

## Short CV for *Evdokia Billis*

*Professor in Physiotherapy, Department of Physiotherapy,  
School of Health Rehabilitation Sciences, University of Patras, Greece*

### I. Professional qualifications

- **Physiotherapy Degree (1995)** Bachelor of Health Science in Physiotherapy, The University of Leeds, Faculty of Physiotherapy, UK .
- **Postgraduate Studies - Master of Science (MSc) in Manipulative Therapy** (1998) School of Health & Social Sciences, Coventry University, UK.
- **Doctoral Studies - Doctor of Philosophy (PhD)** (2009) School of Translational Medicine, Faculty of Medical and Human Sciences, The University of Manchester, UK. Title of thesis: *Important clinical features in non-specific low back pain in Greece. An international perspective with emphasis on the Greek healthcare setting.*

### II. Employment history

- **Clinical license as a physiotherapist** since 1996
- **Clinical experience:** 2,5 years in NHS hospitals in UK & 1 year in private rehabilitation clinic (UK), 3 years as free-lancer physiotherapist (Greece) and >10 years working part-time in the clinical field (5-7 hrs weekly) - clinical experience (apart from basic respiratory, neurological & musculoskeletal physiotherapy) in rehabilitation of chronic musculoskeletal spinal and pelvic conditions.

### III. Academic history -teaching

- Involved in undergraduate & post-graduate teaching as well as student supervision at all three levels of education (undergraduate, postgraduate and doctoral level).
- **Teaching in undergraduate physiotherapy programmes - fixed term contracts** (1999-2003) in Coventry University, UK & Technological Educational Institute (TEI of Lamia)
- **Lecturer in Physiotherapy** (2003-2013) in the Departments of Physiotherapy of TEI of Lamia & TEI of Patras (undergraduate teaching in musculoskeletal physiotherapy)
- **Assistant Professor in Physiotherapy** (2013-2017) in the Department of Physiotherapy TEI of Western Greece (previous name TEI of Patras) - undergraduate & postgraduate teaching
- **Associate Professor in Physiotherapy** (10/2017 – 07/2019 onwards) in the Department of Physiotherapy TEI of Western Greece - undergraduate & postgraduate teaching
- **Associate Professor in Physiotherapy** (07/2019 – 05/2022) & **Professor in Physiotherapy** (05/2022 – onwards) in the Department of Physiotherapy University of Patras - undergraduate & postgraduate teaching
- **Academic Collaborator in three postgraduate programmes in musculoskeletal teaching modules:** i) Nicosia University – MSc in Orthopaedic Science and Rehabilitation (2016/2017 & 2017/2018), ii) University of Western Attica /MSc in New Methods in Physiotherapy (2019/2020), iii) University of Thessaly /MSc in Advanced Physiotherapy (2018/2019 & 2021/2022)

- **Teaching:** The area of teaching involves mainly modules of musculoskeletal physiotherapy (i.e. manual therapy modules, clinical musculoskeletal physiotherapy of the spine and peripheral joints, physiotherapy for special populations etc.)
- **Module leader** from 2019 onwards in the postgraduate modules i) “Manipulative Physiotherapy” and “Postgraduate Research Planning” in the MSc Therapeutic Exercise of the Department of Physiotherapy, University of Patras
- **Supervision of ‘M’ level dissertations** from 2016 onwards (involved in clinical rehabilitation research)
- **Supervision of PhD physiotherapy students** from 2021 onwards (involved in clinical rehabilitation research)
- **Committee member of 4 PhD dissertations across four universities** (University of Nicosia, University of Western Attica, University of Thessaly & University of Patras), one of which, successfully completed

#### IV. Research Activity /Interests

##### Research interests

- Women’s urinary incontinence, physiotherapy for painful women’s syndromes, physiotherapy for musculoskeletal dysfunctions & injuries focusing on spina and pelvis, physiotherapy for chronic dysfunctions (low back pain, pelvic pain etc.), manual therapy techniques, validity & reliability of outcome measures, qualitative research for musculoskeletal conditions, obstetric physiotherapy, elderly and physiotherapy, clinical reasoning & evidence-based clinical decision making in musculoskeletal physiotherapy

##### Participation in research funded programmes

- **Member of the main research team in 5 European funded programmes**, investigating: a) **falls prevention in the elderly** (2005-2006, EPEAEK II, Archimidis II), b) life-long learning procedures (2005-2006, EPEAEK II, Archimidis II), c) Evaluation of rotator cuff muscle activation with the application of real-time ultrasound (IKYDA 2013 , IKY) d) cross-cultural adaptation of clinical measures in Greek culture & setting (2012-2015, ESPA, Archimidis III) & e) development of an original assessment toll for low back pain (2012-2015, ESPA, Archimidis III)

#### V. Publications & Citations

##### Publications in peer reviewed scientific journals

Over 70 with impact factor, as follows:

1. **Billis EV**, Foster NE, Wright CC. Reproducibility and Repeatability: Errors of Three Groups of Physiotherapists in Locating Spinal Levels by Palpation. *Manual Therapy* 2003, 8(4): 223-232.
2. McCarthy CJ, Rushton A, **Billis V**, Arnall FA, Oldham JA. The development of a clinical examination in non-specific low back pain: A Delphi technique. *Journal of Rehabilitation Medicine* 2006, 38: 263-267.
3. **Billis EV**, McCarthy CJ, Stathopoulos I, Pantzou P, Oldham JA. The clinical and cultural factors in classifying low back pain patients within Greece: A qualitative exploration of Greek health professionals. *Journal of Evaluation in Clinical Practice* 2007, 13 (3): 337-345.

