



CURRICULUM VITAE

PERSONAL DETAILS



Name/Surname: **Lampropoulou Sofia, MSc, PhD**

Title: **Clinical & Research Physiotherapist
Specialized in Neurological Physiotherapy
Assistant Professor of Physiotherapy
School of Health Rehabilitation Sciences
University of Patras**

Work Address: Physiotherapy Department,
School of Health Rehabilitation Sciences
University of Patras, 26504 Rio, Greece

Phone (work): +30 2610962410

Mobile: +30 6972291064

Email: lampropoulou@upatras.gr
szlampropoulou@gmail.com

Date of Birth: 08/02/1976

Nationality: Greek

Marital Status: Married

EDUCATION

2006 – 2009: PhD in Health Sciences, Brunel University, West London

2007-2008: Master in Teaching in Higher Education (BAPP)

“Brunel Associate Practitioner Pathway in Learning & Teaching in Higher Education”, Grade B.

2004-2005: MSc in Neurorehabilitation Brunel University, West London.

1996-2000: BSc in Physiotherapy, Technological Education Institute (TEI) of Lamias, Greece,
Degree with grade “Very Good” 7.5/10.

ACADEMIC EXPERIENCE

2018 - today: Assistant Professor in Physiotherapy Department, School of Health Rehabilitation Sciences, University of Patras, Greece.

2015 – 2018: Assistant Professor in Physiotherapy Program, Life & Health Science Department, School of Sciences & Engineering, University of Nicosia, Cyprus.

2011 – 2015: Senior Lecturer in TEI of Western Greece, Physiotherapy Department of Aigio

2009 – 2011: Lecturer in TEI of Lamias & TEI of Western Greece

2009 - 2010: Module Leader of Neurological Rehabilitation at Metropolitan College of Athens, Physiotherapy Program of Queen Margaret University, Edinburg, UK

2006-2009: Teaching Assistant in Brunel University, Physiotherapy Department

2001 – 2004 Teacher of Physiotherapy in Technological Educational Institutes

CLINICAL WORK EXPERIENCE

2003-2015: Private Physiotherapist, Self Employed Practitioner in Neurological & Musculoskeletal Physiotherapy

2009: Research and Clinical Physiotherapist at Institute of Child Health (ICH) of University College London (UCL), Dubowitz Neuromuscular Centre. Senior researcher in neuromuscular assessment and rehabilitation of children with neuromuscular diseases funded program by Muscular Dystrophy Campaign.

2000 – 2001: Clinical Physiotherapist, at “KAT” General Hospital of Attiki, Greece

AREAS OF CONCENTRATION/ RESEARCH INTERESTS

Postgraduate studies and my clinical, research and academic experience concentrate to

- ❖ the central nervous system neurophysiology,
- ❖ the pathophysiology of neural diseases,
- ❖ the clinical assessment and management in regards the motor control systems.
- ❖ the physical management of neurological conditions in adults and children
- ❖ Stroke Rehabilitation
- ❖ adaptation of internationally available measurement outcomes for assessing balance, mobility, and functional ability of neurological patients in the mother language.

Furthermore, my **research interests** concerns the following:

- ◆ Development of new measurement outcomes

- ◆ New techniques for Neurophysiological assessment (Transcranial Magnetic Stimulation, Transcranial Direct Current Stimulation)
- ◆ Psychometric testing of existing neurological measurement outcomes
- ◆ Motor Control in Neurological Rehabilitation
- ◆ Balance assessment and rehabilitation
- ◆ The effect of music in rehabilitation of neurological patients
- ◆ Differences in physical management between peripheral and central nervous system diseases.

FUNDING (GRANTS, CONTRACTS, RESEARCH AWARDS)

1. **Enhanced PhD Studentship: £ 20.000/per annum for 3 years** full time study for the doctoral research degree, including a contribution of 150 hours/ per academic year teaching, School of Health Sciences & Social Care, Brunel University of West London, **01.03.2006-28.02.2009**.
2. **«Archimedes III - Research Program for Promoting Research in Higher Education»** 2 years Program with the title: "Developing of a new tool for Low Back Pain Assessment for use by Greek Clinicians and Health Professionals" ESPA 2007-2013, Period **01-05-2013 to 31-01-2015**, **(1.500,00€)**.

