




**ΣΥΝΤΟΜΟ ΒΙΟΓΡΑΦΙΚΟ, ΠΑΝΑΓΙΩΤΗΣ Β. ΤΣΑΚΛΗΣ, DOB: 01/04/1966**

<p><i>Τρέχουσες Θέσεις</i> <i>Τίτλος / Αντικείμενο</i> <b>ΚΑΘΗΓΗΤΗΣ</b> <b>Εμβιομηχανική</b> <b>Ορθωτική / Προσθετική</b> <b>Εργονομία</b></p> 	<ul style="list-style-type: none"><li>• ΚΑΘΗΓΗΤΗΣ: Τμήμα Επιστήμης Φυσικής Αγωγής και Αθλητισμού, Πανεπιστήμιο Θεσσαλίας</li><li>• Επισκέπτης Καθηγητής, Γ' Πανεπιστημιακή Ορθοπαιδική Κλινική, ΑΠΘ, ΓΝ Παπαγεωργίου, Θεσσαλονίκη</li><li>• Assoc/Anknuten Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden</li><li>• Μέλος Συμβουλίου της Αρχής Διασφάλισης και Πιστοποίησης Ποιότητας στην Ανώτατη Εκπαίδευση (ΑΔΠ)</li><li>• Ομοσπονδιακός Προπονητής ΣΕΓΑΣ</li></ul>
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<p><i>Μεταδιδακτορικό / Μετεκπαιδεύσεις</i></p>	<ul style="list-style-type: none"><li>• <b>PostDoc</b>, Dept Neurobiology - Care Sciences &amp; Society, Karolinska Institutet, Sweden (Biomechanics &amp; Motor Control Lab)</li><li>• <u>Μετεκπαίδευση στην Μηχανική Ιστών</u><ul style="list-style-type: none"><li>• (HST) Harvard Medical School – MIT, Tissue Engineering Lab, VA Medical Center, Boston, MA</li><li>• Dept Mechanical Engineering, Fibers &amp; Polymers Lab, Massachusetts Institute of Technology, MA</li></ul></li></ul>
<p><i>Επαγγελματική Εμπειρία</i></p>	<ol style="list-style-type: none"><li>1. Φυσικοθεραπευτής από το 1987</li><li>2. Προπονητής Στίβου από το 1994</li></ol>
<p><i>Διδασκαλία Προπτυχιακά</i></p>	<ul style="list-style-type: none"><li>- Εργομετρία / Εργοφυσιολογία</li><li>- Εμβιομηχανική</li><li>- Ορθωτική - Προσθετική</li><li>- Εργονομία &amp; Επαγγελματική Υγεία και Ασφάλεια</li></ul>
<p><i>Διδασκαλία Μεταπτυχιακά</i></p>	<ul style="list-style-type: none"><li>• «M.Sc. Επαγγελματική Υγεία και Ασφάλεια» ΔΠΘ, Τμήμα Ιατρικής και Τμήματα Δημόσιας Υγείας και Νοσηλευτικής ΤΕΙ Αθήνας.</li><li>• «M.Sc. Άσκηση και Υγεία» ΤΕΦΑΑ ΠΘ, διδακτική ενότητα «Φυσιολογία φυσιολογικής και παθολογικής βάρδισης, code: B18»</li><li>• «M.Sc. Φροντίδα στον Σακχαρώδη Διαβήτη » Τμήμα Νοσηλευτικής ΑΤΕΙΘ, Υπεύθυνος ενότητων: i) Διαβητικό Πόδι, ii) Άσκηση και Διαβήτης</li><li>• «M.Sc. στην Παιδιατρική Φυσικοθεραπεία» Τμήμα</li></ul>