4. **Billis E**, Katsakiori E, Kapodistrias C, Kapreli E. Assessment of foot posture: Correlation between different clinical techniques. *The Foot* 2007, 17: 65-72.
5. **Billis E**, McCarthy CJ, Oldham JA. Subclassification of low back pain: A cross-country comparison. *European Spine Journal* 2007, 16(7): 865-879..
6. Spanos S, Brunswick M, **Billis E**. The effect of taping on the proprioception of the ankle in a non-weight bearing position, amongst injured athletes. *The Foot* 2008, 18: 25-33.
7. Moutzouri M, **Billis EV**, Kotika P, Strimpakos N, Oldham JA. The effects of the Mulligan Sustained Natural Apophyseal Glide (SNAG) mobilization in the lumbar flexion range of asymptomatic subjects as measured by the Zebris CMS20 3-D motion analysis system. *BMC Musculoskeletal Disorders* 2008, 9: 131.
8. Papandreou MG, **Billis E**, Antonogiannakis EM, Papaioannou NA. Effect of cross exercise on quadriceps acceleration reaction time and subjective scores (Lysholm questionnaire) following anterior cruciate ligament reconstruction. *Journal of Orthopaedic Surgery and Research* 2009, 4(1): 2.
9. Kapreli E, Vourazanis E, **Billis E**, Oldham JA, Strimpakos N. Respiratory dysfunction in chronic neck patients. A pilot study. *Cephalalgia* 2009, 29: 701-710.
10. **Billis E**, McCarthy CJ, Gliatis J, Stathopoulos I, Papandreou M, Oldham J. Which are the most important discriminatory items for sub-classifying non-specific low back pain? A Delphi study amongst Greek health professionals. *Journal of Evaluation in Clinical Practice* 2010, 16(3): 542-549.
11. Kapreli E, Paneli F, Strimpakos N, **Billis E**, Zacharopoulos A, Athanasopoulos S. Cross-cultural adaptation of the Greek version of the Knee Outcome Survey-Activities of Daily Living Scale (KOS-ADLS). *The Knee* 2011, 18: 424-427.
12. **Billis E**, Strimpakos N, Kapreli E, Sakellari V, Skelton DA, Dontas I, Ioannou F, Filon G, Gioftos G. Cross-cultural validation of the Falls Efficacy Scale International (FES-I) in Greek community-dwelling older adults. *Disability and Rehabilitation* 2011, 33(19-20): 1776-1784.
13. Moutzouri M, Perry J, **Billis E**. An investigation into the effects of a centrally applied lumbar SNAG mobilization on lower limb sympathetic nervous system activity in asymptomatic subjects. *Journal of Manipulative and Physiological Therapeutics* 2012, 35(4): 286-294 (erratum in: *J Manipulative Physiol Ther.* 2012 Jul;35(6):491).
14. **Billis E**, McCarthy CJ, Gliatis J, Gittins M, Papandreou M, and Oldham JA. Inter-tester reliability of discriminatory examination items for sub-classifying non-specific low back pain. *Journal of Rehabilitation Medicine* 2012, 44: 851-857.
15. **Billis E**, McCarthy CJ, Roberts C, Gliatis J, Papandreou M, Gjoftos G, and Oldham JA. Sub-grouping non-specific low back pain patients based on cluster analysis of discriminatory clinical items *Journal of Rehabilitation Medicine* 2013, 45: 177-185.
16. Papandreou M, **Billis E**, Papathanasiou G, Spyropoulos P, Papaioannou N. Cross exercise on quadriceps deficit after ACL reconstruction. *Journal of Knee Surgery* 2012, 26: 51-58.
17. Moutzouri M, Tsoumpos P, **Billis E**, Papoutsidakis A, Gliatis J. Cross-cultural translation and validation of the Greek version of the Knee Injury and Osteoarthritis Outcome Score (KOOS) in patients with total knee replacement. *Disability and Rehabilitation* 2014, 22: 1-7
18. Lampropoulou S, Gizeli A, Kalivioti C, **Billis E**, Gedikoglou I, Nowicky A. Cross cultural adaptation of Berg Balance Scale in Greek for various balance impairments. *Journal of Physical Medicine, Rehabilitation & Disabilities* 2016, 2: 011.
19. Papandreou M, **Billis E**, Georgoudis G, Papathansiou J, Gliatis J. Rehabilitative Ultrasound study: Supraspinatus muscle thickness evaluation on dominant versus the non dominant shoulder on tennis players. *J Exerc Sports Orthop* 2016, 3(1): 1-5.

