



Curriculum Vitae Nikolaos I. Liveris

Current position:

Researcher and Adjunct Assistant Professor
Department of Physiotherapy
School of Health Rehabilitation Sciences
University of Patras
26504, Achaia, Greece

1. Personal Information:

- **Place of Birth:** Zakynthos
- **Date of Birth:** May 15, 1990
- **Phone:** +30 6983045952
- **Home Address:** Georgiou Papandreou 64, Corinth
- **Email:** n.liveris@upatras.gr, liverisn@gmail.com

2. Education:

2021–2025

PhD Studies, University of Patras, School of Health Rehabilitation Sciences, Department of Physiotherapy.

Thesis Title: *Development of a System Dynamics Model for the Prediction of Acute Non-contact Lower Extremity Injuries in Team Sports*

<https://hdl.handle.net/10889/28744>

2014–2018

MSc in Exercise and Health, University of Thessaly, Department of Physical Education and Sport Science, Trikala.

Degree Grade: 9.34 "Excellent"

Thesis Title: *The effect of basketball match-induced fatigue on landing biomechanics*

Thesis Grade: 10

2008–2012

BSc in Physiotherapy, Department of Physiotherapy, Technological Educational Institute of Patras, Aigio branch.

Degree Grade: 7.74 "Very Good"

Thesis Title: *Evaluation of patients for the need of anterior cruciate ligament reconstruction (copers vs. noncopers): A pilot study*

Thesis Grade: 10

Languages: English – Proficiency Certificate (University of Michigan, 2015)

3. Professional Experience

03/2020 – Present

Self-employed Physiotherapist

- Home treatments and private physiotherapy clinic.
- Assessment and rehabilitation of chronic neurological conditions.
- Evaluation and treatment of acute and chronic musculoskeletal disorders.

02/2019 – 02/2020

Physiotherapist at the Physical Medicine and Rehabilitation Center (KEFIAP) of Corinth

12/2016 – 01/2019

Self-employed Physiotherapist

- Private physiotherapy practice and home visits.

01/2015 – 12/2016

Physiotherapist at Mediterranean Rehabilitation Center, Loutraki

- Rehabilitation of neurological and cardiopulmonary conditions, such as stroke, traumatic brain injury, multiple sclerosis, COPD, and chronic musculoskeletal disorders.

12/2013 – 05/2014

Physiotherapist at the Regional Health Directorate of Corinthia

4. Teaching Experience

Teaching Experience After obtaining PhD

- Spring Semester 2026, Clinical Physiotherapy Assessment, (3 hours of theory and 8 hours of laboratory teaching per week)
- Winter semester 2026, Research methodology in health sciences (2 hours of theory, 1 laboratory teaching)
- Spring Semester 2025, Clinical Physiotherapy Assessment, (3 hours of theory and 8 hours of laboratory teaching per week)

Teaching Experience Before obtaining PhD, as a PhD Candidate

Undergraduate Level

Winter Semester 2021

- Biomechanics Theory (2 hours/week)

-Clinical Reasoning and Decision Making in Physiotherapy (2 hours/week)

Spring Semester 2022

- Clinical Reasoning and Decision Making in Physiotherapy (2 hours/week)
- Clinical Physiotherapy Assessment – Laboratory (4 hours/week)

Winter Semester 2022

- Biomechanics Theory (2 hours/week)
- Clinical Reasoning and Decision Making in Physiotherapy (2 hours/week)

Spring Semester 2023

- Laboratory for Clinical Physiotherapy Assessment (3 groups, 2 hours each) |

Spring Semester 2024

- Laboratory for Clinical Physiotherapy Assessment (2 groups, 2 hours each) |

Postgraduate Level

Semester	Description
Winter Semester 2024 and 2025	Teaching the use of force plates within the course “Applied Biomechanics of Therapeutic Exercise”, MSc in Therapeutic Exercise, Department of Physiotherapy, University of Patras (2 hours)

