

Short CV for *Maria Tsekoura*

Assistant Professor in Physiotherapy, Department of Physiotherapy,

School of Health Rehabilitation Sciences, University of Patras, Greece

I. Professional qualifications

- **Physiotherapy Degree (2001)** Bachelor of Health Science in Physiotherapy, Technological Educational Institute of Lamia, Greece
- **Postgraduate Studies - Master of Science (MSc) in Metabolic Bone Diseases (2012)** Department of Medicine, National Kapodistrian University of Athens, Greece
- **Doctoral Studies - (PhD) (2019)** Department of Medicine, School of Health Sciences, The University of Patras, Greece. Title of thesis: *Exercise and quality of life among elderly patients with sarcopenia.*

II. Employment history

- **Clinical license as a physiotherapist** since 2003
- **Clinical experience:** 2 years in private rehabilitation clinic (Patras), 15 years as free-lancer physiotherapist (Greece) 1 year in a private physiotherapy clinic (Athens), 3 years working part-time in the Greek Volleyball Federation and the national volleyball teams, 1 year collaboration with the Athletic Association of the Blind - clinical experience (apart from basic respiratory, neurological & musculoskeletal physiotherapy) in rehabilitation of chronic musculoskeletal and geriatric conditions.

III. Academic history -teaching

- **Assistant Professor in Physiotherapy (8/2022)** in the Department of Physiotherapy, University of Patras- undergraduate & postgraduate teaching

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- **Lecturer in Physiotherapy** (2019-2021) in the Department of Physiotherapy, University of Patras (undergraduate teaching in geriatric physiotherapy and clinical patient management)
- **Lecturer/Teaching** (2013-2019) in Technological Educational Institute (TEI of Western Greece)
- **Lecturer** in Vocational Training-Professional Training Institutes (2003-2013, 2018-2021)
- **Module leader and lecturer** in Athens Metropolitan College (2008-2015)

IV. Research Activity /Interests

Research interests

- Geriatric rehabilitation, exercise therapy for older adults, sarcopenia, osteoporosis, women's health, physiotherapy for chronic diseases and dysfunctions, validity & reliability of outcome measures, qualitative research for musculoskeletal conditions, obstetric physiotherapy, falls and balance disorders, clinical reasoning & evidence-based clinical decision making in musculoskeletal physiotherapy

Participation in research funded programmes

- **Member of the main research team in 2 funded programmes**, investigating: a) Programme "Supporting researchers with an emphasis on young researchers - Round B" (Grants 2019) of the program "ESPA 2014-2020, E.P. Developing Human Resources, Education and Lifelong Learning 2014-2020. (McHeLP study: a combined intervention of motor control exercises and ergonomic arrangement of the home-environment in order to reduce falls in frail ambulatory elderly) b) External collaborator/researcher in a project entitled "Scientific evaluation and exercise planning and/or physical therapy intervention for athletes and special groups" Special account for research funds of the Technological Institute of Western Greece 1/8/2017 to 31/7/2018

V. Publications & Citations

Publications in peer reviewed scientific journals

Over 40 with impact factor, as follows:

1. Tsekoura M.,Kastrinis A., Nomikou E., Kentrou E., Dimitriadis Z. Work related musculoskeletal disorders among Greek Physiotherapists. J Musculoskeletal Care 2016; 15(2):158- 162. DOI: 10.1002/msc.1151
2. Tsekoura M., Gliatis J., Billis E., Matazoglou X., Fousekis K., Tsepis E. Physical Activity in A Sample of Community-Dwelling Older Adults Living in A Greek County. A Research Report. EC Orthopaedics 2016; 4(4): 567-576.
3. M. Tsekoura, E.Billis, J. Gliatis, C. Matzaroglou , K. Koutsogiannis, E.Tsepis , E. Panagiotopoulos. Assessment of muscle mass for elderly population in clinical practice. Archives of Hellenic Medicine 2017;34(6): 745-753
4. Dimitriadou E., Giannaki CD., Tsekoura M., Stefanidis I., Hadjigeorgiou GM., Lavdas E., Karatzaferi C., Sakkas GK. Restless legs syndrome/Willis–Ekbom disease prevalence in beta thalassemia patients. Sleep And Breath 2017; 38: 263-267. doi:10.1007/s11325-017-1497-2 [Impact Factor: 2,162]
5. Tsekoura M., Koufogianni A.,Billis E.,Tsepis E. Work-related musculoskeletal disorders among female and male nursing personnel in Greece, World Journal of Research and Review 2017, 3(1): 8-15. [Impact Factor: 4,9]
6. Tsekoura M, Kastrinis A, Katsoulaki M, Billis E, GliatisJ. Sarcopenia and its impact on Quality oflife: a literature review. Springer's Advances in Experimental Medicine and Biology (AEMB) Chapter Genedis 2017; 987:213-218 [Impact Factor: 2,450]