20. Moutzouri M, Gleeson N, **Billis E**, Panoutsopoulou I, Gliatis J. What is the effect of sensori-motor training on functional outcome and balance performance of patients' undergoing TKR? A systematic review». *Physiotherapy* 2016, 102 (2): 136-144.
21. **Billis E**, McCarthy CJ, Gliatis J, Matzaroglou C, Oldham JA. Attitudes and diagnostic practice in low back pain: A qualitative study amongst Greek and British physiotherapists. *World Journal of Orthopaedics* 2016, 7(9):561-9.
22. Fousekis K, **Billis E**, Matzaroglou C, Mylonas K, Koutsojannis C, Tsepis E. Elastic Bandaging for Orthopedic and Sports Injuries Prevention and Rehabilitation: A Systematic Review. *J Sport Rehabil* 2016, Aug 24:1-28.
23. Tsekoura M, Gliatis J, **Billis E**, Matzaroglou C, 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.
24. Bobos P, **Billis E**, Papanikolaou DT, Koutsojannis C, MacDermid JC. Does cervical flexor muscle training affect pain pressure thresholds of myofascial trigger points in patients with chronic neck pain? A prospective randomized controlled trial. *Rehabilitation Research and Practice* 2016;2016: 6480826.
25. Papandreou M, **Billis E**, Georgoudis G, Papathanasiou G, Gliatis J. Ultrasonography study: Supraspinatus muscle thickness evaluation on dominant versus non dominant shoulder on tennis players. *Journal of Exercise, Sports and Orthopaedics* 2016, 3(1): 1-5
26. Tsekoura M, **Billis E**, Gliatis J, Matzaroglou Ch, Koutsojannis K, Tsepis E, Panagiotopoulos E. Assessment of muscle mass for elderly population in clinical practice, *Archives of Hellenic Medicine* 2017, 34(6): 745-753.
27. Tsekoura M, Gliatis J, **Billis E**. Sarcopenia. A literature update. *Archives of Hellenic Medicine* 2017, 34(1): 42-48.
28. **Billis E**, Koutsojannis C, Matzaroglou C, Gliatis J, Fousekis K, Gioftsos G, Papandreou M, McCarthy C, Oldham JA, Tsepis E. Association of low back pain on physical, sociodemographic and lifestyle factors across a general population sample within Greece. *Journal of Back and Musculoskeletal Rehabilitation* 2017;30(2):279-290.
29. Moutzouri M, Gleeson N, **Billis E**, Tsepis E, Gliatis J. Greek physiotherapists' perspectives on rehabilitation following total knee replacement: a cross-country survey, *Physiotherapy Research International* 2017 Oct;22(4).
30. Moutzouri M, Gleeson N, **Billis E**, Tsepis E, Panoutsopoulou I, Gliatis J. The effect of total knee arthroplasty (TKA) on patients' balance and incidence of falls: A systematic review. *Knee Surgery, Sports Traumatology, Arthroscopy* 2017 Nov;25(11):3439-3451.
31. 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]
32. Tsekoura M, **Billis E**, Panopoulou K, Fousekis K, Tsepis E. Musculoskeletal disorders among Greek professional ballet dancers. *British Journal of Medicine and Medical Research* 2017, 19(11): 1-8.
33. Tsekoura M, Kastrinis A, Katsoulaki M, **Billis E**, Gliatis J. Sarcopenia and its impact on Quality of life: a literature review. *Springer's Advances in Experimental Medicine and Biology (AEMB) Chapter Genedis* 2017; 987:213-218.
34. Papandreou M, Diamantis E, Vrachlioti VI, **Billis E**, Gliatis J. Clinical evaluation of static scapular posture in overhead athletes with asymptomatic shoulder injuries. *J Sports Med Phys Fitness*. 2018, 58(7-8):1071-1077. doi: 10.23736/S0022-4707.17.07751-9.