AWARDS/DISTINCTIONS:

I was selected as one of the **enhanced PhD Students** of the School of Health Sciences & Social Care, Brunel University, to participate in a **live demonstration to Her Majesty the Queen of England, Elizabeth, of a motor control small project** by using Transcranial Magnetic Stimulation over the Motor Cortex. It was part of celebrating enterprise, talent and innovation of the School of Health Sciences & Social Care and its naming ceremony of its new building officially named by Her Majesty as Mary's Seacole Building.

LANGUAGES:

- ✓ **Greek as a mother language**
- ✓ **English as second language, fluently**

PROFESSIONAL ASSOCIATIONS

Member of:

- ✓ HEALTH PROFESSIONAL COUNCIL of UK (since 2004)
- ✓ THE PHYSIOLOGICAL SOCIETY of UK (since 2006)
- ✓ ΕΛΛΗΝΙΚΗ ΕΠΙΣΤΗΜΟΝΙΚΗ ΕΤΑΙΡΙΑ ΦΥΣΙΚΟΘΕΡΑΠΕΙΑΣ (since 2002)
- ✓ ΕΛΛΗΝΙΚΟΣ ΣΥΛΛΟΓΟΣ ΦΥΣΙΚΟΘΕΡΑΠΕΙΑΣ(since 2002)

RESEARCH & PUBLICATIONS

Thesis/Dissertations

Doctoral Thesis: Lampropoulou, S., (2009), [The relationship between perception of effort and physiological responses to an acute fatiguing task of the elbow flexors. Evaluation of a new rating scale of perception of effort](#), Thesis, Brunel University, West London, UK.

Award given in 2010 with minor corrections.

MSc Dissertation: Lampropoulou, S., (2005) "The impact of a brief bout of fatiguing exercise on perceived voluntary effort". Mark: 73, Grade A. Brunel University, West London, UK.

BSc Dissertation: Lampropoulou S. (1999) «The effect of the Neuromuscular System in Development of Osteoporosis», Grade: 9/10, TEI of Lamias, Greece.

Scientific Publications in Referred Journals

1. Lepoura A., **Lampropoulou S.**, Galanos A., Papadopoulou M., Sakellari V. **2022** Scale for Assessment and Rating Ataxia (SARA) in children: Cultural adaptation and psychometric properties" *Pediatric Physical Therapy* (under review)
2. Themistocleous I.C., **Lampropoulou S.**, King C., Stefanakis M. **2022** Reliability and validity of the Greek version of Sickness Impact Profile questionnaire, *Disability & Rehabilitation* (under review)
3. Tsekoura M., Fousekis K., **Lampropoulou S.**, Xergia S., Bania F., Tsepis E' Billis E.. **2022** Physiotherapists' Perceptions and Willingness to Use Telerehabilitation in Greece: a cross sectional study. *International Journal of Telemedicine and Applications* (under review)
4. Bania T., ... **Lampropoulou S.**, Billis E. **2022**. Pediatric Balance Scale: Translation and Cross-Validation into Greek, *Pediatric Physical Therapy* (under review)
5. Xergia S. ...**Lampropoulou S.**, Billis E. **2022**. Inter-professional education and practice for effective management of healthcare organizations, *Physical Therapy & Rehabilitation Journal*
6. Lepoura A., **Lampropoulou S.**, Galanos A., Papadopoulou M., Sakellari V. **2022** "Study protocol of a randomized controlled trial for the effectiveness of a Functional Partial Body Weight Support Treadmill Training (FPBWSTT) on motor and functional skills of children with ataxia" *BMJ Open* 2022;12:e056943. doi:10.1136/bmjopen-2021-056943
7. Charalambous L, Hadders-Algra M, N Yamasaki E, **Lampropoulou S.** **2021**, Comorbidities of deformational plagiocephaly in infancy: a scoping review protocol. *BMJ Paediatr Open*. doi: 10.1136/bmjpo-2021-001113. PMID: 34151030; PMCID: PMC8174490.
8. Kyriakidou M, Chatziioannidis I, Mitsiakos G, **Lampropoulou S**, Pouliakis A. **2020** Neurodevelopmental Outcome in Extremely Low Birth Weight Infants at 2–3 Years of Age, *Medicina*, 56, 649; doi:10.3390/medicina56120649
9. Tsekoura M., Billis E., Samada EK., Savvidou I., Fousekis K., Xergia S., **Lampropoulou S.**, Tsepis E'. **2020** Cross cultural adaptation, reliability and validity of the Greek version of Identification of Functional Ankle Instability (IdFAI) questionnaire, *Foot and Ankle Surgery*
10. Tsekoura M., Billis E, Tsepis E, **Lampropoulou S. et al.** **2020**, Cross-cultural adaptation and validation of the Greek Version of the SARC-F for evaluating sarcopenia in Greek older adults, *Journal of Musculoskeletal and Neuronal Interactions*, 1-8.