5. Research – Scientific Activity

- **Total publications in peer-reviewed international journals indexed in SCOPUS:** 16 (up to 04/2026)
- **Total citations:** 183 (up to 03/04/2026, Google Scholar)
- **h-index:** 7 (Google Scholar)

Academic Profiles:

- [Google Scholar](#)
- [ResearchGate](#)
- Scopus ID: 57224929822
- ORCID ID: [0000-0002-5459-5244](#)

a. Publications

1. **Liveris NI**, Tsarbou C, Papageorgiou G, Tsepis E, Xergia SA. Interdependent Effect of Intrinsic Risk Factors on Non-Contact Lower Limb Injuries in Male Football Players: A Structural Equation Modeling Approach. *Medicina (Kaunas)*. 2025 Dec 26;62(1):52. doi: 10.3390/medicina62010052.
2. **Liveris, N.I.**; Tsarbou, C.; Papageorgiou, G.; Tsepis, E.; Fousekis, K.; Xergia, S.A. A Field-Based Screening Protocol for Hamstring Injury Risk in Football Players: Evaluating Its Functionality Using Exploratory Factor Analysis. *Sports* **2025**, *13*, 295. <https://doi.org/10.3390/sports13090295>
3. **Liveris NI**. Applying systems thinking approaches to investigate the complex interrelationships of risk factors affecting acute non-contact lower limb injuries in team

