

CURRICULUM VITAE (CV)

ELENI K.NOMIKOU



Email: enomikou@uniwa.gr

EDUCATION

University of West Attica, Athens, Greece

PhD Candidate, Physiotherapy Department, School of Healthcare Sciences 2024

University of Piraeus, Greece

Master of Science in Health Management

2010

ATEI Athens –Physiotherapy Department , School of Healthcare Sciences

Final Grade : 8,14/10

2005

SEMINARS

🚦 **Special Education. Center for Lifelong Learning .University of Patras**

🚦 **2024**

🚦 **Respiratory physiotherapy and respiratory sounds-New paradigm**

2024

🚦 **Kids & Teen Pilates -APPI Education**

2023

🚦 **Clinical Pilates by GPC® - Advanced Mat**

2023

🚦 **KinesioTaping/Kinesio Taping Association International**

Kinesio Taping® Specialty - Sensory Point Taping" **2023**

🚦 **Clinical Pilates by GPC® - Mat Introductory Course**

2022

✚ **Soft splinting and bracing & presplinting theoretical and practical session**

2019

✚ **International Schroth -3d Dimensional Scoliosis Therapy (ISST)**
2019

✚ **Bayley Scales of Infant & Toddler Development (Bayley III)**
2017

✚ **Sensory Integration (S.I.) Paediatrics : Theory and Intervention(module1)** **2016**

✚ **MAES therapy –Introduction Course**
2016

✚ **Myofascial Therapy, Myofascial College of Utah**
2016

✚ **KinesioTaping/Kinesio Taping Association International**

KinesioTaping Fundamentals , Kinesio Taping Correction Techniques
2015

✚ **NDT-Bobath**

Neurodevelopmental Approach for CP patients and CNS disorders

2013-2014

✚ **BLS/AED Provider Course,European Resuscitation Council**
2013

✚ **Braille certification**

Centre for education & Rehabilitation for Blind (CERB)

2011

✚ **Trigger points, Pain and Muscle Tone**
2006

Education Seminars:

2017: Short Introduction to Learning & Teaching in the UK

2015: Communication in adults training

2015: New technology in education

2014: Train the trainers

2013: BTEC/EDEXCEL Implementation Training – Pearson Education Ltd

2008: An introduction to Autonomous Learning

PROFESSIONAL EXPERIENCE

2005 till now: Free-lance physiotherapist treating patients with neurological & musculoskeletal disorders at home

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September 2016 till now: Physiotherapist treating children with neuro-developmental disorders & syndromes. Therapeutic centre for the child and the family “The House”

2005 -2025: Educational Group AKMI. Educational Staff – Teacher (AKMI, Kodringtonos 16, 11257, Athens)

2005 -2015: Educational Group AKMI. Educational Staff – Teacher for Blind Students (AKMI, Kodringtonos 16, 11257, Athens)

2013-2014: Volunteer in Physiotherapy Department . “OPEN DOOR” / CEREBRAL PALSY

2005 -2014: Educational Group AKMI. Educational Staff – “Spa Therapist”.ITEC SPA
(AKMI, Kodringtonos 16, 11257, Athens)

2011-2012: Institute of Vocational Training (I.I.E.K.) AKMI. Responsible Teacher for the Specialty "Physiotherapy Assistant".(AKMI, Kodringtonos 16, 11257, Athens)

2008-2011: Volunteer in Blind Track & Field Club (A.T.F.C.B.)

2002-2008: Physiotherapist treating children with neuro-developmental disorders & syndromes. Therapeutic centre for the child and the family. “DELI IOANNA”, Athens

PUBLICATIONS

Alexandros Kastrinis, Nikolaos Strimpakos, Koumantakis, G. A., Dionysios Tzatzaliaris, Oikonomaki, M., Theodosopoulos, E., Evangelia Skaftourou, Tsekoura, M., Kanellopoulos, A. K., Nomikou, E., & Dimitriadis, Z. Reliability of Sensorimotor Control Tests in Individuals with Adolescent Idiopathic Scoliosis. *Muscles* 2024, 3, 376-392. <https://doi.org/10.3390/muscles3040032>

Kastrinis A, Koumantakis G, Tsekoura M, **Nomikou E**, Katsoulaki M, Theodosopoulos E, Strimpakos N, Dimitriadis Z. The Effect of Schroth Method on Postural Control and Balance in Patients with Adolescent Idiopathic Scoliosis: A Literature Review. *Adv Exp Med Biol.* 2023;1425:469-476. doi: 10.1007/978-3-031-31986-0_45. PMID: 37581820.