11. **Lampropoulou S**, Billis E, Gedikoglou IA, Michailidou C, Nowicky AV, Skrinou D, Michailidi F, Chandrinou D, Meligoni M. **2019**, Reliability, Validity and Minimal Detectable Change of the Mini-BESTest in Greek Participants with Chronic Stroke. *J Physiotherapy Theory & Practice*, 35(2):171-182, DOI: 10.1080/09593985.2018.1441931 (IF=0.8)
12. **Lampropoulou S.**, Gedikoglou I.A., Michailidou C., Billis E. **2016**, Cross Cultural Adaptation of Mini-Balance Evaluation Systems Test (mini-BESTest) into Greek. *World Journal of Research & Review*, 3(3): 61-67. (IF=2.00)
13. **Lampropoulou S.**, Gizeli A., Kalivioti C., Billis E., Gedikoglou I.A., Nowicky A.V. **2016**, Cross Cultural Adaptation of Berg Balance Scale in Greek for Various Balance Impairments. *Journal of Physical Medicine Rehabilitation & Disabilities*, 2: 011 (open access).
14. **Lampropoulou, S.** Vardoulakis S., Miraka E., Gedikoglou I.A., & Billis E. **2016**, Cross Cultural Adaptation and Pilot Use of the Motor Assessment Scale (MAS) into Greek, *Journal of Physical Activity, Nutrition & Rehabilitation*, 92-110, PANRe-ISSN: 2421-7824.
15. **Lampropoulou, S.** Kottara D., Lamprakis G. **2016**, Spasticity: New Evidence and Pathophysiological Mechanisms, *Physiotherapy*, 18 (1), 56-66. (Greek Article)
16. **Lampropoulou S.**, Nowicky VA., **2014**, Perception of Effort Changes Following an Isometric Fatiguing Exercise of Elbow Flexors, *Motor Control*, 18, 146-164. (IF=1.23)
17. **Lampropoulou S.**, Nowicky VA., **2013**, The Effect of Transcranial Direct Current Stimulation on Perception of Effort in an Isolated Isometric Elbow Flexion Task, *Motor Control*, 17, 412-426. (IF=1.23)
18. **Lampropoulou S.**, Tachoula G., Theodorakopoulos Ch. Et al. **2013**, Success Parameters of Students' at Physiotherapy Department of TEI of Patras, at Theory Specialization Courses, *Epitheorese Klinikes Farmakologias kai Farmakokinetikes*, 31, 171-181. (Greek Article)
19. **Lampropoulou, S.**, Nowicky V.A., Marston L., **2012**, Magnetic versus Electrical Stimulation in the Interpolation Twitch Technique of Elbow Flexors, *Journal of Sports Science and Medicine*, 11, 709 – 718.
20. **Lampropoulou, S.**, Michael A., Nousi S. **2012**, Balance Impairments in Patients with Parkinson Disease. *Physiotherapy*, 15(3), 67-72. (Greek Article)
21. **Lampropoulou, S.**, Nowicky V.A., **2011**, Evaluation of the Numeric Rating Scale for Perception of Effort during Isometric Elbow Flexion Exercise, *European Journal of Applied Physiology*, 112:1167–1175. (IF=2.328)