7. Tsekoura M., Billis E., Panopoulou K., Fousekis K., Tsepis E. Musculoskeletal disorders among Greek Professional Ballet Dancers. *Journal of Medicine and Medical Research*. 2017; 19(11):1-8
8. Tsekoura M, Gliatis J, Billis E. Sarcopenia. A literature update. *Archives of Hellenic Medicine* 2017, 34(1): 42-48.
9. Katsoulaki M., Kastrinis A., Tsekoura M. The effects of anodal transcranial direct current stimulation on working memory Springer's *Advances in Experimental Medicine and Biology Chapter Genedis* 2017; 987:283-289 (Impact Factor: 2,450)
10. Tsekoura M., Billis E., Tsepis E., Dimitriadis Z., Matzaroglou C., Tyllianakis M., Panagiotopoulos E., Gliatis J. The effects of group and home-based exercise programmes in elderly with sarcopenia: a randomized controlled trial. *Journal of Clinical Medicine*. 2018; 26;7(12) (Impact Factor: 5,56]
11. Tsekoura M., Billis E., Gliatis J., Tsepis E., Matzaroglou C., Sakkas GK., Beudart C., Bruyere O., Tyllianakis M., Panagiotopoulos E. Cross cultural adaptation of the Greek Sarcopenia Quality of Life (SarQoL®) *Disability and Rehabilitation* 2018; 19:1-7 (Impact Factor: 2,222)
12. Tsekoura M., Billis E., Fousekis K., Tsepis E. Musculoskeletal Disorders among Greek National Gymnastics team. *WJRR* 2018,7(4):33-3
13. Geerinck A., Vidmantas A., Beudart C., Bautmans I., Cooper C., de Souza Orlandi F., Errasquin BM., Topinkova E., Tsekoura M., Bruyere O., Standard error of measurement and smallest detectable change of the SarQoL Questionnaire: an analysis of subjects from 9 validation studies 2019; *PLOS ONE* 14(4):E0216065 (Impact Factor: 2,74]
14. Tsekoura M., Billis E., Fousekis K., Christakou A., Tsepis E. Cross cultural adaptation of the Cumberland ankle instability tool. *Physiotherapy Theory and practice*. 2019; 7:1-9 (Impact Factor: 1,624)

15. Tsekoura M., Billis E., Tsepis E., Lampropoulou S., Beudart C,M Bruyere O., Yilmaz O., Bahat G., Gliatis J. Cross-Cultural Adaptation and Validation of the Greek Version of the SARC-F for Evaluating Sarcopenia in Greek Older Adults. J Musculoskeletal Neuronal Interact. 2020 Dec 1;20(4):505-512 (Impact Factor: 1,660)
16. Tsekoura M., Billis E., Samada EK., Savvidou I., Fousekis K., Xergia S., Lampropoulou S., Tsepis E. Cross cultural adaptation, reliability and validity of the Greek version of Identification of Functional Ankle Instability (IdFAI) questionnaire. Foot and Ankle Surgery 2020 Dec 17;S1268- 7731(20)30264-2 (Impact Factor: 1,776)
17. Tsekoura M., Anastasopoulos K., Kastrinis A., Dimitriadis Z. What is most appropriate number of repetitions of the sit-to-stand test in older adults: a reliability study. J Frailty Sarcopenia Falls. 2020 Dec 1;5(4):109-113. doi: 10.22540/JFSF-05-109
18. Tsekoura M., Tsepis E., Billis E., Gliatis J. Sarcopenia in patients with Chronic Obstructive Pulmonary Disease: a study of prevalence and associated factors in Western Greek population. Lung India 2020; 37(6):479-484 doi: 10.4103/lungindia.lungindia_143_20. PMID: 33154208. (Impact Factor: 0,77)
19. Tsekoura M., Billis E., Tsepis E., Fousekis K., Gliatis J. Osteosarcopenia, brief overview of the disease of the future. Archives of Hellenic Medicine 2020; 37(6):752-757
20. Fousekis K., Chrysantopoulos G., Tsekoura M., Mandalidis D., Mylonas K., Angelopoulos P., Koumoundourou D., Billis E., Tsepis E. Posterior thigh thermal skin adaptations to radiofrequency treatment at 448 kHz applied with or without Indiba® fascia treatment tools. Journal of Physical Therapy Science 2020; 32(4):292-296 (Impact Factor: 0,812)
21. Simatou M., Papanadreou M., Billis E., Tsekoura M., Mylonas K., Fousekis K. Effects of the Ergon® instrument-assisted soft tissue mobilization technique (IASTM), foam rolling, and static stretching application to different parts of the myofascial lateral