	<p>Φυσικοθεραπείας ΑΤΕΙΘ, Υπεύθυνος ενοτήτας “Στοιχεία ανάπτυξης και διατροφής στα παιδιά”</p> <ul style="list-style-type: none"> <li>• «M.Sc. στη Νευρομυοσκελετική Φυσικοθεραπεία» Τμήμα Φυσικοθεραπείας ΑΤΕΙΘ, Υπεύθυνος ενοτήτων: i) Εμβιομηχανική και Εργονομία του ΜΣΚ συστήματος και Βιοϋλικά ii) Ρομποτική - Τηλεϊατρική και Διαδραστικά μέσα για την αποκατάσταση των ΜΣΚ παθήσεων</li> <li>• Magisterprogrammet on Work and Health "Arbetsrelaterade besvär i rörelseorganen". Teaching i) Work demanding High Energy Metabolism, ii) Work requiring considerable Muscle force; Department IMM, Karolinska Institute, Sweden</li> <li>• Εκπαιδευτής: Ειδικότητα Ιατρικής Σχολής ΑΠΘ “Ιατρική της Εργασίας”, αντικείμενο Εργονομία και Επαγγελματική Εμβιομηχανική</li> <li>• Εκπαιδευτής: Ελληνικό Ινστιτούτο Υγιεινής και Ασφάλειας της Εργασίας (ΕΛΙΝΥΑΕ), “επαγγελματική υγεία και ασφάλεια - εργονομία” Πρόγραμμα εκπαίδευσης Τεχνικών Ασφαλείας, από το 2003-</li> </ul>
<p><i>Αναγορεύσεις / Τοποθετήσεις:</i></p>	<ul style="list-style-type: none"> <li>• 2019 –, ΚΑΘΗΓΗΤΗΣ, ΤΕΦΑΑ ΠΘ</li> <li>• 2012-, ΚΑΘΗΓΗΤΗΣ, Τμήμα Φυσικοθεραπείας ΑΤΕΙΘ</li> <li>• 2003-2012 Αναπλ. Καθηγητής, Τμήμα Φυσικοθεραπείας ΑΤΕΙΘ</li> <li>• 1994-2003 Εργαστηριακός Συνεργάτης, Τμήμα Φυσικοθεραπείας ΑΤΕΙΘ</li> <li>• Επισκέπτης Καθηγητής, Γ’ Πανεπιστημιακή Ορθοπαιδική Κλινική, ΑΠΘ, ΓΝ Παπαγεωργίου, Θεσσαλονίκη (2018-)</li> <li>• Assoc. Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden (2017 - )</li> <li>• Adjunct Professor, Dept of Biomechanics, University of Nebraska at Omaha, USA (2018-)</li> <li>• Vis. Scientist, Massachusetts Institute of Technology, Dept. Mechanical Engineering / Bioengineering, Sept 01/2008 – Aug 31/2009 &amp; Sept 19/2011 – Sept 18/2012</li> <li>• Sen. Res. Dept. of Public Health Sciences –Div. Occupational and Environmental Medicine, Karolinska Institutet, Sweden (2009-2011)</li> <li>• Vis.Sci, Joslin-Beth Israel Deaconess Foot Center, Boston MA, 2010</li> <li>• Vis. lecturer, Karolinska Institutet, Div. Physiotherapy, Dept Neurobiology – Care Sciences and Society, since 2004</li> <li>• Collaborator, Uppsala University, Faculty of SciTech : Section of Chemistry : Dept. of Materials Chemistry; (Polymer Chemistry Lab), 2007</li> <li>• Trainee, HST –, Harvard Med School &amp; MIT, (Tissue Engineering Lab, VA Medical Center, Boston, MA), 2007</li> </ul>