Abstracts Published from Conference Proceedings

- 1) Tsekoura M., Tsepis E., **Lampropoulou S.**, Fousekis K., Bania T., Kastrinis A., Xergia S., Billis E., **2022**, Physiotherapists' Perceptions of and Willingness to Use Telerehabilitation in Greece during the Covid-19 Pandemic, *Aging Clin Exp Res*, 34 (Suppl 1): S332.
- 2) **Lampropoulou S.**, Stamati M., Gedikoglou AI., Billis E., Alt Murphy M. **2021**, Translation and Validation Process of the Fugl-Meyer Assessment for the Sensorimotor Function in Greek Patients with Stroke, **International Journal of Stroke**, 16 (2_suppl), 3-170, <https://doi.org/10.1177/17474930211041949>
- 3) Tsekoura M., Bakirtzi SM, Papadimitropoulou SL, Billis E., Fousekis K., Matzaroglou C., Xergia S., **Lampropoulou S.**, Tsepis E. **2021**, Relationship of Hand Grip Strength, Physical Activity and Anthropometric Characteristics in a Sample of Greek Physiotherapy Students, Book of Abstracts P362, **Osteoporosis International**

- 4) Tsekoura M., Billis E., Tsepis E., **Lampropoulou S.**, Matzaroglou C., Dimitriadis Z., Gliatis J. **2020**, Greek Translation and Validation of The Sarcopenia Screening Tool SARC-F Book of Abstracts P729, **Osteoporosis International** **31(Suppl 1): S133–S621 ppS391**, <https://doi.org/10.1007/s00198-020-05696-3>
- 5) Makri E, **Lampropoulou S**, Euthimiou GP, Matzaroglou C, Mavromoustakos S. **2019**, Validating the Activities-Specific Balance Confidence (ABC) Scale in Greek Elderly Population, Book of Abstracts P1018, **Osteoporosis International**, **30(Suppl 2): 253. ppS695**, <https://doi.org/10.1007/s00198-019-04993-w>
- 6) Kellari A, **Lampropoulou S**, Matzaroglou C, Sakellari V. **2019**, Effect of Exercise Guidance regarding its Delivery Time on Falls Reduction and the Improvement of Balance and Physical Functioning in the Elderly, Book of Abstracts P1019, **Osteoporosis International**, **30(Suppl 2): 253. ppS696**, <https://doi.org/10.1007/s00198-019-04993-w>
- 7) Matzaroglou C, Kafchitsas K, Diaremes P, SPyridonidis A, Papachristou D, Billis E, **Lampropoulou S**, Tylanakis M. **2019**, Septic or Aseptic the Osteitis from SAPHO Syndrome? Book of Abstracts P1105, **Osteoporosis International**, **30(Suppl 2): 253. ppS740**, <https://doi.org/10.1007/s00198-019-04993-w>
- 8) **Λαμπροπούλου Σ**, **2013**, Η Σύγχρονη Αντιμετώπιση των Κινητικών Διαταραχών του Άνω Άκρου, 13^ο Πανελλήνιο Συνέδριο Ελληνικής Εταιρίας Φυσικής Ιατρικής & Αποκατάστασης (published in the book of abstracts).
- 9) **Lampropoulou S**, Nowicky A, 2011, [Perceived Effort Changes Reported on the 0-10 NRS Following Submaximal Isometric Fatiguing Exercise of Elbow Flexors](#), Book of Abstracts, Society of Applied Neurosciences, PS-9.
- 10) SakellariVasiliki, LamprianidouEleni, **Lampropoulou Sofia**, Gioftsos George, Kyriakakis Vasilis, 2010, Balance vs Pain in Patients with Multiple Sclerosis, Book of Abstracts, Cyprus Society of Physical Medicine and Rehabilitation, PP1030.
- 11) **Lampropoulou S**, Tsiringakis G, Kypriglis-Kypriotis K, Nowicky AV, 2006,[The impact of exercise on performance of an arm flexion force-matching task](#), **Proc Physiol Soc 3**, PC50
- 12) Kypriglis-Kypriotis K, Tsiringakis G, **Lampropoulou S**, Nowicky AV, 2006, [Corticospinal excitability changes following functional electrical stimulation of the tibialis anterior muscle in healthy humans](#), **Proc Physiol Soc 1**, PC18.
- 13) **Lampropoulou S**, 2005, “Ultrasound in Physiotherapy”: oral presentation in the National Congress of Physiotherapy in Greece, November 2005 (published in the book of abstracts).