Tsekoura M, Kastrinis A, **Nomikou E**, Katsoulaki M. Telerehabilitation and Fall Prevention in Older Adults. *Adv Exp Med Biol.* 2023;1425:485-489. doi: 10.1007/978-3-031-31986-0_47. PMID: 37581822.

Tsekoura M, Katsoulaki M, Kastrinis A, **Nomikou E**, Fousekis K, Tsepis E, Billis E. The Effects of Exercise in Older Adults with Hyperkyphotic Posture. *Adv Exp Med Biol.* 2023;1425:501-506. doi: 10.1007/978-3-031-31986-0_49. PMID: 37581824

Kastrinis A, Koumantakis G, Tsekoura M, **Nomikou E**, Katsoulaki M, Takousi M, Strimpakos N, Dimitriadis Z. Greek Adaptation and Validation of the Bad Sobernheim Stress Questionnaire-Brace and the Bad Sobernheim Stress Questionnaire-Deformity. *Adv Exp Med Biol.* 2023;1425:141-149. doi: 10.1007/978-3-031-31986-0_13. PMID: 37581788.

Kastrinis, Alexandros & Koumantakis, George & Tsekoura, Maria & **Nomikou, Eleni** & Strimpakos, Nikos & Dimitriadis, Zacharias. (2022). The efficacy of Schroth therapy and Scoliosis SLC brace in the treatment of adolescent idiopathic scoliosis. A retrospective study. 10.13140/RG.2.2.21475.84005.

Tsekoura Maria, Dimitriadis Zacharias, Kastrinis Alexandros, Katsoulaki Marianna, **Nomikou Eleni**. "Correlation Between Musculoskeletal Pain and School Bag Use." *Interdisciplinary Health Care*, 9:3, Pages 86-91, 2017.

Tsekoura Maria, Kastrinis Alexandros MSc, CMP, **Nomikou Eleni**, Kentrou Euaggelia & Dimitriadis Zacharias. *Work-Related Musculoskeletal disorders among Greek Physiotherapists*. Musculoskelet. Care (2016) © 2016 John Wiley & Sons, Ltd.

Nomikou Eleni, Tsekoura Maria, Kastrinis Alexandros. "Cystic Fibrosis and Physiotherapy Intervention." *Physiotherapy*. 16:4. Pages 21-30, Oct-Dec 2013.

Tsekoura Maria, Nomikou Eleni, Kastrinis Alexandros. "Restless Legs Syndrome and Therapeutic Interventions." *Physiotherapy*. 16:3. Pages 15-21, Jul-Sep 2013.

Nomikou Eleni, Galanis Petros. "Knowledge and Perceptions of Women Regarding Cystic Fibrosis." *Nursing*. 2011, 50(2). Pages 214-222.

CONFERENCE PRESENTATIONS

Eleni Nomikou: The Importance of Early Detection and Intervention in Children with Developmental Coordination Disorder (DCD). Invited Speaker. 32nd Panhellenic Scientific Conference of Physiotherapy. Athens. November 2024.

Alexandros Kastrinis, Konstantina Kompogianni, Evangelia Skaftourou, Evangelos Theodosopoulos, **Eleni Nomikou**, Maria Tsekoura, Zacharias Dimitriadis and George Paras. The effect of a Schroth method-based exercise program, on enhancing the in-brace correction on individuals with idiopathic scoliosis. A retrospective cohort study. Oral Presentation. GENEDIS 2024. 6th "Genomics, Neuroscience, Therapeutics and Data Innovation Summit". Athens. Greece. October 2024