line on hip joint flexibility. Journal of Physical Therapy Science 2020; 32(4):288-291 (Impact Factor: 0,812)

22. Tsekoura M, Stasi S, Gliatis J, Sakellari V. Methodology of a home-based motor control exercise and ergonomic intervention programme for community-dwelling older people: The McHeELP study. *J Frailty Sarcopenia Falls*. 2021;6(3):153-162. Published 2021 Sep 1. doi:10.22540/JFSF-06-153
23. Billis E, Fousekis K, Tsekoura M, Lampropoulou S, Matzaroglou C, Gliatis J, Sinopidis C, Hill J, Strimpakos N. Cross-cultural validation of the Start Back Screening Tool in a Greek low back pain sample. *Musculoskeletal Science and Practice* 2021 Feb 21;53:102352 (Impact Factor: 1,911)
24. Tsekoura M., Stasi S., Gliatis J., Sakellari V. Prescribing exercise for older adults: Recommendations for clinical practice. *Archives of Hellenic Medicine* 2021; 38(1):12-17
25. Tsekoura M., Billis E., Matzaroglou C., Tsepis E., Gliatis J. Prevalence of probable sarcopenia amongst Greek community-dwelling elderly J Frailty Sarcopenia Falls 2021;6(4):204-208. Published 2021 Dec 1. doi:10.22540/JFSF-06- 204
26. Mylonas K., Angelopoulos P., Billis E., Tsepis E., Tsekoura M., Fousekis K. The effects of therapeutic exercise in improving forward head posture and functionality in neck pain patients: a literature update. *Archives of Hellenic Medicine* accepted 2021 (accepted 10/3/2021)
27. Tsekoura M., Sakellari V. Falls, Footwear and Footwear interventions in older adults: a brief review. *Archives of Hellenic Medicine* accepted 2021 (accepted 31/3/2021)
28. Stasi S, Tsekoura M, Gliatis J, Sakellari V. Motor Control and Ergonomic Intervention Home Based Program: A Pilot Trial Performed in the Framework of the Motor Control Home Ergonomics Elderlies' Prevention of Falls (McHeELP) Project.

Cureus. 2021 Apr 7;13(4):e14336. doi: 10.7759/cureus.14336. PMID: 33968539; PMCID: PMC8103794. (Impact Factor: 1,15)

29. Tsekoura M., Evdokia Billis, Alexandros Kastrinis, Marianna Katsoulaki, Konstantinos Fousekis, Elias Tsepi, Xenia Konstantoudaki and John Gliatis. The effects of exercise in patients with Sarcopenia "Advances in Experimental Medicine and Biology", by Springer Edts. 2021 2021;1337:281-290. doi: 10.1007/978-3-030-78771-4_31. (Impact Factor: 2,450)
30. Tsekoura M, Avgeri M, Drousiotis J, Billis E, Katsoulaki M, Kastrinis A, Tsepi E, Konstantoudaki X, Bibi A, Bitas T. Hand grip strength in patients on hemodialysis: An observational study "Advances in Experimental Medicine and Biology", by Springer Edts. 2021;1337:59-64. doi: 10.1007/978-3-030-78771-4_7. in press (Impact Factor: 2,450)
31. Katsoulaki M., Kastrinis A., Konstantoudaki X., Tsekoura M. The role of inflammatory biomarkers as a diagnostic tool for possible late-life cognitive decline and dementias "Advances in Experimental Medicine and Biology", by Springer Edts. 2021 in press "Advances in Experimental Medicine and Biology" (Impact Factor: 2,450)
32. Tsokanos A., Livieratou E., Billis E., Tsekoura M., Tatsios P., Tsepi E., Fousekis K. The efficacy of manual therapy in patients with knee osteoarthritis: A systematic review. Medicina, 2021; 5(7):696 (Impact Factor: 2,430)
33. Stasi S., Tsekoura M., Gliatis J., Sakellari V. The Effects of a Home-Based Combined Motor Control and Ergonomic Program on Functional Ability and Fear of Falling: A Randomized Controlled Trial. Cureus. 2021;13(9):e18330.
34. Mylonas K, Tsekoura M, Billis E, Aggelopoulos P, Tsepi E, Fousekis K. Reliability and Validity of Non-radiographic Methods of Forward Head Posture Measurement: A Systematic Review. Cureus. 2022;14(8):e27696. doi:10.7759/cureus.27696 (Impact Factor: 1,15)