35. 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) questionnaire. *Disabil Rehabil.* 2018 Nov 19:1-7
36. Tsekoura M, **Billis E**, Tsepis E, Dimitriadis Z, Matzaroglou C, Tyllianakis M, Panagiotopoulos E, Gliatis J. The Effects of Group and Home-Based Exercise Programs in Elderly with Sarcopenia: A Randomized Controlled Trial. *J Clin Med.* 2018 Nov 26;7(12). δ
37. Gkrilias P, Zavvos A, Fousekis K, **Billis E**, Matzaroglou C, Tsepis E. Dynamic balance asymmetries in pre-season injury-prevention screening in healthy young soccer players using the Modified Star Excursion Balance Test-a pilot study. *J Phys Ther Sci.* 2018 Sep;30(9):1141-1144.
38. Bania T, Chiu HC, **Billis E**. Activity training on the ground in children with cerebral palsy: Systematic review and meta-analysis. *Physiother Theory Pract.* 2018 Apr 16:1-12.
39. Gliatis J, Anagnostou K, Tsoumpos P, **Billis E**, Papandreou M, Plessas S. Complex knee injuries treated in acute phase: Long-term results using Ligament Augmentation and Reconstruction System artificial ligament. *World J Orthop.* 2018 Mar 18;9(3):24-34.
40. Nazari G, Bobos P, **Billis E**, MacDermid JC. Cervical flexor muscle training reduces pain, anxiety, and depression levels in patients with chronic neck pain by a clinically important amount: A prospective cohort study. *Physiotherapy Research International* 2018 Jul;23(3):e1712.
41. Tsekoura M., **Billis E.**, Fousekis K., Tsepis E. Musculoskeletal Disorders among Greek National Gymnastics team. *World Journal of Research and Review* 2018,7(4):33-3
42. Lampropoulou SI, **Billis E**, Gedikoglou IA, Michailidou C, Nowicky AV, Skrinou D, Michailidi F, Chandrinou D, Meligkoni M. Reliability, validity and minimal detectable change of the Mini-BESTest in Greek participants with chronic stroke. *Physiother Theory Pract.* 2019 Feb;35(2):171-182.
43. Moutzouri M, Coutts F, Gliatis J, **Billis E**, Tsepis E, Gleeson N. Early initiation of home-based sensori-motor training improves muscle strength, activation and size in patients after knee replacement: a secondary analysis of a controlled clinical trial. *BMC Musculoskelet Disord.* 2019 May 17;20(1):231.
44. Kapreli E, Stavridis J, **Billis EV**, Athanasopoulos S, Katsiana A, Strimpakos N. Psychometric properties of the Greek version of Waterloo Footedness Questionnaire-revised. *Biology of Exercise* 2019, 15(1): 27-40.
45. Bania TA, Antoniou AS, Theodoritsi M, Theodoritsi I, Charitaki G, **Billis E**. The Interaction with Disabled Persons Scale: translation and cross-cultural validation into Greek. *Disabil Rehabil.* 2019 Jul 24:1-8. doi: 10.1080/09638288.2019.1643420.
46. Fousekis K, Eid K, Tafa E, Gkrilias P, Mylonas K, Angelopoulos P, Koumoundourou D, **Billis V**, Tsepis E. 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. *J. Phys. Ther. Sci.* 2019, 31: 508–511.
47. Tsekoura M, **Billis E**, Fousekis K, Christakou A, Tsepis E. Cross cultural adaptation, reliability, and validity of the Greek version of the Cumberland Ankle Instability Tool. *Physiother Theory Pract.* 2019, Aug 7:1-9. doi: 10.1080/09593985.2019.1652944.
48. Panagopoulos, A, **Billis E**, Floros GF, Stavropoulos T, Kaparounaki E, Moucho M, Paskou A, Tegner Y. Cross-Cultural Adaptation of the Greek versions of Lysholm Knee Score and Tegner Activity Scale. *Cureus* 2020 12(7): e9372.
49. Tsekoura M, **Billis E**, Tsepis E, Lampropoulou S, Beudart C, 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 *JMNI* 2020 20(4): 505-512.

50. 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.
51. Fousekis K, Chrysanthopoulos G, Tsekoura M, Mandalidis D, Mylonas K, Angelopoulos P, Koumoundourou D, **Billis V**, Tsepis E. Posterior thigh thermal skin adaptations to radiofrequency treatment at 448 kHz applied with or without Indiba® fascia treatment tools. *J Phys Ther Sci.* 2020 Apr;32(4):292-296.
52. Simatou M, Papandreou 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. *J Phys Ther Sci.* 2020
53. Moutzouri M, Tsoumpos P, Bania T, **Billis E**, Gliatis J. Greek KOOS-Child: a valid, disease specific, diagnostically accurate and responsive PROM in children with knee-related pathology. *Knee Surg Sports Traumatol Arthrosc.* 2020 Aug 18. doi: 10.1007/s00167-020-06237-5
54. Bania T, Giannike M, Giannakoudi, S, Charitaki G, Matzaroglou, C, **Billis E**. The Interaction with Disabled Persons Scale: Evidencing Construct Validity with Factor Analysis and Measurement Invariance in Greek-speaking healthcare students *Disability and Rehabilitation* 2021 Apr;43(7):988-995
55. Tsekoura M., **Billis E**, Kastrinis A, Katsoulaki M, Fousekis K, Tsepis E, Konstantoudaki X, Gliatis J. The effects of exercise in patients with Sarcopenia *Advances in Experimental Medicine and Biology* (Accepted Nov 2020)
56. Tsekoura M, Avgeri M, Drousiotis J, **Billis E**, Katsoulaki M, Kastrinis A, Tsepis E, Konstantoudaki X, Bibi A, Bitas T. Hand grip strength in patients on hemodialysis: An observational study *Advances in Experimental Medicine and Biology* 2020: S1268-7731(20)30264-2
57. Mylonas K, Angelopoulos P, **Billis E**, Tsepis E, Fousekis K. Combining targeted IASTM applications and neuromuscular exercises can correct forward head posture and improve functionality of patients with mechanical neck pain: a randomized control study. *BMC Musculoskeletal disorders* *BMC Musculoskeletal Disorders* 2021, 22:212
58. **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* Jun;53:102352
59. Angelopoulos P, Mylonas K, Tsepis E, **Billis E**, Vaitsis N, Fousekis K. The Effects of Instrument-Assisted Soft Tissue Mobilization, Tissue Flossing and Kinesiology Taping on Shoulder Functional Capacities in Amateur Athletes. *Journal of Sport Rehabilitation* 2021 Apr 9:1-10.
60. 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* 2021 (in press) [Impact Factor: 1,77]
61. Tsekoura M, **Billis E**, Matzaroglou C, Tsepis E, Gliatis J. Prevalence of probable sarcopenia in community-dwelling older Greek people. *J of Frailty, Sarcopenia and Falls* 2021, 6(4): 204-208 [Impact Factor: 1,232]
62. Tsokanos A, Livieratou E, **Billis E**, Tsekoura M, Tatsios P, Tsepis E, Fousekis K. The efficacy of manual therapy in patients with knee osteoarthritis: A systematic review. *Medicina* 2021, 57, 696 [Impact Factor: 1,205]
63. Bilika P, Savvoulidou K, Paliouras A, Dimitriadis Z, **Billis E**, Strimpakos N, Kapreli E. Psychometric properties of Quantitative Sensory Testing focusing on healthy and patients with