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<p>Συντονιστής – μέλος Ομάδων εργασίας EU -Research Funding Programs</p>	<ul style="list-style-type: none"> <li>• 3rd European Community Support Program, Action 4.5.1, GSRT, 2003 The Operational Program "Competitiveness", 2000-2006 «<b>Model for the evaluation of the conditions for Hygiene and Safety in the work place</b>»</li> <li>• INTEREG IIIA / PHARE CBC Greece - Bulgaria, 2000 – 2006; «<b>Education of current &amp; future executives of Greek &amp; Bulgarian enterprises, in occupational health &amp; safety, based on European Legislation &amp; Practice</b>»</li> <li>• 7th Frame Program - HEALTH-2007-4.2-3; «<b>ROWER - Building a knowledge Repository for Occupational Well-being Economics Research</b>»</li> <li>• Pythagoras II (funding Research in Universities- AUTH): «<b>Use of visual feedback training as means of improving static and dynamic balance function in older adults</b>», project title No 80839, MIS code: 97436, 2006</li> <li>• Hydrotherapy (Project Hydriades) «<b>Study for the documentation of the biological and therapeutic properties and use of the thermomineral waters</b>», Aristotle Univ. Thessaloniki &amp; Hellenic Association of Municipalities with Curative Springs, contract No 55005/17</li> <li>• Co-coordinator: ESPA-EU; call: Human Resources Development, Education and Lifelong Learning; «<b>New technologies – safety and health systems in the food production chain</b>», DUTH, 2014-2015</li> <li>• FoU-projekt 2015,AHA «<b>Association of pre-frontal cortex activity (NIRS) and running strategies (Catapult). A pilot study focusing fatigue vs non fatigue</b>», 2015-2016</li> <li>• Erasmus+: Cooperation for innovation and the exchange of good practices; Strategic Partnerships for adult education «<b>Job Coaching Training : Place, Train, Maintain for people with ID</b>», 2015-2016</li> <li>• Coordinator: Life Long learning course “<b>Training on Pedorthotics</b>”; Center of Education and Lifelong Learning – ATEITH, year cycle since 2017</li> <li>• Coordinator: Life Long learning course “<b>Ergonomics &amp; OHS</b>”; Center of Education and Lifelong Learning – ATEITH &amp; Hellenic Institute of Occupational Health and Safety, year cycle since 2018</li> <li>• Coordinator: Life Long learning course “<b>Program for Educators Training</b>”; Center of Education and Lifelong Learning – ATEITH, year cycle since 2018</li> </ul>

<p><i>Αξιολογητής / EXPERT - επιτροπές αξιολόγησης ερευνητικών έργων και προτάσεων</i></p>	<p>European Commission – RIA &amp; EACEA; EXPERT , programs:</p> <p><u>RIA-Horizon 2020:</u></p> <ul style="list-style-type: none"> <li>• 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 13 – 2014: New therapies for chronic non-communicable diseases)</li> <li>• 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 22 – 2015) Promoting mental wellbeing: in the ageing population)</li> </ul> <p><u>EACEA-ERASMUS+ Sport</u></p> <ul style="list-style-type: none"> <li>• "Collaborative partnerships in the sport field and not for profit European sport events" and "Not for profit sport events"</li> </ul> <p><u>Research Promotion Foundation of Cyprus</u> (2003 -2010)</p> <p><u>Archemides II</u>», Hellenic Ministry of Education –(Support of Research groups at TEI), 2004---</p>
<p><i>Συμμετοχές σε προγράμματα συνεχούς επαγγελματικής εκπαίδευσης</i></p>	<ul style="list-style-type: none"> <li>• Participation/Trainee: «International Design Strategies for Medical Curricula Across the Continuum», Organized by Harvard Medical International &amp; Karolinska Institute, 07-12/05/2006.</li> <li>• Scholar of Harvard Macy Institute (Harvard Medical International) 2006-2008</li> </ul>
<p><i>Βιβλία</i></p>	<p><b>Βιβλία/Μονογραφίες</b></p> <ul style="list-style-type: none"> <li>• Βιβλίο: &lt;Εισαγωγή στην Ισοκίνηση&gt;, editorial house University Studio Press. 1997; ISBN: 960-12-0572-1.</li> <li>• Βιβλίο: &lt;Γόνατο και Ισοκίνηση&gt;, editorial house University Studio Press. 2000; ISBN: 960-12-0805-4.</li> <li>• Βιβλίο: &lt;Γενικές αρχές Εργονομίας και Προληπτική Φυσικοθεραπεία&gt;, editorial house University Studio Press. 2005; ISBN: 960-12-1452-6.</li> <li>• Βιβλίο: &lt;Ισοκινητική δυναμομέτρηση και εξάσκηση&gt;, editorial house University Studio Press. 2019; ISBN: 978-960-12-2432-9</li> <li>• Διδακτικές Σημειώσεις: Εργομετρία- Εργοφυσιολογία,</li> <li>• Διδακτικές Σημειώσεις: Εμβιομηχανική</li> <li>• Διδακτικές Σημειώσεις: Ορθωτική Προσθετική</li> <li>• Εγχειρίδιο : Επαγγελματική Υγεία και Ασφάλεια - μακρά νοσηλεία - προβλήματα στους παρόχους Υγείας, <i>MSc OSH, ΔΠΘ</i></li> </ul> <p><b>Κεφάλαια σε τόμους</b></p> <ul style="list-style-type: none"> <li>• Book: &lt;Applied Sports Physiotherapy - Chapter .2 "Isokinetic Test and Exercise"&gt;, editorial house BROKEN HILL</li> </ul>

