

SHORT CURRICULUM VITAE (CV)

Panagiotis Gkrilias,
Physiotherapist, B.Sc., M.Sc., Ph.D.
Assistant Professor (Physiotherapy-Physical Rehabilitation), Department of
Physiotherapy, University of Peloponnese

CONTACT INFORMATION

- **Address (Work):**
Department of Physiotherapy, Efstathiou & Stamatikis Valiоти & Plataion Avenue, 23100 Sparta, Greece.
- **Contact Phone (Work):**
(+30) 2731089689.
- **E-Mail:**
p.gkrilias@uop.gr & gkriliasphysio@gmail.com

ACADEMIC STUDIES

- **[2009]:** Degree in Physiotherapy from the Higher Technological Educational Institute of Patras (Branch of Aigio), Department of Physiotherapy.
- **[2014]:** Master of Science (M.Sc.). in the Postgraduate Program "Biology of Exercise" specializing in Sports Physiotherapy from the Department of Physical Education and Sports Science of the National and Kapodistrian University of Athens. Title of research postgraduate thesis: *«The effect of precooling in short-term work output performance and in dynamic balance ability».*
- **[2018]:** Doctor of Philosophy (Ph.D.) of the Department of Medicine of the University of Patras. Doctoral dissertation title: *«The effect of the participation of patients with knee osteoarthritis in a holistic therapeutic exercise program, in the parameters of musculoskeletal assessment and their functionality. A controlled study with Follow-up».*

PEDAGOGICAL AND TEACHING-EDUCATIONAL COMPETENCE

- **[2020]:** Certificate of Pedagogical and Teaching Competence after the successful completion of my studies in the Annual Pedagogical Training Program (EPPAIK) of the School of Pedagogical and Technological Education (ASPETE) of Patras.
- **[2022]:** Certificate of Teaching Qualifications of Trainers for Adults of Non-Formal Education of the National Organization for The Certifications of Qualifications and Vocational Guidance (EOPPEP).

PUBLICATIONS - RESEARCH WORK IN THE LAST 5 YEARS (FROM 2017 TO 2021):

FULL PUBLICATIONS IN INTERNATIONAL SCIENTIFIC JOURNALS (PEER-REVIEWED) IN THE LAST 5 YEARS (FROM 2017 TO 2021):

- 1. The Effects of Hamstrings Cooling and Cryostretching on Sit and Reach Flexibility Test Performance in Healthy Young Adults.**

Panagiotis D. Gkrilias, Elias M. Tsepis, Konstantinos A. Fousekis.

Article in Journal: British Journal of Medicine & Medical Research 19 (6), pp 1-11, 2017.

- 2. The relationship between isokinetic strength and functional performance tests in patients with Knee Osteoarthritis.**

Panagiotis Gkrilias, Elias Tsepis, Zinon Kokkalis, Elias Panagiotopoulos, Panagiotis Megas.

Article in Journal: Journal of Physical Therapy Science 30 (6): pp 888-891, 2018.

- 3. Dynamic balance asymmetries in pre-season injury-prevention screening in healthy young soccer players using the Modified Star Excursion Balance Test. A pilot study.**

Panagiotis Gkrilias, Athanasios Zavvos, Konstantinos Fousekis, Evdokia Billis, Charalampos Matzaroglou, Elias Tsepis.

Article in Journal: Journal of Physical Therapy Science 30 (9): pp 1141-1144, 2018.

- 4. Epidemiological analysis of painful musculoskeletal symptoms among Greek competitive road cyclists of different age categories.**

Panagiotis Gkrilias, Athanasios Zavvos, Anastasios Koumpetsos, Charalampos Matzaroglou, Konstantinos Fousekis, Evdokia Billis, Elias Tsepis.

Article in Journal: Indian Journal of Applied Research 8 (7): pp 5-7, 2018.

- 5. 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.**

Konstantinos Fousekis, Kristin Eid, Enea Tafa, **Panagiotis Gkrilias**, Konstantinos Mylonas, Pavlos Angelopoulos, Dimitra Koumoundourou, Vicky Billis, Elias Tsepis.

