

## Short CV of Theofani Bania

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

### i. Professional qualifications

- **Physiotherapy Degree** (1992), Alexandreio Technological Educational Institution of Thessaloniki, School of Healthcare and Welfare Professions, Department of Physiotherapy, Greece
- **Postgraduate Studies - Master of Science (MSc)** in Physiotherapy (**Pediatric Neurorehabilitation** route) (2002) Cardiff University, School of Healthcare Studies, Department of Physiotherapy, UK
- **Doctoral Studies - Doctor of Philosophy (PhD)** (2012), La Trobe University, School of Health Studies, Department of Physiotherapy, Australia
- **Other Education:** Certificate of Competence in Teaching (A.S.P.A.I.T.E., Greece) (2017)

### ii. Clinical Professional Experience

- **Clinical practice license as a physiotherapist** since 1992
- **Clinical experience:** 2 months as a research assistant at Murdoch Children's Research Institute, Melbourne (Australia), 15 years as a self-employed pediatric physiotherapist (Greece), 1 year at the Greek Society of Rehabilitation for Children with Special Needs (Athens), 3 years at a private Physiotherapy clinic for children (Greece), 3 years at a private clinic for rehabilitation of chronic musculoskeletal problems, and (part-time) pediatric physiotherapist at special schools (Greece).
- **Certified workshops** relevant to assessment/intervention of babies/young children based on the Bobath approach, Jeremy Kraus/Feldenkrais approach and assessment with GMFM.

### iii. Teaching experience

#### Post-graduate

2016-2017 &

2017-2018 **Teaching in MSc in "Rehabilitation Sciences"**-University of Patras, Department of Physiotherapy, Greece (teaching module: motor control)

2021-2023 **Teaching in MSc in "Therapeutic Exercise"**-University of Patras, Department of Physiotherapy, Greece

2019-2022 Module leader in the postgraduate module "Special Exercise and Rehabilitation issues" in the MSc "Therapeutic Exercise" of the Department of Physiotherapy, University of Patras

2016-present Supervision of **M level dissertations** from 2016 onwards (involved in clinical rehabilitation research)

2021-present **Committee member of 2 PhD dissertations** (University of Patras & University of Western Attica)

#### Undergraduate

2002-2008 & **Lecturer** - the University of Western Attica (previous Athens Technological Educational Institute, Department of Physiotherapy, Greece; (teaching modules: pediatric neurorehabilitation, supervision at clinical placements)

2012-2018: **Senior Lecturer** - Technological Educational Institute of Western Greece,

Department of Physiotherapy, Greece; (teaching modules: pediatric neurorehabilitation, neurological rehabilitation, ergonomics, students' supervision at clinical neurological children/adults placements)

2019-2024 **Assistant professor**-University of Patras-Department of Physiotherapy (Pediatric Physiotherapy; Respiratory physiotherapy; Disability rehabilitation, students' supervision at clinical placements- children/adults with neurological problems)

2024-present **Associate professor**-University of Patras-Department of Physiotherapy (Pediatric Physiotherapy; Disability rehabilitation, students' supervision at clinical placements- children/adults with neurological problems)

▪ Supervision/examination of undergraduate students' dissertations

#### **Undergraduate with Erasmus+ exchange teaching**

22-24/11/16 Facultad de Fisioterapia-University of Valladolid, Spain, teaching Pediatric Physiotherapy

20-23/03/18 University of Applied Sciences for Health Professions in Upper Austria  
Department of Physiotherapy, Austria, teaching Pediatric Physiotherapy

18-19/9/23 Università degli Studi di Milano-Bicocca, Italy, Department of Physiotherapy, teaching Pediatric Physiotherapy