- sports (PhD Academy Award). *Br J Sports Med.* 2025 Apr 24;59(9):683-684. <https://doi.org/10.1136/bjsports-2025-109742>
4. Xergia, S.A., Tsepis, E., Georgoulis, A.D., Tsarbou, C., **Liveris, N.I.**, Pappas, E. Association between hop tests and self-reported knee function in patients after anterior cruciate ligament reconstruction. *Archives of Hellenic Medicine*, 2025, 42(4), pp. 475–480. Available at: <http://mail.mednet.gr/archives/2025-4/pdf/475.pdf>
 5. Tsarbou, C.; **Liveris, N.I.**; Xergia, S.A.; Papageorgiou, G.; Sideris, V.; Giakas, G.; Tsepis, E. Evaluating the Functionality of a Field-Based Test Battery for the Identification of Risk for Anterior Cruciate Ligament Injury: An Exploratory Factor Analysis. *Appl. Sci.* **2025**, *15*, 1–14, <https://doi.org/10.3390/app15010167>
 6. Tsarbou, C.; **Liveris, N.I.**; Xergia, S.A.; Papageorgiou, G.; Kvist, J.; Tsepis, E. ACL Injury Etiology in Its Context: A Systems Thinking, Group Model Building Approach. *J. Clin. Med.* **2024**, *13*, <https://doi.org/10.3390/jcm13164928>
 7. **Liveris, N.I.**; Tsarbou, C.; Xergia, S.A.; Papadopoulos, A.; Tsepis, E. Comparison of Inter-Rater and Intra-Rater Reliability of Raters with Different Levels of Experience When Using Landing Error Scoring System (LESS) in Field-Based Screening of Professional Football Players. *Sports* **2024**, *12*, 242, <https://doi.org/10.3390/sports12090242>
 8. **Liveris, N.I.**; Tsarbou, C.; Papageorgiou, G.; Tsepis, E.; Fousekis, K.; Kvist, J.; Xergia, S.A. The Complex Interrelationships of the Risk Factors Leading to Hamstring Injury and Implications for Injury Prevention: A Group Model Building Approach. *Appl. Sci.* **2024**, *14*, <https://doi.org/10.3390/app14146316>
 9. Tsarbou, C.; **Liveris, N.I.**; Papageorgiou, G.; Kvist, J.; Tsepis, E.; Billis, E.; Gliatis, J.; Xergia, S.A. Towards a System Dynamics Model on Risk Factors of Knee Osteoarthritis: A Study Protocol for the DYNAMIKOS Model. *Appl. Sci.* **2024**, *14*, 1–10, <https://doi.org/10.3390/app142210691>
 10. Xergia, S.A.; Tsarbou, C.; **Liveris, N.I.**; Tsekoura, M.; Billis, E.; Tsepis, E.; Fousekis, K.; Lampropoulou, S.; Papageorgiou, G. Interprofessional Education and Practice in the Effective Management of Healthcare Organizations. *Arch. Hell. Med.* **2023**, *40*, 270–278. Available at: <https://www.mednet.gr/archives/2023-2/pdf/270.pdf>
 11. Tsarbou, C.; **Liveris, N.I.**; Xergia, S.A.; Tsekoura, M.; Fousekis, K.; Tsepis, E. Pre-Season ACL Risk Classification of Professional and Semi-Professional Football Players, via a Proof-of-Concept Test Battery. *Appl. Sci.* **2023**, *13*, 7780, <https://doi.org/10.3390/app13137780>
 12. Xergia, S.A.; Tsarbou, C.; **Liveris, N.I.**; Hadjithoma, M.; Tzanetakou, I.P. Risk Factors for Achilles Tendon Rupture: An Updated Systematic Review. *Phys. Sportsmed.* **2023**, *51*, 506–516, <https://doi.org/10.1080/00913847.2022.2085505>
 13. **Liveris, N.I.**; Tsarbou, C.; Papageorgiou, G.; Tsepis, E.; Fousekis, K.; Billis, E.; Xergia, S.A. The Multiple Factors That Contribute to Noncontact Lower Extremity Sports Injuries. *Arch. Hell. Med.* **2023**, *40*, 162–169. <http://mail.mednet.gr/archives/2023-2/pdf/162.pdf>
 14. **Liveris, N.I.**; Papageorgiou, G.; Tsepis, E.; Fousekis, K.; Tsarbou, C.; Xergia, S.A. Towards the Development of a System Dynamics Model for the Prediction of Lower Extremity Injuries. *Int. J. Exerc. Sci.* **2023**, *16*, 1052–1065. <https://digitalcommons.wku.edu/ijes/vol16/iss3/10>
 15. **Liveris, N.I.**; Tsarbou, C.; Tsimeas, P.D.; Papageorgiou, G.; Xergia, S.A.; Tsiokanos, A. Evaluating the Effects of Match-Induced Fatigue on Landing Ability; the Case of the Basketball Game. *Int. J. Exerc. Sci.* **2021**, *14*, 768–778. <https://digitalcommons.wku.edu/ijes/vol14/iss6/9>
 16. Tsarbou, C.; **Liveris, N.I.**; Tsimeas, P.D.; Papageorgiou, G.; Xergia, S.A.; Tsiokanos, A. The Effect of Fatigue on Jump Height and the Risk of Knee Injury after a Volleyball Training Game: A Pilot Study. *Biomed. Hum. Kinet.* **2021**, *13*, 197–204, doi:10.2478/bhk-2021-0024
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b. Conference Presentations – Announcements