35. Tsekoura M., Fousekis K., Aggelopoulos P., Mylonas K., Tsepis E., Billis E. Prescription of exercise in individuals with hypertension. Archives of Hellenic Medicine 2022 accepted
36. Tsekoura M., Fousekis K., Roukounaki M., Giannoulitou E., Kolokithas G., Sakellaropoulou A., Gridelas An, Kastrinis A., Billis E., Tsepis E. Investigation of Physical Activity Levels and associated factors of Greek older adults during COVID-19 Pandemic: a community based cross sectional study. Advances in Experimental Medicine and Biology (AEMB), accepted (Impact Factor: 2,126)
37. Tsekoura M., Katsoulaki M., Kastrinis A., Nomikou E., Fousekis K., Tsepis E., Billis E. The effects of exercise in older adults with hyperkyphotic posture. Advances in Experimental Medicine and Biology (AEMB), accepted (Impact Factor: 2,126)
38. Tsekoura M., Bakirtzi S, Papadimitropoulou S., Billis E., Fousekis K., Kastrinis A., Tsepis E. Relationship of Hand Grip Strength, physical activity and anthropometric characteristics in a sample of male and female Physiotherapy students Advances in Experimental Medicine and Biology (AEMB), accepted. (Impact Factor: 2,126)
39. Panagiotis Dendrinou, Athina Fassoi, Maria Tsekoura, , Pavlos Angelopoulos, Konstantinos Mylonas, Dimitris Mandalidis, Georgios Krekoulas, Elias Tsepis, Konstantinos Fousekis..Neuromuscular control of the lower extremities can be better enhanced by applying ankle taping and kinesiological taping rather than elastic bandaging: A randomized control study in amateur soccer players. Journal of Physical Therapy Science, 2022, accepted (Impact Factor: 0.9)
40. Tsekoura M., Kalabakos N., Fousekis K., Mylonas K., Aggelopoulos P., Matzaroglou C., Bitas T., Gliatis J., Tsepis E., Billis E. Risk of sarcopenia, fear of COVID-19, anxiety, depression and physical activity levels: Associations across patients on hemodialysis within Greece. J Frailty Sarcopenia Falls 2022 accepted

41. M, Mylonas K, Tsigkas G, **Billis E**, Tsepis E, Fousekis K. The Effectiveness of Blood Flow Restriction Training in Cardiovascular Disease Patients: A Scoping Review. *Journal of Frailty, Sarcopenia and Falls* (submitted 22/7/2022-awaiting reply).
42. Angelopoulos P, Diakoronas A, Panagiotopoulos D, Tsekoura M, Xaplanteri P, Koumoundourou D, Saki F, **Billis E**, Tsepis E, Fousekis K. Cold-water immersion and sports massage can improve pain sensation but not functionality in athletes with delayed onset muscle soreness. *Healthcare* (submitted 8/8/2022-awaiting reply)

Publications from conference proceedings (published in peer reviewed journals)

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 <https://doi.org/10.1007/s40520-022-02147-3>
2. Kastrinis A., Koumantakis G., Tsekoura M., et al The efficacy of Schroth therapy and Scoliosis SLC brace in the treatment of adolescent idiopathic scoliosis. A retrospective study *Aging Clin Exp Res* 34 (Suppl 1), 35–474 (2022).
3. Tsekoura M, Fragiadoulakis J., Matzaroglou C., Kastrinis A., Billis E. Fousekis K. Tsepis E. Prevalence of Musculoskeletal Disorders among Greek farmers: a cross sectional study. *Aging Clin Exp Res* 34 (Suppl 1), 35–474 (2022). <https://doi.org/10.1007/s40520-022-02147-3>
4. Aloupis K., Tsekoura M., Kastrinis A., Lampropoulou S. The effectiveness of Lee Silverman Voice Treatment (LSVT) – BIG program in Balance and Gait of Greek patients with Multiple Sclerosis compared to patients with Parkinson Disease *Aging Clin Exp Res* 34 (Suppl 1), 35–474 (2022). <https://doi.org/10.1007/s40520-022-02147-3>