Alexandros Kastrinis, Konstantina Kompogianni, Dionisis Tzatzaliaris, Vangelis Theodosopoulos, **Eleni Nomikou**, Zacharias Dimitriadis, George Paras. The impact of a Schroth method based exercise program, on the in brace correction on individuals with idiopathic scoliosis. A pilot study. ScoSym2024, Split, Croatia. Oral presentation

Eleni Nomikou, Alexandros Kastrinis, Maria Tsekoura, Nikolaos-Stavros Chrysagis. Postural Abnormalities in children with Developmental Coordination Disorder (DCD) ,ScoSym2024, Split, Croatia

Nomikou Eleni, Kastrinis Alexandros, Zografou Foteini, Tsekoura Maria « Pelvic obliquity and neuromuscular scoliosis in patients with cerebral palsy. A narrative review », 3rd International Symposium "Current trends in the study of scoliosis and other deformities of the spinal column", Athens 17-18/09/2022

Kastrinis A. , Koumantakis G., Tsekoura M., **Nomikou E.**, Katsoulaki M, Takousi M., Strimpakos N., Dimitriadis Z.«Greek adaptation and validation of the Bad Sobernheim Stress Questionnaire-Brace and the Bad Sobernheim Stress Questionnaire-Deformity." 5th International GeNeDis2022 (Genetics, Geriatrics and Neurodegenerative Diseases Research) Zakynthos, Greece

Kastrinis A. , Koumantakis G., Tsekoura M., **Nomikou E.**, Katsoulaki M., Theodosopoulos E., Strimpakos N., Dimitriadis Z "The effect of Schroth method on postural control and balance in patients with Adolescent Idiopathic Scoliosis. A Literature Review." 5th International GeNeDis2022 (Genetics, Geriatrics and Neurodegenerative Diseases Research) Zakynthos, Greece

Kastrinis Alexandros, Strimpakos Nikolaos, Koumantakis Georgios, Dadakaridou Dimitra, **Nomikou Eleni**, "Cross-Cultural Adaptation and Validation of the Bad Sobernheim Stress Questionnaire (BSSQ) Brace in Patients with Adolescent Idiopathic Scoliosis," Dimitriadis Zacharias. 30th Panhellenic Physiotherapy Conference, Hellenic Physiotherapy Society, Thessaloniki, May 2022.

Kastrinis, G. Koumantakis, M. Tsekoura, **E. Nomikou**, N.Strimpakos, Z. Dimitriadis WCO-IOF-ESCEO congress« The efficacy of schroth therapy and scoliosis slc brace in the treatment of adolescent idiopathic scoliosis. A retrospective study» (World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases) Berlin, Germany, Μάρτιος 2022

Nomikou Eleni PT MSc NDT CKTP, Kastrinis Alexandros PT MSc CKTI, Diamantopoulos Konstantinos PT MT CKTI. "The Effectiveness of the Kinesiotaping Method in Static Control in Patients with Cerebral Palsy: A Literature Review." Hellenic Physiotherapy Scientific Association - 34th Online Conference: Strain Syndromes - Modern Evidence-Based Treatment, 05-06 December 2020.

Eleni Nomikou PT MSc NDT, Alexandros Kastrinis PT MSc CKTI, Kostas Diamantopoulos PT MT CKTI. *The effect of elastic tape applications on postural control in CP patients. A Literature Review.* 1st International Conference Elastic Therapeutic Taping for Speech Language Therapists 2019, Warsaw, Poland

Tsekoura Maria, **Nomikou Eleni**, Kastrinis Alexandros, Katsoulaki Marianna. "School Bag and Ergonomics. Prevention of Musculoskeletal Disorders" (Poster Presentation). 30th Conference of the Hellenic Scientific Physiotherapy Society & Hellenic Association of Physiotherapists, 02-04 December 2016.

Nomikou Eleni, Tsekoura Maria, Kastrinis Alexandros. "The Effectiveness of Kinesiotaping Application on Gross Motor Skills in Children with Cerebral Palsy: A Systematic Review" (Poster Presentation). 30th Conference of the Hellenic Scientific Physiotherapy Society & Hellenic Association of Physiotherapists, 02-04 December 2016.