International conferences

1. **Nikolaos I. Liveris**. Applying systems thinking approaches to investigate the complex interrelationships of risk factors affecting hamstring injuries in team sports. Sport & Exercise Physiotherapy World Online Congress (SEPWOC 2025), December 8, 2025. [Programme - IFSPT](#)
2. **Nikolaos I. Liveris**, Charis Tsarbou, George Papageorgiou, Elias Tsepis, Joanna Kvist, Sofia A. Xergia. Interrelationships Among Clinical Risk Factors and their Effects on Hamstring Injury Occurrence: A Mediation Moderation Analysis Based on Partial Least Square Structural Equation Modeling. 15th Biennial ISAKOS Congress to be held in Munich, Germany on June 8-11, 2025. <https://www.isakos.com/2025/Abstract/19108>
3. Charis Tsarbou, **Nikolaos I. Liveris**, Sofia Xergia, Joanna Kvist, Elias Tsepis. Structural Equation Modeling of the Contributing Factors to Landing Performance: Implications for Injury Prevention Programs. 15th Biennial ISAKOS Congress to be held in Munich, Germany on June 8-11, 2025. <https://www.isakos.com/2025/Abstract/19749>
4. C. Tsarbou, **N. Liveris**, Z. Kokkinakis, A. Bakaraki, A. Skoura, E. Billis, C. Matzaroglou, E. Tsepis, Sofia A. Xergia. Neuromuscular predictors of performance in the modified athletic shoulder test in swimmers. WCO IOF-ESCEO, 10-13 April, 2025 Rome, Italy. (e-poster). Available at: [abstract-book](#)
5. Sofia A. Xergia, Charis Tsarbou, **Nikolaos I Liveris**, George Papageorgiou, Evdokia Billis, Tsepis Elias. Towards The Formulation of a System Dynamics Model for The Prediction of ACL Injuries. 21st ESSKA Congress in Milan, 8-10 May, 2024 (e-Poster). Available at: <https://www.esskaeducation.org/e-posters/formulation-sd-model-prediction-acl-injuries>
6. Sofia A. Xergia, **Nikolaos I. Liveris**, Aggelos Papadopoulos, Charis Tsarbou, Elias Tsepis. Inter-Rater and Intra-Rater Reliability of Landing Error Scoring System (LESS) Among an Experienced and a Novice Rater When Applied in Field-Based Pre-season Screening of Professional Football Players. 21st ESSKA Congress in Milan, 8-10 May, 2024 (Oral Presentation). Available at: <https://esskaeducation.org/webcasts/inter-rater-and-intra-rater-reliability-landing-error-scoring-syste>
7. S.A.Xergia, C. Matzaroglou, **N. Liveris**, C. Tsarbou, E. Tsepis, E. Billis, M. Tsekoura, J. Kvist, J. Gliatis, G. Papageorgiou, Towards a system dynamics model for prevention and treatment of knee osteoarthritis. WCO IOF-ESCEO, 11-14 April 2024, London, United Kingdom. (e-poster).

National conferences

1. Tsarbou H., Liveris I. Nikolaos, Koloka Elli, Tsepis Ilias, Xergia A. Sofia. Biomechanical risk factors for ankle sprain in football players. 33rd Panhellenic Scientific Conference of Physiotherapy. March 13–15, 2026, Peace and Friendship Stadium (oral presentation).
2. Papaeirakli Chrysanthi, Tsarbou Charis, Liveris I. Nikolaos, Tsepis Ilias, Sideris Vasileios, Xergia A. Sofia. Biomechanical evaluation of landing from a jump: A comparative study of landing profiles in football players. 33rd Panhellenic Scientific Conference of Physiotherapy. March 13–15, 2026, Peace and Friendship Stadium (oral presentation).
3. Liveris N., Tsarbou C., Rallios Anastasios Panagiotis, Pelantakis Georgios, Tsepis Ilias, Xergia A. Sofia. Age and isometric strength asymmetry are associated with hamstring injury. 33rd Panhellenic Scientific Conference of Physiotherapy. March 13–15, 2026, Peace and Friendship Stadium (e-poster).