shoulder pain: A Systematic Review Protocol. *Journal of Clinical Trials* 8(3):253-259 [Impact Factor: 1,3]

64. Kontakiotis N, Bratsi E, Findrili I, **Billis E**, Gioftsos G. Diagnostic value of assessment tools for sciatica in clinical practice: a systematic review and narrative synthesis. *Hospital Chronicles* 2021, 16(2): 58-68
65. Kontakiotis N, Rushton A, **Billis E**, Papathanasiou G, Gioftsos G. Development of a clinical prediction model to inform clinical decision-making for classification of patients with sciatica, based on their clinical characteristics, in the Greek health system: protocol for a prospective predictive exploratory study. *BMJ Open* 2022; 12: e052119, 1-9
66. 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 Brief Review* 2021 (in press)
67. Tsekoura M, Bakirtzi S, Papadimitropoulou SL, **Billis E**, Fousekis K, Tsepis E. Relationship of Hand Grip Strength, physical activity and anthropometric characteristics in a sample of male and female Physiotherapy students. *Journal of Modern Rehabilitation* (accepted 8/9/2021)
68. Mylonas K, Tsekoura M, **Billis E**, Aggelopoulos P, Tsepis E, Fousekis K. Reliability and Validity of Non-radiographic Methods of Forward Head Posture Measurement: A Systematic Review. *Cureus* 2022 Aug 5;14(8):e27696. doi: 10.7759/cureus.27696. eCollection 2022 Aug.
69. Bilika P, Paliouras A, Savvoulidou K, Arribas-Romano A, Dimitriadis Z, **Billis E**, Strimpakos N, Kapreli E. Psychometric Properties of Quantitative Sensory Test in healthy and patients with shoulder pain: A systematic review *JMNI* (accepted 29/8/2022)
70. Tsekoura M, Bakirtzi S, Papadimitropoulou SL, **Billis E**, Fousekis K, 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* (accepted 12/8/2022)
71. Tsekoura M, Fousekis K, Roukounaki ME, Giannoulatou E, Kolokithas G, Sakellaropoulou A, Gridelas A, 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* (accepted 12/8/2022)
72. 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* (accepted 12/8/2022)
73. Bania T, Giannike M, Charitaki G, Giannakoudi S, Velaoras A, Velaora A, **Billis E**. Patterns of interaction with people with disabilities across different healthcare disciplines: a cluster analysis approach. *Physiotherapy Research International* (submitted 20/4/2022-awaiting reply)
74. Aggelopoulos P, Tsekoura 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).
75. 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)
76. **Billis E**, Kritikou S, Konstantinidou E, Fousekis K, Deltsidou A, Sergaki C, Giannitsas K. The Greek version of the Australian Pelvic Floor Questionnaire: cross-cultural adaptation and validation amongst women with urinary incontinence». *European Journal of Obstetrics & Gynecology and Reproductive Biology* (submitted 27/8/2022-awaiting reply)

77. Papanikolaou DT, Lampropoulou S, Giannitsas K, Skoura A, Fousekis K, **Billis E**. Effectiveness of supervised remote rehabilitation of women with stress urinary incontinence. Systematic review and meta-analysis. *Neurourology and Urodynamics* (submitted 2/9/2022- awaiting reply)