5. Tsekoura M., Roukounaki M., Giannoulitou E., Kolokithas G., Sakellari V., Gridelas A., Billis E., Gliatis J., Matzaroglou C., Tsepis E. Physical Activity during the COVID/19 20/47 Βιογραφικό σημείωμα Τσεκούρα Μ. Σεπτέμβριος 2022 pandemic in community-dwelling Greek older adults. Osteoporosis international, 2021 accepted [Impact Factor: 3,864]
6. Tsekoura M., Billis E., Tsepis E., Gliatis J. Prevalence of probable sarcopenia in community dwelling older Greek people- a cross sectional study World congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases, Osteoporosis international, 2021 accepted [Impact Factor: 3,864]
7. Tsekoura M., Sofia A, Andreadou S, Moucho M, Paskou A, Gliatis J, Billis E. Screening sarcopenia through SARC/F in postmenopausal women: a study from a Greek semi mountainous municipality. Osteoporosis international, 2021 accepted [Impact Factor: 3,864]
8. Tsekoura M., Bakirtzi S, Papadimitropoulou S., Billis E., Fousekis K., Matzaroglou C., Xergia S., Lampropoulou S., Tsepis E. Relationship of Hand Grip strength, physical activity and anthropometric characteristics in a sample of Greek physiotherapy students. Osteoporosis international, 2021 accepted [Impact Factor: 3,864]
9. Tsekoura M., Papadopoulou A., Sakellari V., Billis E. Cross cultural adaptation of the Greek version of the Exercise Adherence Rating Scale. Osteoporosis international, 2021 accepted [Impact Factor: 3,864]
10. Tsekoura M., Stasi S., Gliatis J., Sakellari V. Motor Control and ergonomic intervention home based programme during COVID/19 pandemic: preliminary results. Osteoporosis International, 2021 accepted [Impact Factor: 3,864]
11. Tsekoura M., Billis E., Gliatis J. Greek SARC-F: Reliability and validity of the Greek version of the Sarcopenia screening tool in community-dwelling elderly people living in Western Greece. Journal of Musculoskeletal and Neuronal Interactions (JMNI) 2021; 21(1):162-192 [Impact Factor: 1,660]

12. Tsekoura M., Fousekis K., Tsepis E. The relationship of hand grip strength and knee muscle strength with common functional measures in elderly patients with sarcopenia. Journal of Musculoskeletal and Neuronal Interactions (JMNI) 2021; 21(1):162-192 [Impact Factor: 1,660]
13. Tsekoura M. Billis E. Tsepis E., Lampropoulou S, Matzaroglou C, Dimitriadis Z, Gliatis J. Greek Translation and Validation of the sarcopenia screening tool. SARC-F. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 2020;31,133-621 [Impact Factor: 3,864]
14. Tsekoura M. Billis E. Tsepis E., Matzaroglou C, Gliatis J. Investigation of the prevalence of Sarcopenia and associated factors in patients with Chronic Obstructive Pulmonary Disease. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133-621, 2020 [Impact Factor: 3,864]
15. Tsekoura M., Drousiotis G. , Avgeri M. , Billis E., Xergia S., Matzaroglou C., Bibi A., Bitá T. Hand Grip strength and associated factors in hemodialysis patients. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133- 621, 2020 [Impact Factor: 3,864]
16. Matzaroglou C, Billis E , Tsekoura M , Tsepis E , H. Graichen H , Gliatis J , Megas P , Evangelatou A , Kafchitsas K , Kouzoudes D. A New bicycle designed to bring a revolution in the bicycle style and reduce chronic strain on spine. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133-621, 2020 [Impact Factor: 3,864]
17. Matzaroglou C, Foe H, Tsekoura M, Billis E, Maroulis J, Velissaris D, Gogos C, Gliatis J, Diamantakis G, Panagopoulos A, Megas P, Graichen H, Kafchitsas K. Sarcopenia and muscle mass improved after LP-PRP injection in patients with knee osteoarthritis: a multicenter study. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133-621, 2020 [Impact Factor: 3,864]

