

CURRICULUM VITAE

MICHALIS A. EFSTATHIOU

PERSONAL INFORMATION

Surname / First Name: Efstathiou Michalis
Date of Birth: September 17, 1982, Cyprus
Nationality: Greek-Cypriot
Profession: **Physiotherapist, BSc, MCSP, MHPC, MSc**
Home Address: 10 Spetson Road, Agioi Omologites, 1082, Nicosia, Cyprus
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EDUCATION AND TRAINING

PhD in Neuromusculoskeletal Physiotherapy (March 2013 –)

University of Thessaly, Greece

PhD Thesis: “*Effectiveness of Neural Mobilization in Patients with Lumbar Radiculopathy*”

MSc (with Merit) in Advancing Practice - Physiotherapy (Sept. 2009 – Aug. 2011)

University of Birmingham, UK

Modules completed

1. Developing Evidence Based Practice (DEBP)
2. Advancing Practice through Personal and Professional Development (APPPD)
3. Advanced Manipulative Physiotherapy 1: Lower Quadrant
4. Advanced Manipulative Physiotherapy 2: Upper Quadrant
5. AACP Acupuncture Foundation Course
6. Evidence Based Clinical Practice (200 hours spread over 6 weeks in complex musculoskeletal conditions)

MSc Dissertation Thesis: “*Systematic Review Exploring the Role of Manual Therapy for the Treatment of Cervicogenic Dizziness*”

MSc Dissertation Supervisor: Dr Andy Soundy

BSc in Physiotherapy (October 2008)

Technological Educational Institution (TEI) of Athens, Greece

Secondary School Certificate (Apolytirion) (Sept. 1995 – June 2001)

Kykkos B Lyceum (June 2001), Nicosia, Cyprus

WORK EXPERIENCE

September 1, 2013 – present

Special Teaching Staff, Physiotherapy Program, University of Nicosia

September 1, 2011 – September 1, 2013

Clinical Instructor, Physiotherapy Program, European University Cyprus

February 1 – May 30, 2011

Lab Supervisor/Trainer, Department of Health Sciences, Physiotherapy Program, European University Cyprus

August 2008 – August 2009

Assistant Physiotherapist (First hand practical experience and training in Physiotherapy)
Employer: Mr Dimitris Ziazopoulos, Athens-Greece (Tel: +30 697 4369482)

December 2007 – May 2010

Seminars and Workshops:

A) Athens – Greece

- Taping Techniques – Principles and Practical Aspects of Injury Prevention Treatment & Rehabilitation
- Trigger Points, Pain and Muscle Tone
- Basic Theory and Applications of Kinesio Taping

B) Birmingham – United Kingdom

- Mulligan Concept Mobilization with Movement – Level 1

September 2005 – July 2007

Assistant Physiotherapist (Man's Basketball Team)
Employer: Ardittos Athletic Club, Athens-Greece

ORAL PRESENTATIONS AT SCIENTIFIC CONFERENCES

“Post-Operative Rehabilitation Following Arthroscopic Rotator Cuff Repair”, Mediterranean Trauma Conference, 1-3 October 2011

“Objective and Subjective Physiotherapy Assessment of Patients with Tennis Elbow”, Cyprus Society of Sports Medicine Conference, 10-11 November 2012

“Evidence Based Physiotherapy Treatment for Patients with Achilles Tendinopathy”, 22nd Pancyprian Orthopaedic Conference, 26-28 October 2012

“Evidence Based Physiotherapy for Patients with Cervical Radiculopathy”, Cooperative Care of the Neuro-spine Patient – American Medical Center, 13 April 2013

PERSONAL SKILLS AND COMPETENCES

Mother tongue: Greek Native

Other Languages: English (fluent)

English GCE (O' Level) (1999) with Grade B

International English Language Testing System (IELTS) (2009)

Overall Grade: 7.0 (Listening: 7.0; Reading: 7.5; Writing: 6.0; Speaking: 6.5)

Computer Skills: Advanced knowledge of MS Office (Word, Power Point, Outlook and Excel)

OTHER PROFESSIONAL ACTIVITIES

Chairman of the Scientific Committee of the Pancyprian Association of Physical Therapists

PUBLICATIONS

Savva C., Giakas G., **Efstathiou M.** (2013) The role of the descending inhibitory pain mechanism in musculoskeletal pain following high-velocity, low amplitude thrust manipulation. A review of the literature. Journal of Back and Rehabilitation (accepted for publication)

Savva C., Giakas G., **Efstathiou M.**, and Karagiannis C. (2013) Test-retest reliability of handgrip strength measurement advocated as an outcome measure in cervical radiculopathy. Journal of Manual Therapy (accepted for publication)

Efstathiou M., Giakas G., Stefanakis M., and Savva C. (2013) Effectiveness of neural mobilization in patients with spinal radiculopathy: a critical review (submitted)

MEMBER OF PROFESSIONAL BODIES

The Pancyprian Association of Physical Therapists (2011 –)

The Health Professions Council (HPC), United Kingdom (2010 –)

The Chartered Society of Physiotherapy (CSP), United Kingdom (2010 –)

The Panhellenic Physical Therapy Association, Greece (2009 –)

MEMBER OF ORGANIZING COMMITTEES OF NATIONAL CONFERENCES

Chairman of the Scientific Committee of the 4th Pancyprian Conference of Physical Therapy, 8-9 March 2014, Nicosia, Cyprus