

Publications

<https://scholar.google.com/citations?user=EJGWAbYAAAAJ&hl=en>

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