

PERSONAL INFORMATION

Pavlos Angelopoulos



Sex Male | Date of birth 02/03/1992 | Nationality Greece

JOB APPLIED FOR
POSITION
PREFERRED JOB

Physiotherapist, Soft tissue specialist

WORK EXPERIENCE

(01/09/2020 -to present)

University of Patras (PhD candidate)
Department of Physiotherapy
Business or sector Educational duties/research projects

(27/05/2017-to present)

Part-time “Educational Director of Kinetic Flossing”Kinetic Flossing Technique (Grigoriou E 33, Egio, 25100, [kineticflossing.com](https://www.kineticflossing.com))

- Responsible for the whole educational System of the Kinetic Flossing technique
- Preparing lessons plans, teaching-both theory and practice- and assessing the performance of the participants.
- Observing participants performing tasks to ensure they know how to perform the technique.
- Designing and administering to assess achievement of course objectives.
- Teaching participants' vocational skills regarding the Kinetic Flossing Technique.
- Providing a more hands-on approach based on the course requirements.
- Responsibility to establish and maintain a civil, productive, inclusive, and stimulating learning environment

Business or sector Educational courses/Research Projects

(01/10/2015-to present)

Part-time “Master Trainer and International Courses Director of Ergon Technique”

Ergon Technique (Leoforos Pentelis,66, Vrilissia,15235, Attiki, ergontechnique.com)

- Observing participants performing tasks to ensure they know how to perform the technique.
- Teaching the technique in a theory and practical manner.
- Providing a more hands-on approach based on the course requirements.
- Responsibility to establish and maintain a civil, productive, inclusive, and stimulating learning environment.

Business or sector Educational courses/Research projects

(01/09/2015-to present)

Full Time Head Physiotherapist “Ergon Physio Center”

Ergon Physio Center Egio, Andreou Lontou 46, Egio, 25100, ergonphysiocenter.com

- Evaluating, planning, and delivering care plans in response to complex needs.
- Performing therapies such as Manual Therapy and Mobilization, Myofascial Release, IASTM “Ergon” technique, Kinetic Flossing and Cupping Therapy.
- Liaising with GPs, doctors, and other health professionals, regarding a wide range of medical issues.
- Providing Physiotherapy treatment by improving physical strength, cognition, mobility, and quality of life in patients of all ages.
- Evaluating and assessing of a wide variety of patients including orthopaedics & neurological cases, sports rehabilitation, individualized rehabilitation programs for athletes.
- Implementing treatment plan included manual therapy, joint mobilization, active rehabilitation, stretching, strengthening, soft-tissue mobilization.
- Use of physiotherapeutical machines such as:
 - Isokinetic dynamometer, type Cybex
 - Indiba Activ Therapy
 - Shockwave Therapy
 - Pelma Analysis-Pelmatografy
 - Electrotherapy
 - 3-D Camera Motion Analysis System

Business or sector Physiotherapist

(16/11/2014-30/08/2015)

Head Sports physiotherapist

“Panagialeios F.C” Football League, Egio, 25100

- Rehabilitation and reintegration of athletes on the field.
- Functional Management of movement dysfunctions.
- Ergonomic evaluation of athletes.
- Prevention of injuries and individualized strengthening.

Physiotherapist “General Hospital of Hellenic Air Force”

Athens, Greece
Military services

EDUCATION AND TRAINING

Feb. 2016- Oct. 2018 **Master of Science Degree in “Rehabilitation Sciences”, TEI Western Greece, Patra, Greece** Replace with EQF (or other) level if relevant
Overall Degree 7.02/10
 Master’s Dissertation
 “Evaluation of novel myofascial techniques applications on shoulder functional capacities of amateur athletes.”

Sept. 2010- Oct. 2014 **Graduate Physiotherapist, Technological Educational Institute of Patras, Egion, Greece**
Overall Degree 7.34/10
 Bachelor’s Dissertation
 “The effect of cold-water immersion, aggressive sports massage and their combination on Delayed Onset Muscle Soreness’ symptoms in amateur athletes” (degree 10/10) – This dissertation has been awarded as the best one at the 25th Panhellenic Physiotherapy Conference (January 2016)

SEMINARS 2019

- **Clinical Biomechanics-Applied Lower Limb Biomechanics, Biomechanics Summer School, Athens, Greece**
- **Mulligan Practitional-Mulligan Concept International, Egion, Greece**
- **The pelvic floor: A Multi-Disciplinary Approach, MIPS Educational Course, Abu Dhabi, UAE**

2018

- **Spinal Manipulation: Introduction into theory and Techniques, Combined Movement Theory, Egion, Greece**

2017

- **IASTM Ergon Technique Advanced Course, Athens, Greece**
- **IASTM Ergon Technique Basic Course, Athens, Greece**
- **Upper Cervical Spine: Headache Management and Manual Therapy, Combined Movement Theory, Egion, Greece**

2013

- **Sports Rehabilitation Course, European College of Sports and Exercise Physicians, Thessaloniki, Greece**

CONFERENCES 2019

- **Football Medicine Meets the Universe of Sport, Isokinetic Medical Group, Wembley, London**

2015

- **6th Conference of European Society for Sports Traumatology, Knee Surgery and Arthroscopy, Athens, Greece**

2014

- **24th Conference of the Hellenic Association of Physiotherapists-Restart, Athens, Greece**