Citations

- 1) More than **70 in total citations** according to google scholar και scopus
- 2) [Google Scholar \(05/02/2022\)](#): Citations 122, h-index 6, i10-index 5
- 3) [Scopus \(15/02/2022\)](#): Citations 56, h-index 5, i10-index 2

Citations by article

	Published Article	Citations
1	Lampropoulou, S., Nowicky V.A., Marston L., 2012, Magnetic versus Electrical Stimulation in the Interpolation Twitch Technique of Elbow Flexors, <i>Journal of Sports Science and Medicine</i> , 11, 709 – 718. (IF=2.98)	10
2	Lampropoulou S., Nowicky VA., 2014, Perception of Effort Changes Following an Isometric Fatiguing Exercise of Elbow Flexors, <i>Motor Control</i> , 18, 146-164. (IF=1.42)	9
3	Lampropoulou S., Nowicky VA., 2013, The Effect of Transcranial Direct Current Stimulation on Perception of Effort in an Isolated Isometric Elbow Flexion Task, <i>Motor Control</i> , 17, 412-426. (IF=1.420)	20

4	Lampropoulou, S., Nowicky V.A., 2011, Evaluation of the Numeric Rating Scale for Perception of Effort during Isometric Elbow Flexion Exercise, European Journal of Applied Physiology, 112, 1167–1175. (IF=3.078)	16
5	Lampropoulou S, Billis E, Gedikoglou IA, Michailidou C, Nowicky AV, Skrinou D, Michailidi F, Chandrinou D, Meligoni M. 2019, Reliability, Validity and Minimal Detectable Change of the Mini-BESTest in Greek Participants with Chronic Stroke. J Physiotherapy Theory & Practice, 35(2):171-182. (IF=1.35)	12
6	Lampropoulou S., Gizeli A., Kalivioti C., Billis E., Gedikoglou I.A., Nowicky A.V. 2016, Cross Cultural Adaptation of Berg Balance Scale in Greek for Various Balance Impairments. Journal of Physical Medicine Rehabilitation & Disabilities, 2: 011 (IF=0.41)	5
7	Tsekoura M., Billis E., Samada EK., Savvidou I., Fousekis K., Xergia S., Lampropoulou S., Tsepis E'. 2020 Cross cultural adaptation, reliability and validity of the Greek version of Identification of Functional Ankle Instability (IdFAI) questionnaire, Foot and Ankle Surgery, 27(8): 906-91. (IF=2.7)	2
	Total Citations	74
	H Index	6

CONFERENCES

- ✓ More than 10 Oral Presentations as Invited Speaker at National Conferences
- ✓ More than 65 Presentations (oral presentations and posters) at National and International Conferences

OTHER SCHOLARLY ACTIVITIES

Member of Scientific Networks

- ✓ Greece Representative in the International Neurological Physical Therapy Association (INPA)
- ✓ Deputy Coordinator of the Greek Scientific Group "Neurological Physiotherapy" PSF
- ✓ Active volunteer member of the INPA Research Working Group
- ✓ Active volunteer member of the INPA Education and Practice Working Group

Conference Round Tables

- Chair of Sessions: i) "Multidisciplinary Rehabilitation Team for the Neuromuscular Diseases", ii) "Neurological Physiotherapy Announcements", iii) "Polyneuropathy Covid-19" [30th Panhellenic Scientific Physiotherapy Congress, Thessaloniki, 27-29 May 2022](#)
- Chair of Session: "Contemporary Management of Patient with Traumatic Brain Injury" [33rd Congress of Hellenic Scientific Society of Physical Therapy](#), Athens, University of West Attika, 12-14 Apr. **2019**
- Chair of Session: «Neurological Physiotherapy Adult Patient», [6^o Pancyriot Conference of Physiotherapy](#), Nicosia, 3-4 Mar. **2018**
- Chair of Session: «Adult Neurological Patient: Updated Multidisciplinary Approaches», [27^o Panhellenic Scientific Conference of Physiotherapy, PSF](#), Athens, 24-26 Nov. **2017**
- Chair of Pediatric Physiotherapy session, 5o Pancyriot Conference of Physiotherapy, Nicosia, (5 Mar **2016**).