#### **Publications from conference proceedings (published in peer reviewed journals)**

1. **Billis EV**, Foster NE, Wright CC. Inter-tester and Intra-tester Reliability of Three Groups of Physiotherapists in Locating Spinal Levels by Palpation. Proceedings from the Spring Meeting of the Physiotherapy Research Society, *Physiotherapy* 1999, 85(7): 375-376.
2. **Μπίλλη Ε.**, Μουτζούρη Μ., Στριμπάκος Ν., Καπρέλη Ε. Η επίδραση της κινητοποίησης Mulligan 'SNAG' στην κάμψη της οσφυϊκής μοίρας της σπονδυλικής στήλης. Πρακτικά από το 18<sup>ο</sup> Συνέδριο Φυσικοθεραπείας της ΕΕΕΦ, *Θέματα Φυσικοθεραπείας 2005*, 3(4): 16.
3. **Μπίλλη Ε.**, McCarthy C., Σταθόπουλος Ι., Πάντζου Π., Καπρέλη Ε., Oldham J. Διερεύνηση κλινικών και πολιτισμικών παραγόντων κατά την αξιολόγηση ασθενών που πάσχουν από οσφυαλγία στην Ελλάδα. Πρακτικά από το 18<sup>ο</sup> Συνέδριο Φυσικοθεραπείας της ΕΕΕΦ, *Θέματα Φυσικοθεραπείας 2005*, 3(4): 30.
4. Ψυχογιού Αθ.-Γ., **Μπίλλη Ε.**, Καπρέλη Ε. Διαπολιτισμική διασκευή του ερωτηματολογίου SF-36 Health Survey σε ασθενείς με οσφυαλγία. Πρακτικά από το 19<sup>ο</sup> Συνέδριο Φυσικοθεραπείας της ΕΕΕΦ, *Θέματα Φυσικοθεραπείας 2005*, 3(7): 48.
5. Αρβανιτάκου Σ., **Μπίλλη Ε.**, Καπρέλη Ε. Διαπολιτισμική διασκευή του ερωτηματολογίου SF-36 Health Survey σε ασθενείς με βρογχικό άσθμα. Πρακτικά από το 19<sup>ο</sup> Συνέδριο Φυσικοθεραπείας της ΕΕΕΦ, *Θέματα Φυσικοθεραπείας 2005*, 3(7): 53.
6. Ανδρεάδου Σ., **Μπίλλη Ε.**, Χαρακοπούλου Α. Λειτουργικός ηλεκτρικός ερεθισμός-μέθοδοι και αποτελέσματα στην γυναικεία ακράτεια ούρων. Πρακτικά από το 19<sup>ο</sup> Συνέδριο Φυσικοθεραπείας της ΕΕΕΦ, *Θέματα Φυσικοθεραπείας 2005*, 3(7): 62.
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9. **Billis E**, McCarthy C, Stathopoulos I, Kapreli E, Panzou P, Oldham J. Clinical and cultural factors in classifying low back pain patients within Greece: An investigation amongst Greek health professionals, Proceedings from the 15<sup>th</sup> International Congress of the World Confederation for Physical Therapy (WCPT), *Physiotherapy* 2007. 93(1)suppl: 224
10. **Billis E**, Sakellari V, Ioannou F, Filon G, Kapreli E, Strimpakos N, Dontas I, Spatharakis G, Trigkas P, Gioftsos G. Cross-cultural adaptation of the FES-I and CONFbal questionnaires: Greek versions», An investigation amongst Greek health professionals. Proceedings from the 15<sup>th</sup> International Congress of the World Confederation for Physical Therapy (WCPT), *Physiotherapy* 2007. 93(1) suppl: 292-293.
11. **Billis E**, Koutsojiannis C, Fousekis K, Giatrakou S, Parasiri T, Tsepis E. «Does taping affect the upper and lower trapezius electromyographic activity amongst patients with suspected subacromial impingement? A pilot study», Proceedings from the 6<sup>th</sup> European Sports Medicine Congress, *Journal of Sports Science and Medicine* 2009, 8(11) suppl: 143.



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17. Tsoumpos P, Kafchitsas K, Wilke HJ, Evangelou K, Kallivokas A, Habermann B, Tsepis E, **Billis E**, Matzaroglou C. Whiplash injuries in sports activities. Clinical outcome and biomechanics. *Br J Sports Med*. 2013, 47(10):e3.
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25. 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 (Suppl1):201-202, P288

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26. 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 *Osteoporosis International* 2018; 29 (Suppl1): 201, P289
27. 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. Proceedings from the 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation (London); *Physioth Rehabil* 2018, 3:118
28. 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. Proceedings from the 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation (London); *Physioth Rehabil* 2018, 3:119
29. 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 short functional test in patients with knee osteoarthritis? *KSSTA* 2018, 26 (Suppl 1): S127-S415
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34. Tsekoura M., Drousiotis G., Avgeri M., **Billis E.**, Xergia S., Matzaroglou C., Bibi A., Bitas T. Hand Grip strength and associated factors in hemodialysis patients. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases. *Osteoporosis International* 2020, 31 (suppl 1): S133-S621, P670
35. 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* 2020, 31 (suppl 1): S133-S621, P1026
36. 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* 2020, 31 (suppl 1): S133-S621, P1088
37. 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* 2020 accepted
38. 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* 2020, 31 (suppl 1): S133-S621, P354

39. 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. Πρακτικά από το 2ο Συνέδριο του Ελληνικού Δικτύου Καταγμάτων Ευθραυστότητας (13-15 Νοεμβρίου 2020) JMNI 2021, 21(2): 162-192 [