4. Benou Varvara, Liveris N., Tsarbou C., Taralidis Ioannis, Ioannidis Athanasios, Xergia A. Sofia. Association between trunk and hip muscle activation and the biomechanical characteristics of single-leg landing in healthy individuals: A pilot study. 33rd Panhellenic Scientific Conference of Physiotherapy. March 13–15, 2026, Peace and Friendship Stadium.
5. Liveris N. I., Tsarbou Charis, Papageorgiou George, Tsepis Elias, Kvist Joanna, Xergia S. A. Interactions of risk factors and their impact on hamstring injury. 32nd Panhellenic Congress of Physiotherapy, November 29 – December 1, 2024 (Oral Presentation).
6. Tsarbou Charis, Liveris N. I., Kokkinakis Zacharias, Bakaraki Akrivi, Skoura Anastasia, Tsepis Elias, Xergia S. A. Predictive neuromuscular factors of performance in the Modified Athletic Shoulder Test in swimmers. 32nd Panhellenic Congress of Physiotherapy, November 29 – December 1, 2024 (Poster)
7. Papadopoulos Angelos, Liveris Nikolaos, Tsarbou Charis, Xergia S. A., Fousekis Konstantinos, Tsepis Elias. Reliability study of the functional assessment tool “Landing Error Scoring System” (LESS) in professional football players. 32nd Panhellenic Congress of Physiotherapy, November 29 – December 1, 2024 (Oral Presentation)
8. S.A. Xergia, C. Matzaroglou, N. Liveris, C. Tsarbou, E. Tsepis, E. Billis, M. Tsekoura, J. Kvist, J. Gliatis, G. Papageorgiou. Towards a system dynamics model for prevention and treatment of knee osteoarthritis. WCO IOF-ESCEO, April 11–14, 2024, London, UK (e-Poster)
9. N.I. Liveris, Ch. Tsarbou, E. Tsepis, A. Fousekis, K. Fousekis, S.A. Xergia Risk factors for hamstring injuries in professional and semi-professional football players through a holistic functional assessment protocol. 10th Panhellenic Congress of Arthroscopic Surgery & Sports Injuries – “ArthroScope to the Future”, June 19–22, 2024 (e-Poster)
10. Ch. Tsarbou, N.I. Liveris, V. Sideris, S.A. Xergia, G. Giakas, E. Tsepis Identification of two distinct kinematic and electromyographic profiles in football players during vertical landing as a potential ACL injury prevention strategy. 10th Panhellenic Congress of Arthroscopic Surgery & Sports Injuries – “ArthroScope to the Future”, June 19–22, 2024 (Oral Presentation)
11. S.A. Xergia, Ch. Tsarbou, N.I. Liveris, E. Tsepis, J. Kvist, I. Gliatis, A. Panagopoulos, G.-N. Papageorgiou. Development of a system dynamics simulation model for the prevention and treatment of knee osteoarthritis. 10th Panhellenic Congress of Arthroscopic Surgery & Sports Injuries – “ArthroScope to the Future”, June 19–22, 2024 (e-Poster)
12. Liveris N. I., Papageorgiou George, Tsarbou Charis, Tsepis Elias, Fousekis K. Konstantinos, Xergia S. A. Modeling hamstring injury risk. 31st Panhellenic Congress of Physiotherapy, December 1–3, 2023 (Oral Presentation)
13. Tsarbou Charis, Liveris N. I., Xergia S. A., Tsekoura Maria, Fousekis Konstantinos, Tsepis Elias. Pre-season classification of ACL rupture risk in professional and semi-professional football players through a holistic assessment. 31st Panhellenic Congress of Physiotherapy, December 1–3, 2023 (e-Poster)
14. Tsarbou Ch., Liveris N. I., Xergia S. A., Papageorgiou G., Gliatis I., Ristanis St., Skordos F., Billi E., Tsepis H. Modeling the risk of anterior cruciate ligament rupture using the group model building methodology: a qualitative study. E.E.X.O.T. Congress, October 17–19, 2024 (e-Poster)
15. Sofia Xergia, Elias Tsepis, Konstantinos Fousekis, Evdokia Billi, Maria Tsekoura, Charis Tsarbou, Nikolaos Liveris, Ioannis Gliatis, Evangelos Pappas Investigation of biomechanical parameters during the Modified Star Excursion Balance Test (MSEBT) in judo and handball athletes. E.E.X.O.T. Congress, October 4–7, 2023 (e-Poster)