Article in Journal: Journal of Physical Therapy Science 31 (7): pp 508-511, 2019.

- 6. Does fatigue expose functional deficits in chronic lateral ankle sprain?**

Aikaterini Karkatselou, **Panagiotis Gkrilias**, Elias Tsepis.

Article in Journal: Journal of Physical Therapy Science 32 (1): pp 20-22, 2020.

- 7. Preseason functional testing in young basketball players: asymmetries and intercorrelations.**

Bakaraki, A., Nastou, E., **Gkrilias, P.**, Fousekis, K., Xergia, S., Matzaroglou, C., & Tsepis, E.

Article in Journal: Journal of Physical Therapy Science, 33 (4), pp 369-374, 2021.

8. The academic use of plagiarism software in Physical Therapy educational research. A case study.

Gkrilias, P., Armakolas, S., Grigoropoulou, I., & Griva, A.

Article in Journal: Research on Education and Media 13 (1), pp 25-32, 2021.

PUBLICATIONS IN THE FORM OF ABSTRACTS IN INTERNATIONAL AND PAN-EUROPEAN SCIENTIFIC JOURNALS (PEER-REVIEWED) DURING THE LAST 5 YEARS (FROM 2017 TO 2021)

1. Can the six-minute walk test for functional assessment of the elderly be replaced by other shorter functional test in patients with Knee Osteoarthritis?

Gkrilias, P., Tsepis, E., Billis, E, Kokkalis, Z., Panagiotopoulos, E., Megas, P.

Article in Journal (In abstract form): Knee Surgery, Sports Traumatology, Arthroscopy 26 (Suppl 1): S268-S269, P09-1509, pp 142-143, 2018.

2. Musculoskeletal disorders among adolescent Greek competitive-laser 4.7m sailing athletes.

P. Gkrilias, M. Tsekoura, C. Matzaroglou, E. Tsepis.

Article in Journal (In abstract form): European Journal of Trauma and Emergency Surgery 44: S374, PR-134, pp 102, 2018.

3. The effect of a supervised holistic therapeutic exercise program on anxiety and depression parameters in patients with knee osteoarthritis.

P. Gkrilias, E. Tsepis, E. Papadopoulou, C. Matzaroglou, Z. Kokkalis, E. Panagiotopoulos, P. Megas.

Article in Journal (In abstract form): Osteoporosis International 29 (Suppl 1): P775, S403, pp 255, 2018.

4. Musculoskeletal disorders among Greek competitive road cyclists.

P. Gkrilias, A. Koumpetsos, A. Zavvos, C. Matzaroglou, E. Tsepis.

Article in Journal (In abstract form): Osteoporosis International 29 (Suppl 1): P880, S440, pp 292, 2018.

5. Comparison of intra-articular lumbar facet joint steroid injections and lumbar facet joint radiofrequency denervation in the treatment of low back pain.

C. Matzaroglou, V. Billis, **P. Gkrilias**, E. Tsepis, P. Megas, K. Kafchitsas, M. Tyllianakis.

Article in Journal (In abstract form): Osteoporosis International 29 (Suppl 1): P1035, S493, pp 345, 2018.

6. Eagle's syndrome in sports.

C. Matzaroglou, E. Tsepis, **P. Gkrilias**, K. Fousekis, K. Kafchitsas, J. Gliatis, Heristanidu E., V. Billis.

Article in Journal (In abstract form): Osteoporosis International 29 (Suppl 1): P1011, S484, pp 336, 2018.

7. Effects of kinetic flossing technique on shoulder flexibility and functional performance.

Pavlos Angelopoulos, Konstantinos Mylonas, Evdokia Bilis, Panagiotis Gkrilias, Maria Tsekoura, Elias Tsepis, Konstantinos Fousekis.

Article in Journal (In abstract form): Journal of Physiotherapy & Physical Rehabilitation, Volume 3, pp 119, 2018.

8. INDIBA® activ radiofrequency treatment at 448 kHz and INDIBA® Fascia soft-tissue treatment procedures can induce significant thermal skin adaptations that remains for a prolonged period.