## Citations in international scientific journals & impact factor

- Over **1550 citations** from google scholar (<https://scholar.google.gr/>) as well as the personal webpage of the reader (<https://scholar.google.gr/citations?hl=el&btnA=1&user=wtX1iU4AAAAJ>).
- H-index: 20, 32-index: 28
- Impact factor: 195,076

## VI. Conferences - Other Scientific Activities - Bursaries & Awards

### Free paper presentations

>100 in international and/or European conferences & 100 in national ones

Paper presentations of last 5 years (2018-2022)

1. Fousekis K, Mylonas K, Angelopoulos P, **Billis E**, Gkrilias P, Tsekoura M, Tsepis E. 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 6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation (London, 2018)
2. 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)
3. 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. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Krakow, Poland 19-22 April 2018)
4. Tsekoura M ., **Billis E.**, Gliatis J., Tsepis E., Matzaroglou C., Sakkas GK., Beaudart C., Bruyere O., Panagiotopoulos E. Sarcopenia and Quality of Life Questionnaire (SarQoI®): Greek cross cultural adaptation. World Conference on Osteoporosis Osteoarthritis and Musculoskeletal Diseases (Krakow, Poland 19-22 April 2018)
5. 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? 18<sup>th</sup> ESSKA Congress (Γλασκώβη, Μάιος 2018)
6. 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).
7. 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).
8. **Billis E**, Kalitsis N, Tsouri L, Dimitriadis Z, Tsepis E. Effects of a motor control-specific exercise program on forward head posture, neck mobility and function: randomized controlled trial. World Physical Therapy Conference (WCPT Congress), (Γενεύη, 10-13 Μάϊου 2019).

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9. Taxiarchopoulos N, **Billis E**, Giannioti M, Moutzouri M. Real-time ultrasound as a means of feedback of transversus abdominus muscle on low back pain patients: Prospective randomized controlled study. World Physical Therapy Conference (WCPT Congress), (Γενεύη, 10-13 Μαΐου 2019).
10. Mavropanos T, Strimpakos N, Dimitriadis Z, **Billis E**, Kanellopoulos A , Trigkas P, Matzaroglou C, Kapreli E. Clinical evaluation of hip dysfunction medial rotation. World Physical Therapy Conference (WCPT Congress), (Γενεύη, 10-13 Μαΐου 2019).
11. **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 Μαΐου 2019).
12. 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), (Γενεύη, 10-13 Μαΐου 2019).
13. Kontakiotis N, **Billis E**, Gioftos G. Discrimination of sciatica problems based on clinical assessment tools. 5<sup>th</sup> European Congress “Physiotherapy Education (virtual conference, 11-12 Σεπτ 2020)
14. 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)
15. Tsekoura M, Avgeri M, Drousiotis J, **Billis E**, Katsoulaki M, Kastrinis A, Tsepis E, Konstantoudaki X, Bibi A, Bitá T. Hand grip strength in patients on hemodialysis: An observational study. 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)
16. Tsekoura M., **Billis E.**, Sakellari V., Ntaountaki S., Varoucha S., Gliatis J. "The effects of a 12 week Otago exercise programme on muscle strength, balance and fear of falling in a sample of community elderly women. Southern Europe Regional Expert meeting on the prevention and management of fragility fractures (October 2020 Virtual congress)
17. 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 (Barcelona, Spain, Virtual congress 20-22 August 2020)
18. 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 (Barcelona, Spain, Virtual congress 20-22 August 2020)
19. 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 (Barcelona, Spain Virtual congress 20-22 August 2020)
20. 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 (Barcelona, Spain Virtual congress 20-22 August 2020)
21. 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 (Barcelona, Spain Virtual congress 20-22 August 2020)
22. Matzaroglou C , Evangelatou E, **Billis E** , M. Tsekoura , P. Gkrilias , G. Diamantakis , A. Kouzelis , E. Tsepis , P. Megas , K. Kafchitsas. 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 (Barcelona, Spain Virtual congress 20-22 August 2020)