2013

- **4th Conference of Physiotherapy-Special Techniques in Manual Therapy, TEI of Western Greece, Egion, Greece**
- **23rd Conference of the Hellenic Association of Physiotherapists-Applied Musculoskeletal Physiotherapy, Athens, Greece**

2012

- **3rd Conference of Physiotherapy-Functional Management of Movement Dysfunctions, TEI of Western Greece, Egion, Greece**
- **26th Conference of the Hellenic Scientific Society of Physiotherapists- Movement Dysfunctions, Athens, Greece**
- **22nd Conference of the Hellenic Association of Physiotherapists-Current Trends and Prospects in Physiotherapy Athens, Greece**

Publications 2021

- Angelopoulos, P., Mylonas, K., Tsepis, E., Billis, E., Vaitsis, N., & Fousekis, K. (2021). The Effects of Instrument-Assisted Soft Tissue Mobilization, Tissue Flossing, and Kinesiology Taping on Shoulder Functional Capacities in Amateur Athletes. *Journal of Sport Rehabilitation*, 1(aop), 1-10.
- Mylonas, K., Angelopoulos, P., Tsepis, E., Billis, E., & Fousekis, K. (2021). Soft-Tissue Techniques in Sports Injuries Prevention and Rehabilitation. In *Recent Advances in Sport Science*. IntechOpen.
- Angelopoulos, P., Mylonas, K., Tsigkas, G., Tsepis, E., Billis, E., & Fousekis, K. (2021). Blood Flow Restriction Training in Cardiovascular Disease Patients. In *Recent Advances in Sport Science*. IntechOpen.
- Mylonas, K., Angelopoulos, P., Billis, E., Tsepis, E., & Fousekis, K. (2021). Combining targeted instrument-assisted soft tissue mobilization applications and neuromuscular exercises can correct forward head posture and improve the functionality of patients with mechanical neck pain: a randomized control study. *BMC musculoskeletal disorders*, 22(1), 1-9.
- Kazakos, D., Liapis, A., Mylonas, K., Angelopoulos, P., Koubetsos, A., Tsepis, E., & Fousekis, K. (2020). Treatment of scalene muscles with the Ergon technique can lead to greater improvement in hip abduction range of motion than local hip adductor treatment: a study on deep front line connectivity. *Journal of Physical Therapy Science*, 32(11), 706-709.

2020

- Maniatakis, A., Mavraganis, N., Kallistratos, E., Mandalidis, D., Mylonas, K., Angelopoulos, P., ... & Fousekis, K. (2020). The effectiveness of Ergon Instrument-Assisted Soft Tissue Mobilization, foam rolling, and athletic elastic taping in improving volleyball players' shoulder range of motion and throwing performance: a pilot study on elite athletes. *Journal of Physical Therapy Science*, 32(10), 611-614.
- Fousekis, K., Chrysanthopoulos, G., Tsekoura, M., Mandalidis, D., Mylonas, K., Angelopoulos, P., ... & Tsepis, E. (2020). Posterior thigh thermal skin adaptations to radiofrequency treatment at 448 kHz applied with or without Indiba® fascia treatment tools. *Journal of physical therapy science*, 32(4), 292-296.
- Fousekis, K., Varda, C., Mandalidis, D., Mylonas, K., Angelopoulos, P., Koumoundourou, D., & Tsepis, E. (2020). Effects of instrument-assisted soft-tissue mobilization at three different application angles on hamstring surface thermal responses. *Journal of Physical Therapy Science*, 32(8), 506-509.
- Mylonas, K., Angelopoulos, P., Billis, E., Tsepis, E., & Fousekis, K. (2020). Combining targeted IASTM applications and neuromuscular exercises can correct forward head posture and improve functionality of patients with mechanical neck pain: a randomized control study.

2019

- Fousekis, K., Eid, K., Tafa, E., Gkriilas, P., Mylonas, K., Angelopoulos, P., ... & Tsepis, E. (2019). Can the application of the Ergon® IASTM treatment on remote parts of the superficial back myofascial line be equally effective with the local application for the improvement of the hamstrings' flexibility? A randomized control study. *Journal of physical therapy science*, 31(7), 508-511.

2017

- Fousekis, K., Mylonas, K., & Angelopoulos, P. (2017). Novel Physiotherapies.
- Eid, K., Tafas, E., Mylonas, K., Angelopoulos, P., Tsepis, E., & Fousekis, K. (2017). Treatment of the trunk and lower extremities with Ergon® IASTM technique can increase hamstrings flexibility in amateur athletes: A randomized control study. *Physical Therapy in Sport*, 28, e12.

PERSONAL SKILLS

Mother tongue(s) Greek

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
Replace with name of language certificate. Enter level if known.					
French	B2	B2	B2	B2	B2
Replace with name of language certificate. Enter level if known.					

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

I am aware that, under art. 76 of DPR 445/2000, false statements, falsehoods in acts and the use of false acts are punished under the Penal Code and Special Laws. In addition, you authorize the processing of personal data under D. Lgs. 30 June 2003 n. 196 – "Code on the protection of personal data" and subsequent changes and GDPR 679/16 – "European Regulation on the Protection of Personal Data".

Place _____ Egio _____

Date _____ 23/09/2021 _____

First name(s) Surname(s)

Angelopoulos Pavlos

A handwritten signature in blue ink, appearing to be "Pavlos Angelopoulos", written over a horizontal line.