

# Spyropoulos Giannis

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## Studies

2010-	PhD in Biomechanics	University of Thessaly, Department of Physical Education & Sport Science
2008-2009	MSc. in Exercise & Health	University of Thessaly, Department of Physical Education & Sport Science
2002-2006	BSc. In PE & Sport Science	University of Thessaly, Department of Physical Education & Sport Science

## Funding

2012-2014	Research projects
2011-2012	Research projects (Easyreach, Hypersol, Compare, UltraCleanPipe)
2011-2012	Erasmus Program for working experience, University of Thessaly, Greece
2010-2011	PhD Scholarship, Institute of Human Performance and Rehabilitation, Centre of Research and Technology, Thessaly, Greece.
2009-2010	Research Committee, University of Thessaly
2008-2009	Research Committee, University of Thessaly

## Awards

Muscle damage and DOMS trigger an efficient mechanism in Sit to Stand Transition (STST) **G. Spyropoulos, T. Tsatalas, D.E. Tsaopoulos, V. Sideris, G. Giakas** at Hellenic (Greek) Society of Biomechanics (ELEMBIO), 2012 at Thessaloniki, awarded as the best research project.

## Lab Experience & Collaborations

Musculoskeletal modeling, kinematic, kinetic, EMG and force plate data collection and analysis.

- 2014            Research assistant at Liverpool John Moores University
- 2011            Research assistant at Institute for Biomedical Research into Human Movement and Health (IRM) at Manchester's Metropolitan University (MMU) laboratory.
- 2008-           University of Thessaly biomechanics laboratory.

## Publications

1. Tsatalas T, Giakas G, **Spyropoulos G**, Sideris V, Kotzamanidis C, Koutedakis Y. Walking kinematics and kinetics following eccentric exercise-induced muscle damage. *J Electromyogr Kinesiol*. 2013; **23**: 1229-1236.
2. Tsatalas, T., Giakas, **G.**, **Spyropoulos**, G., Sideris, V., Lazaridis, S., Kotzamanidis, C., et al. (2013). The effects of eccentric exercise-induced muscle damage on running kinematics at different speeds. *J Sports Sci*, 31(3), 288-298.
3. **Spyropoulos G**, Tsatalas T, Tsaopoulos DE, Sideris V, Giakas G. Biomechanics of sit-to-stand transition after muscle damage. *Gait Posture*. 2013; 38: 62-67.
4. Hantes ME, Tsarouhas A, Giakas G, **Spiropoulos G**, Sideris V, Christel P, Malizos KN. Effect of fatigue on tibial rotation after single- and double-bundle anterior cruciate ligament reconstruction: a 3-dimensional kinematic and kinetic matched-group analysis. *Am J Sports Med* 2012; 40: 2045-2051
5. Tsarouhas, A., Iosifidis, M., **Spyropoulos, G.**, Kotzamitelos, D., Tsatalas, T., & Giakas, G. (2011). Tibial rotation under combined in vivo loading after single- and double-bundle anterior cruciate ligament reconstruction. *Arthroscopy*, 27(12), 1654-1662.
6. Tsarouhas, A., Iosifidis, M., Kotzamitelos, D., **Spyropoulos, G.**, Tsatalas, T., & Giakas, G. (2010). Three-dimensional kinematic and kinetic analysis of knee rotational stability after single- and double-bundle anterior cruciate ligament reconstruction. *Arthroscopy*, 26(7), 885-893.
7. Tsatalas, T., Giakas, G., **Spyropoulos, G.**, Paschalis, V., Nikolaidis, M. G., Tsaopoulos, D. E., et al. (2010). The effects of muscle damage on walking biomechanics are speed-dependent. *European Journal of Applied Physiology*, 110(5), 977-988.
8. Flouris, A. D., **Spiropoulos, Y.**, Sakellariou, G. J., & Koutedakis, Y. (2009). Effect of seasonal programming on fetal development and longevity: links with environmental temperature. *Am J Hum Biol*, 21(2), 214-216.

## Abstracts in Peer-Reviewed Journals

1. Flouris A.D., Sakellariou G., **Spiropoulos G.**, and Koutedakis Y. (2005). Human Intrauterine Growth and Early Development are Associated with the Seasons of Conception and Birth. *European Heart Journal*; 26(Abstract Suppl.): 682.
2. Sakellariou G., **Spiropoulos G.**, Flouris A.D., and Koutedakis Y. (2005). Effects of birth season on human intrauterine growth. *Exercise and Society: Journal of Sports Science*; 39: 32.
3. **Spiropoulos G.**, Sakellariou G., Flouris A.D., and Koutedakis Y. (2005). Longevity is affected by the season of birth: Evidence from Greece. *Exercise and Society: Journal of Sports Science*; 39: 136.