16. Liveris N. I., Papageorgiou G., Tsepis H., Fousekis K., Tsarbou Ch., Xergia S. A. Development process of a system dynamics model to predict non-contact lower limb injuries. 30th Panhellenic Congress of Physiotherapy, May 27–29, 2022 (e-Poster) Xergia S. A., Tsarbou Ch., Liveris N. I., Chatzithima Maria, Tzanetaku P. Eirini Risk factors for Achilles tendon rupture: an updated systematic review. 30th Panhellenic Congress of Physiotherapy, May 27–29, 2022 (e-Poster)
 17. Tsarbou Ch., Liveris N., Tsimeas P., Tsiochanos A. The effect of volleyball match-induced fatigue on jump landing biomechanics. 28th Annual Panhellenic Scientific Congress of Physiotherapy, November 23–25, 2018, Athens (Oral Presentation)
 18. Liveris N., Tsarbou Ch., Tsimeas P., Tsiochanos A. The effect of basketball match-induced fatigue on jump landing biomechanics. 28th Annual Panhellenic Scientific Congress of Physiotherapy, November 23–25, 2018, Athens (Poster Presentation)
 19. Liveris N., Tsarbou Ch. The role of knee joint injury rehabilitation in the prevention of post-traumatic osteoarthritis. 23rd Annual Panhellenic Scientific Congress of Physiotherapy, November 23, 2013, Marousi-Athens (Poster Presentation)
 20. Tsarbou Ch., Liveris N., Xergia S. One step before ACL injury: a biomechanical approach. 21st International Congress of Physical Education and Sports, May 18, 2013, Komotini (Poster)
 21. Liveris N., Tsarbou Ch. Functional rehabilitation in patients with multiple sclerosis. 3rd Scientific Physiotherapy Workshop: New Technologies in Functional Rehabilitation, June 2, 2012, Aigio (Oral Presentation)
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c. Awards / Distinctions

- PhD Academy Award from the *British Journal of Sports Medicine*. Liveris N.I. **Applying systems thinking approaches to investigate the complex interrelationships of risk factors affecting acute non-contact lower limb injuries in team sports (PhD Academy Award)**. *Br J Sports Med.* 2025 Apr 24;59(9):683–684. doi: 10.1136/bjsports-2025-109742.
 - **3rd Prize for Best PhD Thesis** at the 2nd Panhellenic Student Conference of Physiotherapy, Department of Physiotherapy, University of Patras, May 9–11, 2025.
 - **Best presentation Award**, 31st Panhellenic Congress of Physiotherapy (Oral Presentation), *Title: Modeling the Risk of Hamstring Injury*
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d. Peer Reviewer in Scientific Journals

- Total: >30 reviews
 - *Journal of Clinical Medicine* (MDPI)
 - *Medicina* (MDPI)
 - *Open Access Journal of Sports Medicine*
 - *Cureus*:
 - *BMC Sports Science, Medicine and Rehabilitation*
 - *Sports Health*
 - *Scientific Reports*
 - *Sports* (MDPI)

e. Research Grant Applications

Project Title	Funding Source	Submission Date	Role
Formulation of a System Dynamics Decision Support System for the evaluation of Hamstring Injury risk in football players	FIFA Research Scholarship	9/2024	Post-doctoral research
DYNAMI.K.O.S. – Dynamic Knee Osteoarthritis Simulation	3rd HFRI Call (Faculty & Researchers)	01/2024	Research Team Member
SDLE – System Dynamics for Noncontact Lower Limb Injuries in Team Sports	4th HFRI Doctorate Scholarships	03/2022	PhD Candidate
SDLE – System Dynamics for Noncontact Lower Limb Injuries in Team Sports	Andreas Mentzelopoulos & K. Karatheodoris Scholarships, University of Patras		PhD Candidate

6. Educational Seminars

2020

- *Basic Ergon IASTM Technique*, October 17–18, 2020, Athens
- *Kinesio Taping KT1/2*, January 25–26, 2020, Athens

2017

- *Pulmonary Rehabilitation from Hospital to Home*, 7th Seminar of the Scientific Section of Cardiovascular and Respiratory Physiotherapy – Rehabilitation, May 6–7, 2017, Athens

2015

- *Cardiovascular Physiotherapy and Rehabilitation Programs: Organization and Implementation*, organized by the Section of Cardiovascular and Respiratory Physiotherapy – Rehabilitation of the Panhellenic Physiotherapists' Association, March 7, 2015, Athens

2014

- *Complete First Aid Training by Rescue Training International* (CPR/First Aid/Defibrillation for Adults – Children – Infants)