	<p>PUBLISHERS LTD. 2014; ISBN: 978-996-3716715</p> <ul style="list-style-type: none"> <li>• Book: &lt;Diabetes Mellitus Modern aspects - Chapter .13 "Exercise and DM"&gt;, editorial house BROKEN HILL PUBLISHERS LTD. 2016; ISBN: 978-9963-258-55-0</li> <li>• Book: &lt; Ergonomic Design and Assessment of Products and Systems - Chapter 1. The Relationship between Ergonomics, Safety and Aesthetics in the Design of Consumer Products and Systems&gt;, editorial house Nova Science Publishers. 2017; ISBN: 978-1-53611-784-4</li> <li>• Book: &lt;A. Veves et al. (eds.), <i>The Diabetic Foot, Contemporary Diabetes - Chapter .12: Biomechanics of the Diabetic Foot: The Road to Foot Ulceration</i> &gt;, editorial house Springer International Publishing AG, part of Springer Nature. 2018; <a href="https://doi.org/10.1007/978-3-319-89869-8_12">https://doi.org/10.1007/978-3-319-89869-8_12</a></li> </ul> <p><b>Επιμέλειες</b></p> <ul style="list-style-type: none"> <li>• Book: &lt;I. Yannas (Springer) <i>Tissue and Organ regeneration in adults</i>&gt; Greek translation; editorial house University Studio Press. 2009; ISBN: 978-960-12-1810-6</li> <li>• Book: &lt;Shoultz – Houglum – Perrin (Human Kinetics) <i>Examination of musculoskeletal injuries</i>&gt; Greek translation; editorial house Parissianou. 2009; ISBN: 978-960-394-591-8</li> <li>• Book: &lt;A. Veves (Springer) <i>Diabetic foot</i>&gt; Greek translation; editorial house University Studio Press. 2011; ISBN: 978-960-12-2031-4</li> <li>• Book: &lt;Chad E. Cook (Pearson) <i>Orthopedic Manual Therapy - an evidence based approach</i>&gt; Greek translation; editorial house Med Publ D. Lagos. 2014; ISBN: 978-960-7875-85-3</li> <li>• Book: &lt; Peggy A. Houglum &amp; Dolores B. Bertoli (F.A. Davies Co) <i>Brunnstrom's Clinical Kinesiology, 6th Edition</i>&gt; Greek translation; editorial house Parissianou. 2014; ISBN 978-960-583-0038</li> <li>• Book: &lt; Margareta Nordin &amp; Victor H. Frankel (Lippinkott Williams &amp; Wilkins) <i>Basic Biomechanics of the Musculoskeletal System, 4th Edition</i>&gt; Greek translation and editing; editorial house Med Publ D. Lagos. 2018; ISBN: 978-618-5296-0</li> </ul>
<p><i>Επιλεγμένες Δημοσιεύσεις</i></p>	<p>Theoharopoulos A, Tsitskaris G, Nikopoulou M, Tsaklis P*: Knee strength of professional basketball players; The Journal of Strength and Conditioning Research, 2000, vol.14.4. 457-463.</p> <p>Kitsios A, Tsaklis P, et.al: The effect of a physiotherapeutic program on bone mineral density, in individuals of postpuberty age (18-30) with cerebral palsy; Journal of Back and Musculoskeletal Rehabilitation, 2000, Vol 15, No:1, 41- 45</p> <p>Tsaklis P: Isokinetic evaluation of the knee extensors-flexors anaerobic capacity; Isokinetics and Exercise Science, 2001, Vol 10, No.2, 69-72.</p> <p>Beis K, Tsaklis P, Pieter W, Abatzides G: Tae Kwon Do competition injuries in Greek young and adult athletes; European Journal of Sports Traumatology</p>