## Conferences

1. Muscle damage and DOMS trigger an efficient mechanism in Sit to Stand Transition (STST) **G. Spyropoulos**, T. Tsatalas, D.E. Tsaopoulos, V. Sideris, G. Giakas Hellenic (Greek) Society of Biomechanics (ELEMBIO), 2012, Thessaloniki.
2. Sideris, V., **Spyropoulos, G.**, Tsaopoulos, D., Tsatalas, T., Giakas, G. (2012) *Fatigue induces changes on single-leg landing strategies after anterior cruciate ligament reconstruction*. 20<sup>th</sup> International Congress on Physical Education and Sport 18-20 May, Komotini, Greece.
3. Tsatalas, T., Sideris, V., **Spyropoulos, Y.**, Tsaopoulos, D., Giakas, G. (2012) *The effects of muscle damage on walking biomechanics: a kinematic and kinetic evaluation*. 20<sup>th</sup> International Congress on Physical Education and Sport 18-20 May, Komotini, Greece.
4. Dynamic investigation of knee rotational stability following double bundle ACL reconstruction, A. Tsarouhas, D. Kotzamelos, **I. Spyropoulos**, C. Chrysanthou, M. Iosifidis, I. Giakas, 8<sup>th</sup> Biennial ISAKOS Congress, Rio de Janeiro Brazil, 2011.
5. Rotational Knee Laxity Under Combined Loading After Single And Double-Bundle ACL Reconstruction, Michael Iosifidis, Alexandros Tsarouhas, Dimitrios Kotzamelos, **Giannis Spyropoulos**, Giannis Giakas, American Academy of Orthopaedic Surgeons 2011 Annual Meeting San Diego, California.
6. Sideris, V., Tsatalas, T., Lapas, T., **Spyropoulos, Y.**, Koutentakis, Y., Giakas, G.(2010) *Different effects of muscle damage on pelvic and lower limb kinematics during walking and running at the same speed*. 18th International Congress on Physical Education and Sport 21-23 May, Komotini, Greece.
7. Dynamic investigation of knee rotational stability following double bundle ACL reconstruction, Tsarouhas A., Kotzamelos D., **Spyropoulos I.**, Chrysanthou C., Iosifidis M., Giakas I., 14th ESSKA Congress, June 9-12, 2010 Oslo Norway.
8. Sideris V., T. Tsatalas, T. Lappas, P. Sileloglou, **G. Spyropoulos**, Y. Koutedakis, G. Giakas. Different effects of muscle damage on pelvic and lower limb kinematics during walking and running at the same speed. Abstract Book-Proceedings: 17th International Congress of Physical Education & Sport, 1 June 2010, Komotini, Greece, Section Biomechanics, p. 5.
9. Three-dimensional Kinematic Analysis of Knee Rotational Stability Following Double Bundle ACL Reconstruction, Iosifidis M., Giantsis G., Tsarouhas A., Kotzamelos D.,

- Tsatalas T., **Spyropoulos I.**, Sideris B., Xatzigeogiadis A., Giakas G., Traios S., 7<sup>th</sup> Biennial ISAKOS Congress, Osaka, Japan, 2009.
10. T. Tsatalas, **G. Spyropoulos**, M.G. Nikolaidis, V. Paschalis, A.Z. Jamurtas, Y. Koutedakis, G. Giakas. "The effects of muscle damage on knee and ankle biomechanics at different walking speeds." Abstract Book-Proceedings: 17th International Congress of Physical Education & Sport, 22-24 May 2009, Komotini, Greece, Section Biomechanics, p. 3.
  11. T. Tsatalas, **G. Spyropoulos**, V. Paschalis, M.G. Nikolaidis, A.Z. Jamurtas, Y. Koutedakis, G. Giakas. "The influence of muscle damage on tempo-spatial parameters and hip and pelvis kinematics at different walking speeds." Abstract Book-Proceedings: 17th International Congress of Physical Education & Sport, 22-24 May 2009, Komotini, Greece, Section Biomechanics, p. 3-4.
  12. Iosifidis M., Tsarouhas, A., Kotzamilos D., Tsatalas T., **Spyropoulos I.**, et al. Three-dimensional Kinematic Analysis of Knee Rotational Stability Following Double Bundle ACL Reconstruction. 7th Biennial ISAKOS Congress. Osaka, Japan, April 5-9, 2009.
  13. **Giannis Spyropoulos**, Themistokis Tsatalas, Giannis Giakas, Yiannis Koutedakis. Biomechanical analysis of Sit-To-Stand movement after muscle damage. European Society of Movement Analysis in Adults and Children (ESMAC) 18th Annual General Meeting, Savoy Place, London, UK 17-19th September 2009.
  14. Tsatalas T., **Spyropoulos G.**, Lazaridis S., Sileloglou V., Jamurtas A.Z., Koutedakis Y., and Giakas G. "The effects of muscle damage on kinematics of walking at different speeds." Abstract Book-Proceedings: 11th International Conference of Sport Kinetics, 25-27 September 2009, Kallithea, Halkidiki, Greece, p.129.
  15. DiGiovanni G., Flouris A.D., Klentrou P., Sakellariou G., **Spiropoulos G.**, Koutedakis Y. (2005). Seasons of Conception and Birth are Associated with Intrauterine Growth, Early Development and Longevity in Humans. Annual Meeting of the Canadian Federation of Biological Societies. Guelph, Ontario, Canada.
  16. Flouris A.D., Sakellariou G., **Spiropoulos G.**, Koutedakis Y. (2005). Human Intrauterine Growth and Early Development are Associated with the Seasons of Conception and Birth. 25th Annual Congress of the European Society of Cardiology; Stockholm, Sweden.
  17. Sakellariou G., **Spiropoulos G.**, Flouris A.D., Koutedakis Y. (2005). Effects of birth season on human intrauterine growth. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 32.
  18. **Spiropoulos G.**, Sakellariou G., Flouris A.D., Koutedakis Y. (2005). Longevity is affected by the season of birth: Evidence from Greece. 13th International Congress on Physical Education & Sport, May 2005, Komotini, Greece. Conference Proceedings, p. 136.