23. 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 (Barcelona, Spain Virtual congress 20-22 August 2020)
24. **Billis E**, Tsekoura M, Lampropoulou S, Xergia S, Bania T, Matzaroglou C, Fousekis K, Hill J, Strimpakos N. Cross-cultural adaptation of the Start Back Screening Tool in a Greek low back pain sample. World Physical Therapy Congress Online (9-11 Απριλίου 2021).
25. Kandila M, Moutzouri M, Tsekoura M, Konstantinidou E, **Billis E**. Effectiveness of pelvic floor exercises versus alternative forms of exercise for female urinary incontinence: systematic review and meta-analysis. World Physical Therapy Congress Online (9-11 Απριλίου 2021).
26. Tsekoura M, **Billis E**, Fousekis K, Matzaroglou C, Tsepis E, Gliatis J. Association between sarcopenia and osteoporosis among Greek elderly population. World Physical Therapy Congress Online (9-11 Απριλίου 2021).
27. **Billis E**, Tsouri L, Kalitsis N, Dimitriadis Z, Fousekis K, Tsekoura M, Xergia S, Kapreli E, Tsepis E. Motor control specific exercises improve posture better than strengthening exercises across subjects with forward head posture and/or neck pain: A randomized controlled trial. 19<sup>th</sup> ESSKA Congress (virtual, 11-15 Μαΐου 2021)
28. Moutzouri M, Tsoumpos P, Bania T, **Billis E**, Gliatis J. Cross-cultural translation and validation of the Greek version of the Knee Injury Osteoarthritis Outcome Score (KOOS) child knee survey in children with knee pain. 19<sup>th</sup> ESSKA Congress (virtual, 11-15 Μαΐου 2021)
29. Tsekoura M, **Billis E**, Papadakis T, Seremeti EV, Gliatis J, Tsepis E. Prevalence of musculoskeletal injuries across weightlifters: retrospective analysis from the Greek elite athletes. 19<sup>th</sup> ESSKA Congress (virtual, 11-15 Μαΐου 2021)
30. Tsekoura M, **Billis E**, Fousekis K, Christakou A, Tsepis E. Cumberland Ankle Instability Tool: a report of reliability and validity testing. 19<sup>th</sup> ESSKA Congress (Virtual, 11-15 Μαΐου 2021)
31. **Billis E**, Tzanni E, Konstantinidou E, Tsekoura M, Giannitsas K, Loucopoulou A, Deltsidou A. The Greek version of the Australian Pelvic Floor Questionnaire: cross cultural adaptation and initial validation in a primary healthcare setting. International Continence Society (ICS) 2021 (Virtual Congress, Melbourne, 14-17 Oct 2021)
32. Michalopoulos P, Kariampa E, Matzaroglou C, **Billis E**. The effectiveness of Physiotherapeutic Scoliosis Specific Exercises (PSSE) in Adolescence Idiopathic Scoliosis (AIS). A single-case clinical study. 3<sup>rd</sup> International Symposium SCOSYM 'Current trends in research on scoliosis and other spinal deformities (Athens, 17-18 Sept 2022)
33. Tsekoura M, Fousekis K, Roukounaki ME, Giannoulatou E, Kolokithas G, Sakellaropoulou A, Gridelas A, 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. Genetics, Geriatrics and Neurodegenerative Diseases Research (GeNeDis) 2022 (Zakynthos, October 2022 /accepted for presentation).
34. Tsekoura M, Katsoulaki M, Kastrinis A, Nomikou E, Fousekis K, Tsepis E, **Billis E**. The effects of exercise in older adults with hyperkyphotic posture. Genetics, Geriatrics and Neurodegenerative Diseases Research (GeNeDis) 2022 (Zakynthos, October 2022 /accepted for presentation).
35. Tsekoura M, Bakirtzi S, Papdimitropoulou SL, **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. Genetics, Geriatrics and Neurodegenerative Diseases Research (GeNeDis) 2022 (Zakynthos, October 2022 /accepted for presentation).
36. Andreadou SS, Kalamara E, Patsaki E, Ballas E, Tsekoura M, Velitsikakis P, Manta P, Giaple V, **Billis E**. The Incidence of Delirium in Covid-19 critically ill patients and its effect on muscle strength. 35<sup>th</sup> Annual Congress of European Society of Intensive Care Medicine (ESIM, Paris, 22-24 Oct 2022 /accepted for presentation)
37. **Billis E.**, Papakontantinou T, Skoura A, Drakonaki E, Papanikolaou DT, Tsekoura M, Lampropoulou S, Andriopoulou M, Xergia S, Bania T, Trachani E, Kortianou E, Maroulis I. Physiotherapists' reliability of measuring inter-recti distance with real-time ultrasound across a mixed women population sample. World Physiotherapy Congress (Dubai, 2-4 June 2023) / (submitted 25/9/2022)

38. Kontakiotis N, Rushton A, Sakellari V, **Billis E**, Papathanasiou G, Gioftsos G. Development of a Prediction Model for the Positive Outcome of Patients with Sciatica, after Physiotherapy, in The Greek Health System. World Physiotherapy Congress (Dubai, 2-4 June 2023) */(submitted 25/9/2022)*

### **Instructor in >12 scientific symposiums –workshops**

#### **Writing-Editing**

- One chapter in scientific physiotherapy book
- One chapter in scientific medical book
- Co-editor of 4 scientific physiotherapy books in Greek

### **Involvement in the primary research team of 5 European funded research programmes**

#### **Reviewer in several international scientific journals**

#### **Member of several scientific committees & round tables**

#### **Bursaries**

4 in total; a) Institute of State Bursaries (IKY) for master studies abroad (1997-1998), b) Elsevier Research Award, 2 bursaries of £2000 each from Elsevier (2003 & 2005), c) Doctoral Research Award, for £1000 awarded by the Manipulative Association of Chartered Physiotherapists (MACP) for a research proposal within the framework of my PhD studies (2006).

#### **Awards**

7 awards for best free paper presentation in national conferences