Konstantinos Fousekis, Konstantinos Mylonas, Pavlos Angelopoulos, Evdokia Bilis, Panagiotis Gkrilias, Maria Tsekoura, Elias Tsepis.

Article in Journal (In abstract form): Journal of Physiotherapy & Physical Rehabilitation, Volume 3, pp 117, 2018.

9. Effects of a holistic therapeutic exercise program in patients with symptomatic hip dysplasia.

V. Angelopoulos, P. Gkrilias, P. Megas, E. Tsepis, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P406, S398, pp 146, 2019.

10. Are the Ottawa rules helpful to predict ankle and foot fractures in sports activities?

C. Matzaroglou, V. Angelopoulos, P. Gkrilias, P. Megas, C. Menos Aikateriniadis, J. Gliatis, M. Tyllianakis.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P438, S414-S415, pp 162-163, 2019.

11. Musculoskeletal disorders among Greek competitive water polo athletes.

P. Gkrilias, C. Matzaroglou, A. Kaloudis, I. Andriopoulos.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P556, S472, pp 220, 2019.

12. Musculoskeletal disorders among Greek competitive table tennis athletes.

P. Gkrilias, I. Aivaliotis, C. Matzaroglou, K. Fousekis, E. Tsepis.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P560, S474, pp 222, 2019.

13. Work related musculoskeletal disorders and work anxiety profile among Greek physiotherapists.

D. Chrysanthakopoulou, P. Gkrilias, L. Mata, C. Matzaroglou, E. Papadopoulou.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P599, S493-S494, pp 241-242, 2019.

14. Single intra-articular platelet-rich plasma vs home-based therapeutic exercise program in individuals with knee osteoarthritis in the treatment of knee osteoarthritis.

C. Matzaroglou, C. Foe, P. Gkrilias, I. Gelalis, A. Spyridonidis, V. Angelopoulos, D. Papachristou.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P696, S541, pp 289, 2019.

15. Predicting persistent pain two years after whiplash injuries.

C. Matzaroglou, K. Kafchitsas, P. Diaremes, I. Gelalis, V. Angelopoulos, P. Gkrilias, J. Gliatis, M. Tyllianakis.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P1092, S734, pp 482, 2019.

16. Musculoskeletal disorders among elite Greek youth soccer players.

A. Zavvos, P. Gkrilias, D. Stergiopoulos, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 30 (Suppl 2): P1124, S749, pp 497-498, 2019.

17. Musculoskeletal disorders among Greek competitive karate athletes.

P. Gkrilias, I. Giannaklis, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 31, P408, S258, pp 126-126, 2020.

18. Musculoskeletal disorders among professional soccer players.

P. Gkrilias, A. Leventelis, E. Baxevanidis, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 31, P409, S259, pp 127-127, 2020.

19. Epidemiological analysis of painful musculoskeletal symptoms among professional soccer players of different categories.

P. Gkrilias, A. Leventelis, E. Baxevanidis, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 31, P410, S259, pp 127-127, 2020.

20. Musculoskeletal disorders among Greek crossfit athletes.

P. Gkrilias, A. Bakaraki, C. Matzaroglou.

Article in Journal (In abstract form): Osteoporosis International 31, P536, S312, pp 180-180, 2020.

21. Musculoskeletal disorders among Greek kitesurf athletes.

P. Gkrilias, A. Giulis, C. Matzaroglou.

Article in Journal (in abstract form): Osteoporosis International 31, P537, S312, pp 180-180, 2020.

22. Can the ultrasonographic size and morphological characteristics of sciatic nerve be used as a prognostic factor in patients with herniated disc?

C. Matzaroglou, A. Evangelatou, E. Billis, M. Tsekoura, P. Gkrilias, G. Diamantakis, A. Kouzelis, E. Tsepis, P. Megas, K. Kafchitsas

Article in Journal (In abstract form): Osteoporosis International 31, P1218, S588, pp 456-456, 2020.