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Tsaklis P. & Abatzides G: ACL rehabilitation program using a combined isokinetic and isotonic strengthening protocol; *Isokinetics and Exercise Science*, 2002, Vol 10, No.4, 211-219

Bardis C, Kalamara E, Loucaides G, Tsaklis P\*: Intramachine and intermachine reproducibility of concentric performance: A study of Con-Trex MJ and the Cybex Norm dynamometers; *Isokinetics and Exercise Science*, 2004, Vol 12, No.2, 91-97

Tsaklis P., Karlsson J.J, Grooten W.J., Ång B.: A combined sensorimotor skill and strength training program improves postural steadiness in rhythmic sports athletes; *Human Movement* 2008; 9(1):34-40

Tsaklis P: Occupational Spinal Cord Injury – epidemiology and costs; *EGE Academic Review*, (special issue) Vol.9, No.3, 2009

Tsaklis P: Presentation of Acoustic Waves propagation and their effects through human body tissues; *Human Movement* 2010; 11(1), 58-65

Tsaklis P, Grooten W and Franzén E: Effects of weight-shift training on balance control and weight distribution in chronic stroke; *Topics in Stroke Rehabilitation*, 2012, Jan-Feb;19(1):23-31

Tsaklis P, Malliaropoulos N, et.al.: Muscle and intensity based hamstring exercise classification in elite female track and field athletes: implications for exercise selection during rehabilitation; *Open Access Journal of Sports Medicine* June 2015 Volume 2015:6 Pages 209—217

Malliaropoulos N, Mertyri D and Tsaklis P: Injuries Prevalence in Ultra Trail running; *Human Movement* June 2015 issue (No 2/2015)

Kalliopi Kotsa, Anastasia Sachinidou, Panagiotis Tsaklis, et.al: Glycated Hemoglobin Is More Important in Predicting Bone Mineral Density than Bone Related Parameters in Healthy Premenopausal Women; *DIABETES*, (2015) 64(sup11), (A53)

Kalliopi Kotsa, Konstantia Kotsani, Panagiotis Tsaklis, Kiriakos Kazakos: Telenursing Is a Useful Tool to Optimize Metabolic Control in Patients with Type 1 Diabetes Mellitus; *DIABETES*, (2015) 64(sup11), (A355)

Guilherme H Elcadi, Panagiotis Tsaklis et.al: A Strong Correlation Between Dorsolateral Prefrontal Cortex And Vastus Lateralis Activity During Running To Fatigue; *Medicine and science in sports and exercise*, (2016)Volume: 48 No .5, supl. S663

Kara G., Kyriakos K., Tsaklis P. Comparison Between a Trunk Training Machine and Conventional Exercises For Trunk Extensors and Effect on Stance Weight Distribution of Young Adults: A Pilot Study. *Turkish Journal of Physiotherapy and Rehabilitation*, 2016; 27(2):34-41