#### **ΑΝΑΚΟΙΝΩΣΕΙΣ ΣΕ ΕΓΧΩΡΙΑ ΕΠΙΣΤΗΜΟΝΙΚΑ ΣΥΝΕΔΡΙΑ**

1. Δυναμικός έλεγχος της στροφικής σταθερότητας του γόνατος μετά συνδεσμοπλαστική ΠΧΣ με διπλή δεσμίδα, Α. Τσαρούχας, Μ. Ιωσηφίδης, Δ. Κοτζαμιτέλος, Ι. Σπυρόπουλος, Χ. Χρυσάνθου, Ι. Γιάκας, 65<sup>ο</sup> Πανελλήνιο Ορθοπαιδικό Συνέδριο ΕΕΧΟΤ, 2009.
2. Στροφική σταθερότητα του γόνατος μετά συνδεσμοπλαστική ΠΧΣ με διπλή δεσμίδα, Α. Τσαρούχας, Μ. Ιωσηφίδης, Δ. Κοτζαμιτέλος, Θ. Τσαταλάς, Ι. Σπυρόπουλος, Β. Σιδέρης, Ι. Γιάκας, 28<sup>ο</sup> Συνέδριο ΟΤΕΜΑΘ, 2009.
3. Τρισδιάστατη κινηματική ανάλυση της στροφικής σταθερότητας του γόνατος μετά συνδεσμοπλαστική ΠΧΣ με διπλή δεσμίδα, Α. Τσαρούχας, Μ. Ιωσηφίδης, Δ.

- Κοτζαμιτέλος, Θ. Τσαταλάς, Ι. Σπυρόπουλος, Β. Σιδέρης, Ι. Γιάκας, 64<sup>ο</sup> Πανελλήνιο Ορθοπαιδικό Συνέδριο ΕΕΧΟΤ, 2008
4. Στροφική σταθερότητα του γόνατος υπό συνδυασμένες στροφικές επιβαρύνσεις μετά συνδεσμοπλαστική ΠΧΣ με απλή και διπλή δεσμίδα, Τσαρούχας Α., Ιωσηφίδης Μ., Κοτζαμιτέλος Δ., Σπυρόπουλος Ι., Γιάκας Ι., 29<sup>ο</sup> Ετήσιο Συνέδριο ΟΤΕΜΑΘ 2011, Αλεξανδρούπολη.
  5. Κινηματική και κινητική ανάλυση της στροφικής σταθερότητας του γόνατος μετά συνδεσμοπλαστική Προσθίου Χιαστού με την τεχνική της διπλής δεσμίδας, Α. Τσαρούχας, Μ. Ιωσηφίδης, Δ. Κοτζαμιτέλος, Χ. Χρυσάνθου, Θ. Τσαταλάς, Ι. Σπυρόπουλος, Β. Σιδέρης, Ι. Γιάκας, Σ. Τράιος, Γ. Γιάντσης, 3<sup>ο</sup> Συνέδριο Ελληνικής Αρθροσκοπικής Εταιρείας, 2009, Ηράκλειο.