PRESENTED AT INTERNATIONAL AND PAN-EUROPEAN SCIENTIFIC CONFERENCES (PEER-REVIEWED) DURING THE LAST 5 YEARS (FROM 2017 TO 2021):

- 1. Can the six-minute walk test for functional assessment of the elderly be replaced by other shorter functional test in patients with Knee Osteoarthritis?**

Gkrilias Panagiotis, Tsepis Elias, Billis Evdokia, Kokkalis Zinon, Panagiotopoulos Elias, Megas Panagiotis.

Pan-European Conference (E-Poster): 18th European Society of Sports Traumatology, Knee Surgery & Arthroscopy (ESSKA) Congress, 9-12 May 2018, Glasgow, Scotland, UK.

- 2. The effect of a supervised holistic therapeutic exercise program on anxiety and depression parameters in patients with knee osteoarthritis.**

P. Gkrilias, E. Tsepis, E. Papadopoulou, C. Matzaroglou, Z. Kokkalis, E. Panagiotopoulos, P. Megas.

International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 19-22 April 2018, Krakow, Poland.

- 3. Musculoskeletal disorders among Greek competitive road cyclists.**

P. Gkrilias, A. Koumpetsos, A. Zavvos, C. Matzaroglou, E. Tsepis.

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- 4. Comparison of intra-articular lumbar facet joint steroid injections and lumbar facet joint radiofrequency denervation in the treatment of low back pain.**

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- 5. Eagle's syndrome in sports.**

C. Matzaroglou, E. Tsepis, **P. Gkrilias**, K. Fousekis, K. Kafchitsas, J. Gliatis, E. Heristanidu, V. Billis.

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- 6. Musculoskeletal disorders among adolescent Greek competitive-laser 4.7m sailing athletes.**

P. Gkrilias, M. Tsekoura, C. Matzaroglou, E. Tsepis.

Pan-European Conference (Poster): 9th European Congress of Trauma & Emergency Surgery, 6-8 May 2018, Valencia, Spain.

7. Evaluation and physiotherapeutic treatment to a patient with a rare bartter syndrome: A case study.

Charalampos Matzaroglou, Panagiotis Gkrilias, Marina Karachanidi, Marianna Kolyvodiakou, Elias Tsepis.

Pan-European Conference (Poster): 19th European Federation of National Association of Orthopaedics and Traumatology (EFORT) Congress, 30 May-01 June 2018, Barcelona, Spain.

8. Eagle's syndrome in emergencies.

Charalampos Matzaroglou, Vicky Billis, Elias Tsepis, Minos Tyllianakis, Gkrilias Panagiotis, Marianna Kolyvodiakou, Marina Karachanidi, Panayiotis Diaremes, John Gliatis, Panayiotis Megas, Kostantinos Kafchitsas.

Pan-European Conference (Poster): 19th European Federation of National Association of Orthopaedics and Traumatology (EFORT) Congress, 30 May-01 June 2018, Barcelona, Spain.

9. Alcohol ablation and adjunct vertebroplasty procedure of symptomatic vertebral hemangiomas.

Charalampos Matzaroglou, Vicky Billis, Elias Tsepis, Kostantinos Fousekis, Gkrilias Panagiotis, John Gliatis, Panayiotis Megas, Kostantinos Kafchitsas.

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11. INDIBA® activ radiofrequency treatment at 448 kHz and INDIBA® Fascia soft-tissue treatment procedures can induce significant thermal skin adaptations that remains for a prolonged period.

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International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

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International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

14. Musculoskeletal disorders among Greek competitive water polo athletes.

P. Gkrilias, C. Matzaroglou, A. Kaloudis, I. Andriopoulos.

International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

15. Musculoskeletal disorders among Greek competitive table tennis athletes.

P. Gkrilias, I. Aivaliotis, C. Matzaroglou, K. Fousekis, E. Tsepis.

International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

16. Work related musculoskeletal disorders and work anxiety profile among Greek physiotherapists.

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International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

17. Single intra-articular platelet-rich plasma vs home-based therapeutic exercise program in individuals with knee osteoarthritis in the treatment of knee osteoarthritis.