Nomikou Eleni, Tsekoura Maria, Kastrinis Alexandros. "Can the Application of Kinesiotaping Be Effective in the Therapeutic Approach for Children with Cerebral Palsy: A Systematic Review" (Poster Presentation). 26th Annual Panhellenic Scientific Physiotherapy Conference, 25-27 November 2016.

Leveidiotis Sotiris, Kastrinis Alexandros, Dimitriadis Zacharias, **Nomikou Eleni**. "The Effect of Combining Kinesiotape Application and PNF Technique on Increasing the Knee Flexion Range of Motion through the Increased Elasticity of the Rectus Femoris in CrossFit Athletes: A Pilot Study" (Poster Presentation). 25th Annual Panhellenic Scientific Physiotherapy Conference, 22-24 January 2016.

Tsekoura Maria, **Nomikou Eleni**, Kastrinis Alexandros, Katsoulaki Marianna. "Assessment of Quality of Life in Patients with Osteoporosis" (Poster Presentation). 25th Annual Panhellenic Scientific Physiotherapy Conference, 22-24 January 2016.

Nomikou Eleni, Tsekoura Maria, Kastrinis Alexandros, Katsoulaki Marianna. "Amblyopia and Oculomotor Coordination." 29th Conference of the Hellenic Scientific Physiotherapy Society, 4-6 December 2015.

Tsekoura Maria, Kastrinis Alexandros, **Nomikou Eleni**, Katsoulaki Marianna. "Exercise and Management of Sarcopenia in the Elderly." 13th Panhellenic Conference of Gerontology-Geriatrics, Athens, 26-28 February 2015.

Dimitriadis Zacharias, Tsekoura Maria, Kastrinis Alexandros, **Nomikou Eleni**. "Is the Probability of Error Enough to Assess the Effectiveness of a Treatment? The Role of Effect Size." 22nd Panhellenic Scientific Physiotherapy Conference, Athens 2013.

Leveidiotis S. , Kastrinis A., Tsekoura M., **Nomikou E.**, Theodosopoulos E. . Uticaj akupunkture metodom nogier na redukciju bola u akutnoj fazi nakon prvostepene rupture biceps femorisa. 6th Congres DFS (Serbian Physiotherapist Association) Novi Sad – Serbia, 25-27 April 2013

Tsekoura Maria, **Nomikou Eleni**, Kastrinis Alexandros, Kentrou Evangelia. "Core Stabilization Exercises and Prevention of Anterior Cruciate Ligament Injuries in Female Athletes." International Scientific Physiotherapy Conference, Thessaloniki 2013.

Τσεκούρα Μαρία, **Νομικού Ελένη**, Καστρίνης Αλέξανδρος, Κέντρου Ευαγγελία. 'Ασκήσεις κεντρικής σταθεροποίησης και πρόληψη τραυματισμών πρόσθιου χιαστού συνδέσμου σε γυναίκες αθλήτριες'. Διεθνές Επιστημονικό Συνέδριο Φυσικοθεραπείας, Θεσ/νίκη 2013

Tsekoura Maria, Kastrinis Alexandros, **Nomikou Eleni**, Kentrou Evangelia. "Musculoskeletal Problems Related to Work in Greek Physiotherapists." 22nd Panhellenic Physiotherapy Conference, Athens – December 2012.

Nomikou Eleni, Tsekoura Maria. "Orientation and Mobility in Individuals with Visual Impairments." 21st Annual Panhellenic Scientific Physiotherapy Conference, Athens 2011.

Tsekoura Maria, **Nomikou Eleni**. "The Benefits of Exercise in Children and Adults with Visual Impairments. The Role of Physiotherapy." 21st Annual Panhellenic Scientific Physiotherapy Conference, Athens 2011.

Awards

Best Poster Presentation Award:

Nomikou Eleni, Kastrinis Alexandros, Zografou Foteini, Tsekoura Maria « Pelvic obliquity and neuromuscular scoliosis in patients with cerebral palsy. A narrative review”», 3rd International Symposium “Current trends in the study of scoliosis and other deformities of the spinal column”, Athens 17-18/09/2022

FOREIGN LANGUAGES

English

Proficiency of Cambridge

French