18. Matzaroglou C, Evangelatou A, Billis E, Tsekoura M, Gkrilias P, Diamantakis G, Kouzelis A, Tsepis E, P. Megas P, Kafchitsas K. Can the ultrasonographic size and morphological characteristics of sciatic nerve be used as a prognostic factor in patients with herniated disc? World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133-621, 2020 [Impact Factor: 3,864]
19. Matzaroglou C, Billis E, Tsekoura M, Evangelatou A, Kouzelis A, Graichen H, Megas P, Kafchitsas K. Effect of therapeutic exercise in patients with lumbar disc herniation. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 31,133-621, 2020 [Impact Factor: 3,864]
20. Tsekoura M., Billis E., Tsepis E., Matzaroglou C., Dimitriadis Z., Tyllianakis M., Panagiotopoulos E., Gliatis J. The effects of group versus home-based exercise programme on quality of life and mood disorders in elderly with sarcopenia: a randomized controlled trial. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases Osteoporosis International 2019; 30(Suppl 2): 253 [Impact Factor: 3,864]
21. Tsekoura M., Billis E., Tsepis E., Matzaroglou C., Tyllianakis M., Panagiotopoulos E., Gliatis J. Is Calf Circumference a valid clinical measure for evaluating muscle mass in the elderly? Osteoporosis International 2019 30(Suppl 2): 253 [Impact Factor: 3,864]
22. Geerinck A., Beaudart C., Bautmans I., Cooper C., de Souza Orlando F., Errasquin BM., Topinkova E., Tsekoura M., Bruyere O., Standard error of measurement and smallest detectable change of the SarQoL Questionnaire: an analysis of subjects from 8 validation studies. Value in Health 21:S390 [Impact Factor: 4,748]
23. Fousekis K, Mylonas K, Angelopoulos P, Billis E, Gkrilias P, Tsekoura M, Tsepis E. INDIBA active radiofrequency treatment at 448 kHz and INDIBA Fascia soft-tissue treatment procedures can induce significant thermal skin adaptations that remains for a prolonged period 6 th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation, Physioth Rehab 2018, 3:118

24. Fousekis K, Mylonas K, Angelopoulos P, Billis E, Gkrilias P, Tsekoura M, Tsepis E. Effects of kinetic flossing technique on shoulder flexibility and functional performance, Euro Physiotherapy 2018, Physiotherapy & Physical Rehabilitation 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation London 2018, 3:119.
25. Gkrilias P., Tsekoura M., Matzaroglou C., Tsepis E. Musculoskeletal disorders among adolescent Greek competitive-laser 4.7m sailing athletes. European Journal of Trauma and Emergency surgery 2018; 44 (supp 2): S374 doi.org/10.1007/s00068-018-0934-7 [Impact Factor: 2,139]
26. Tsekoura M., Billis E., Varoucha S., Ntaountaki S., Tsepis E., Matzaroglou C. The effects of a 10 week Otago exercise programme on lower extremity strength, balance and fear of falling in a sample of Greek community - dwelling people: a pilot study. Osteoporosis International 2018; 29 (SUPP1):201-202 [Impact Factor: 3,864]
27. Tsekoura M., Billis E., Gliatis J., Tsepis E., Matzaroglou C., Sakkas GK., Beaudart C., Bruyere O., Panagiotopoulos E. Sarcopenia and Quality of Life Questionnaire (SarQol®): Greek cross cultural adaptation Osteoporosis International 2018; 29 (SUPP1):201 [Impact Factor: 3,864]
28. Tsekoura M., Billis E., Matzaroglou C., Tsepis E., Gliatis J., Panagiotopoulos E. Investigation on the prevalence of Sarcopenia and related factors in elderly living in Achaia-Greece. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. Osteoporosis International 2017; 28(SUPP1):579 [Impact Factor: 3,864]

Citations in international scientific journals

Over **426 citations** from google scholar (<https://scholar.google.gr/>) as well as the personal webpage of the reader (<https://scholar.google.gr/citations?user=ayDIJMUA AAAJ&hl=e>).