C. Matzaroglou, C. Foe, **P. Gkrilias**, I. Gelalis, A. Spyridonidis, V. Angelopoulos, D. Papachristou.

International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

18. Predicting persistent pain two years after whiplash injuries.

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International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4-7 April 2019, Paris, France.

19. Musculoskeletal disorders among elite Greek youth soccer players.

A. Zavvos, **P. Gkrilias**, D. Stergiopoulos, C. Matzaroglou.

International Conference (Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 4 -7 April 2019, Paris, France.

20. Should balance and jump performance assessment of chronic lateral ankle sprains be performed under fatigue?

Karkatselou A., **Gkrilias P.**, Tsepis E.

Pan-European Conference (Oral Presentation): 24th Annual Congress of the European College of Sport Science, 3-6 July 2019, Prague, Czech Republic.

21. Musculoskeletal disorders among Greek kitesurf athletes. #

P. Gkrilias, A. Giulis, C. Matzaroglou.

International Conference (E-Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 20-23 August 2020, Barcelona, Spain.

This conference was scheduled to take place on 2-5 April 2020, but due to COVID-19, it took place Virtual-Online on 20-23 August 2020.

22. Musculoskeletal disorders among Greek Crossfit athletes. #

P. Gkrilias, A. Bakaraki, C. Matzaroglou.

International Conference (E-Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 20-23 August 2020, Barcelona, Spain.

This conference was scheduled to take place on 2-5 April 2020, but due to COVID-19, it took place Virtual-Online on 20-23 August 2020.

23. Musculoskeletal disorders among Greek competitive Karate athletes. #

P. Gkrilias, I. Giannaklis, C. Matzaroglou.

International Conference (E-Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 20-23 August 2020, Barcelona, Spain.

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24. Musculoskeletal disorders among professional soccer players. #

P. Gkrilias, A. Leventelis, E. Baxevanidis, C. Matzaroglou.

International Conference (E-Poster): World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, 20-23 August 2020, Barcelona, Spain.

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25. Epidemiological analysis of painful musculoskeletal symptoms among professional soccer players of different categories. #

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26. Can the ultrasonographic size and morphological characteristics of sciatic nerve be used as a prognostic factor in patients with herniated disc? #

C. Matzaroglou, A. Evangelatou, E. Billis, M. Tsekoura, **P. Gkrilias**, G. Diamantakis, A. Kouzelis, E. Tsepis, P. Megas, K. Kafchitsas.

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This conference was scheduled to take place on 2-5 April 2020, but due to COVID-19, it took place Virtual-Online on 20-23 August 2020.

PROFESSIONAL EXPERIENCE

In the past, I have worked as a physical therapist: in the Municipality of Corinth, in the Football Club of A.E.K., as a freelancer (physical therapist), and in a Greek Public Hospital.

TEACHING EXPERIENCE IN HIGHER EDUCATION

- From 2010 to 2012 I taught the laboratory part of the courses "Sports Physiotherapy" and "Rehabilitation of Musculoskeletal Disorders" at the Department of Physical Education and Sports Science at the National Kapodistrian University of Athens during my postgraduate studies.
- Then I taught from 2013 to 2020 in the Department of Physiotherapy (of TEI of Patras, then of TEI of Western Greece, and later of University of Patras) courses of the undergraduate program (The courses I have taught include: Massage Techniques, Clinical Cardiopulmonary Physiotherapy, Anatomy of Musculoskeletal System, Kinesiotherapy, Kinesiotherapy-Therapeutic Exercise, Biomechanics, Clinical Musculoskeletal Physiotherapy I, Clinical Musculoskeletal Physiotherapy II, Assessment in Physiotherapy, Physical Agents-Applied Electrotherapy, Management of Patients - Ethics in Physiotherapy, Interdisciplinary Team in Healthcare and Physiotherapy in the Third Age).
- From the Academic Year 2020-2021 until now I teach at the Department of Physical Therapy of the University of Peloponnese undergraduate program courses (The courses I have taught and I am teaching now include: Kinesiotherapy, Principles of Neurorehabilitation, Electrophysical Agents in Physiotherapy, Special Mobilisation Techniques and Assessment in Physiotherapy-Clinical Reasoning).