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Kalesis K, Tsekmekidou X, Nikolopoulos V, Batos A, Tajia A, Pappas P, Tsaklis P, Kazakos K, Kotsa K: Vitamin D Effect on Cognitive Function in Elderly Patients with Impaired Fasting Glucose; *DIABETES*, (2017) 66, A203-A204

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	<p>Kotsa K, Elcadi G, Grammatiki M, Xergia S and Tsaklis P: Dorsolateral prefrontal cortex activity towards fatigue, of Diabetic type2 patients with macro-angiopathy and peripheral neuropathy (pilot study); <i>Diabetologia</i> (2017) 60:S446-447</p> <p>Tsaklis P, Zorzos A, Mertyri D: Gait adaptations after vestibular stimulation, in children with congenital visual impairments: a comparative study; <i>Human Movement</i> 2017;18(4):20–26</p> <p>Rontogiannis D, Tsaklis P, Mavromoustakos S, Kottaras S: Comparison between two different types of bags and musculoskeletal symptoms in primary school students; <i>IETI Transactions on Ergonomics and Safety</i>, (2017) Vol.1(2):11-22</p> <p>Kotsani K, Antonopoulou V, Kountouri A, Grammatiki M, Rapti E, Karras S, Trakatelli Ch, Tsaklis P, Kazakos K, Kotsa K: The role of telenursing in the management of Diabetes Type 1: A randomized controlled trial; <i>International Journal of Nursing Studies</i> 80 (2018) 29–35</p>
<i>Επίβλεψη Πτυχιακών - MSc και PhD N=</i>	πτυχιακές: >73 - MSc: >35 – PhD: >3
<i>Συντακτικές επιτροπές / ανασκοπήσεις Editorial Board / Reviewer</i>	<p><b>Editorial Board</b></p> <ul style="list-style-type: none"> <li>Journal of Health Science and Profession, ISSN 2148-7588, e-ISSN 2148-7588</li> <li>IETI Transactions on Ergonomics and Safety, International Engineering and Technology Institute, Hong Kong. ISSN 2520-5439</li> </ul> <p><b>Reviewer</b></p> <ul style="list-style-type: none"> <li>Journal of Sports Science, (Taylor &amp; Francis)</li> <li>The Clinical Journal of Pain, (Lippincott Williams &amp; Wilkins)</li> </ul> <p>Peer reviewer, Annual Educational Awards, Case Western Reserve University, School of Medicine, USA, since 2006</p>
<i>Συμμετοχή ως μέλος</i>	<ul style="list-style-type: none"> <li>Πανελλήνιος Σύλλογος Φυσικοθεραπευτών, από 1987.</li> <li>Σύνδεσμος Προπονητών ΒΕ, από 1997.</li> <li>Ελληνική Εταιρεία Αθλητιατρικής, από 2000.</li> <li>Greek Aerospace Medicine and Space Research Association since 2001.</li> <li>ISBS (International Society of Biomechanics in Sports) since 2002.</li> <li>Greek Association of Biomechanics since 2003</li> <li>Harvard Medical School Post Graduate Association, since 2007</li> <li>North Greece Diabetes Association, since 2011</li> <li>Senior Member: International Engineering and Technology Institute (IETI), Hong Kong (2017 - )</li> <li>Scientific collaborator of ECOSEP - European College of Sports and Exercise Physicians, UK, (2017-)</li> </ul>
<i>Αναφορές</i>	<p>Marqui's <b>Who's Who in Science and Engineering</b>», 7<sup>th</sup> - 8<sup>th</sup> - 9<sup>th</sup> and 10<sup>th</sup> Edition, 2003-2009.</p> <p>«Marqui's <b>Who's Who in the World</b>», 26<sup>th</sup> edition, 2009</p> <p>«Marqui's <b>Who's Who in America</b>», 2009</p> <p>«Marqui's <b>Who's Who in Medicine and Healthcare</b>», 2009-2010</p>
<i>Sports activities</i>	Former Volley Ball - Track & Field & Baseball, Elite Athlete