VI. Conferences - Other Scientific Activities - Bursaries & Awards

Free paper presentations

>50 in international and/or European conferences & 70 in national ones

Paper presentations of last 5 years (2018-2022)

- Moutzouri M, Gleeson N, Coutts F, Tsepis E, Billis E, Gliatis J. What are the effects of enhanced sensori-motor rehabilitation on indices of neuromuscular, musculoskeletal and psycho-physiological performance associated with patients following total knee replacement? 18th ESKKA Congress (European Society of Sports Traumatology, Knee Surgery and Arthroscopy), (Glasgow, 9-12 May 2018, accepted as poster presentation).
- Gkrilias P, Tsepis E, Billis E, Kokkalis Z, Panagiotopoulos E, Megas P. Can the six-minute walk test for functional assessment of the elderly be replaced by other shorter functional test in patients with Knee Osteoarthritis? 18th ESKKA Congress (European Society of Sports Traumatology, Knee Surgery and Arthroscopy), (Glasgow, 9-12 May 2018, accepted as poster presentation).
- Fousekis K, Mylonas K, Angelopoulos P, Billis E, Gkrilias P, Tsekoura M, Tsepis E. INDIBA active radiofrequency treatment at 448 kHz and INDIBA Fascia soft-tissue treatment procedures can induce significant thermal skin adaptations that remains for a prolonged period 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation (London, 2018)
- Fousekis K, Mylonas K, Angelopoulos P, Billis E, Gkrilias P, Tsekoura M, Tsepis E. Effects of kinetic flossing technique on shoulder flexibility and functional performance. Physiotherapy & Physical Rehabilitation 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation (London, 2018)
- Tsekoura M., Billis E., Varoucha S., Ntaountaki S., Tsepis E., Matzaroglou C. The effects of a 10-week Otago exercise programme on lower extremity strength, balance and fear of falling

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in a sample of Greek community - dwelling people: a pilot study. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Krakow, Poland 19-22 April 2018)

- Tsekoura M., Billis E., Gliatis J., Tsepis E., Matzaroglou C., Sakkas GK., Beudart C., Bruyere O., Panagiotopoulos E. Sarcopenia and Quality of Life Questionnaire (SarQol®): Greek cross cultural adaptation. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Krakow, Poland 19-22 April 2018)
- Tsekoura M., Billis E., Tsepis E., Matzaroglou C., Dimitriadis Z., Tyllianakis M., Panagiotopoulos E., Gliatis J. The effects of group versus home-based exercise programme on quality of life and mood disorders in elderly with sarcopenia: a randomized controlled trial. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Paris, France 4-7 April 2019).
- Tsekoura M., Billis E., Tsepis E., Matzaroglou C., Tyllianakis M., Panagiotopoulos E., Gliatis J. Is Calf Circumference a valid clinical measure for evaluating muscle mass in the elderly? World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Paris, France 4-7 April 2019).
- Billis E., Mourikis S., Fiotakis M., Tsekoura M., Giannioti M., Dimitriadis Z., Xergia S., Matzaroglou C., Fousekis K. Chronic neck pain in community-dwelling elderly: comparison of two group-based therapeutic exercise programs: single-blind clinical trial World Physical Therapy Conference (WCPT Congress), (Γενεύη, 10-13 May 2019).
- Tsekoura M., Billis E., Tsepis E., Dimitriadis Z., Tyllianakis M., Panagiotopoulos E., Gliatis J. Supervised group-exercise versus home-based exercise therapy: Their effects on balance and fear of falling in elderly with sarcopenia. World Physical Therapy Conference (WCPT Congress), (Geneva, 10-13 Μαΐου 2019).
- Tsekoura M., Billis E., Kastrinis A., Katsoulaki M., Fousekis K., Tsepis E., Konstantoudaki X., Gliatis J. The effects of exercise in patients with Sarcopenia GENEDIS (World congress on “Genetics,

Geriatrics and Neurodegenerative Diseases Research”) 2020 “Health in ageing and mental wellness in the new digital era (virtual congress, 8-11 Oct 2020)

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Writing-Editing

- One chapter in scientific physiotherapy book
- 6 chapters in Springer International publishing

Involvement in the primary research team of 1 European funded research programmes

Reviewer in several international scientific journals

(Disability and Rehabilitation, Journal of Frailty Sarcopenia and Falls, BMC Research Notes, Annual Research and review in Biology, Nutrients, Medicina, Journal of Frailty and Aging

Member of several scientific committees & round tables

Awards

8 awards for best free paper presentation in national conferences