Reviewer

- **Peer review process at scientific journal**
 - Journal of Back and Musculoskeletal Rehabilitation
 - [World Journal of Physical & Rehabilitation Medicine](#)

Administrative Work

- ✓ Erasmus Coordinator for Physiotherapy Department, University of Patras (2018-2022)
- ✓ Finance Coordinator for the Physiotherapy Department, University of Patras (2021-2022)
- ✓ Clinical Neurological Placements Coordinator
- ✓ Physiotherapy Bachelor Program Coordinator at Nicosia University, Physiotherapy Program (2017-18)
- ✓ Physiotherapy Master Program Coordinator at Nicosia University (2017-18)
- ✓ PhD in Physiotherapy Program Coordinator at Nicosia University (2017-18)
- ✓ Organize the program and curriculum of the Neurological Direction of the MSc
- ✓ Prepare the syllabus / curriculum of studies for the Physiotherapy Department, University of Patras (2019-2022)

Committees

1. Internal examiner at more than 50 BSc dissertations evaluation
2. Internal Examiner of more than 15 MSc dissertations evaluation
3. Main member and leader of a committee of translators served as a third independent translator for the cross cultural adaptation of neurological measurement outcomes into Greek.

Advisory

Supervision of more than 50 Undergraduate Research Dissertations

Supervision of more than 7 Postgraduate (Master) Research Dissertations

Member of the advisory team of 4 Doctoral (PhD) Studies

Supervision of Literature Review Dissertations

Teaching

- ✓ Courses leading (autonomous teaching) in all institutions mainly at neurological modules (i.e. Neurological Physiotherapy in Adults, Applied Neurosciences, Principles of Neurological Physiotherapy, Clinical Neurological Physiotherapy)
- ✓ Leader of courses at MSc programs (Research Methodology and Neurorehabilitation Courses)

EXTRA CURRICULAR ACTIVITIES

Continuing Professional Development / Seminars Participating

- ✓ 7o Cochrane Workshop «Introduction to Cochrane Methodology», 19-20 Feb 2021, Athens.
- ✓ Training at «Basic Life Support – BLS», 28 March **2019**, Aigio, Greece
- ✓ Clinical Pilates, Basic Training Seminar, Mar **2018**, Nicosia.
- ✓ Lymph Drainage Basic Training, of VOODDER Method (ZML), Mar, **2018**, Athens.
- ✓ “Basic Seminar Bobath for Neurological Patients ’16-ATHENS, Basic I, II, III”, Feb. **2017**, Athens.
- ✓ “PNF Basic I & II”, Jan **2017**, Nicosia.
- ✓ Seminar of Exercises for Falls Prevention in Elderly “Otago Exercise Program”, June **2016**, Nicosia.
- ✓ Introduction to MOODLE Training, (November **2015**)
- ✓ MOODLE Expert Training (November **2015**)
- ✓ MOODLE Expert Training (November **2015**)
- ✓ Update in Neuromuscular Disorders, ICH & MRC Centre for Neuromuscular Disorders, London, UK, (June **2009**)
- ✓ UK Neuromuscular Translational Research Conference, MRC Centre for Neuromuscular Disorders & Muscular Dystrophy Campaign, Newcastle, UK (April **2009**)
- ✓ GOOD CLINICAL PRACTICE Course February 2009 (full day event).
- ✓ 5 days TMS Training Course, Institute of Cognitive Neuroscience, UCL (Φεβ **2009**)
- ✓ Trained First Aider, **2007**, and shown competence required for the purposes of the Health & Safety (FIRST AID) Regulations 1981.
- ✓ COMPUTER DRIVING LICENCE, SYLLABOUS 4.0, MODULES, **2005**.

Skills

- ✓ Hard working and well organized person. I like to learn through “hands on” process.
- ✓ Time management, self motivation, problem solving, active listening.
- ✓ Excellent writing skills, especially gained by the demanding writing process of the PhD thesis.
- ✓ Excellent Capacity of Team and Individual Work.
- ✓ Very good collaboration with patients due to the knowledge and the experience gained through the clinical practice especially with neurological patients.
- ✓ Productive in new tasks when there is a good training.
- ✓ Excellent communication skills.