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## **iv. Publications**

### **Publications in international peer reviewed journals (n=19)**

1. Skarmoutsou E, **Bania T**, Potamiti E, Tsouni D, Panagaki P, Koulosousa A, Kalamvoki E, Billis E. Toe walking tool: translation and cross-cultural adaptation in a Greek pediatric sample. *Journal of the American Podiatric Medical Association* (accepted 25.07.2024) [Impact Factor: 0,60]
2. Aloupis K, Tsepis E, **Bania T**, Trachani E, Lampropoulou S. (2023) Lee Silverman Voice treatment BIG for balance and gait in patients with multiple sclerosis compared to patients with Parkinson's disease. *J General Internal Medicine*. Volume 39, Issue 05. [Impact Factor: 5,7]
3. **Bania T**, Gkotsidou P, Billis E, Lampropoulou S. (2023) Pediatric balance scale: translation and cross-validation into Greek. *Pediatric Physical Therapy*. 35(4):430-437. [Impact Factor: 1,6]
4. **Bania T**, Gianniki M, Charitaki G, Giannakoudi S, Velaoras A, Farantou C, Velaora A, Billis E. (2022) Patterns of interaction with people with disabilities across different healthcare disciplines: a cluster analysis approach. *Physiotherapy Research International*. doi: 10.1002/pri.2032 [Impact Factor: 1,8]
5. **Bania T**. Progressive resistance exercise in people with cerebral palsy: do training parameters matter? (Commentary) *J Altern Complement Integr Med*. 8: 298. [Impact Factor: 1,87]
6. **Bania T**. Taylor N, Chiu H-C, Charitaki G. (2022) What are the optimum training parameters of progressive resistance exercise for changes in muscle function, activity and participation in people with cerebral palsy? A systematic review and meta-regression. *Physiotherapy*. <https://doi.org/10.1016/j.physio.2022.10.001> [Impact Factor: 3,7]
7. **Bania T**, Lyri R, Ntatsiou F, Fousekis K. (2022) Functional activity and communication-social ability of youths with developmental disabilities: A qualitative study. *J Physical Therapy & Science*. 34: 11 Accepted [Impact Factor: 0,8]
8. Tsekoura M, Fousekis K, Lampropoulou S, Xergia S, **Bania T**, Tsepis E, Billis E. (2022) Physiotherapists' perceptions and willingness to use telerehabilitation in Greece: A cross-sectional study. *Cureus* 14(12): e32317. doi:10.7759/cureus.32317 [Impact Factor: 1,15]
9. **Bania T**, Gianniki M, Giannakoudi S, Charitaki G, Matzaroglou C, Billis E. (2021) The Interaction with Disabled Persons Scale: Evidencing Construct Validity with Factor Analysis and Measurement Invariance in Greek-speaking healthcare students. *Disability & Rehabilitation*, 44(13): 3196-3203. [Impact Factor: 3,03]

10. Moutzouri M, Tsoumpos P, **Bania T**, Billis E, Gliatis J. (2021) "Greek KOOS-Child: a valid, disease specific, diagnostically accurate and responsive PROM in children with knee-related pathology". *Knee Surg Sports Traumatol Arthrosc*, 29: 1841-1849. [Impact Factor: 3,16]
11. **Bania T**, Antoniou AS, Theodoritsi M, Theodoritsi I, Charitaki G, Billis E. (2021) The Interaction with Disabled Persons Scale: translation and cross-cultural validation into Greek. *Disability & Rehabilitation*, 43(7): 988-995. [Impact Factor: 4,1]
12. Chiu H-C, Ada L, **Bania T**. (2020) Mechanically-assisted walking training for children with cerebral palsy (Review). *Cochrane Database of Systematic Reviews* 2019, Issue 6. Art. No.: CD013114. DOI: 10.1002/14651858.CD013114.pub2. [Impact Factor: 12,0]
13. **Bania T**, Chiu H-C, Billis E. (2019) Activity training on the ground in children with cerebral palsy: systematic review and meta-analysis. *Physiotherapy Theory & Practice*, 35(9):810-821. [Impact Factor: 2,28]
14. Chiu H-C, Ada L, **Bania T**, Johnston I. (2018) Mechanically-assisted walking training for children with cerebral palsy (Protocol). *Cochrane Database of Systematic Reviews*, Issue 8. Art. No.: CD013114. [Impact Factor: 12,0]
15. **Bania T**, Katsounakis S, Sergiaki N, Kapari E, Eletheriadi C. (2017) Hippotherapy in ambulatory children with spastic cerebral palsy: case series. *Epitheorese klinikes farmakologias & farmakokinitikes*. 35:143-150. [Impact Factor: 0,3]
16. **Bania T**, Dodd K, Baker R, Graham HK, Taylor N. (2016) The effects of progressive resistance training on daily physical activity in young people with cerebral palsy: a randomised controlled trial. *Disability & Rehabilitation*, 38(7):620-6. [Impact Factor: 3,03]
17. **Bania T**, Taylor N, Baker R, Graham HK, Karimi L, Dodd K. (2014) Gross motor function is an important predictor of daily physical activity in young people with bilateral spastic cerebral palsy. *Developmental Medicine & Child Neurology*, 56(12): 1163-71. [Impact Factor: 4,86]
18. **Bania T**. (2014) Measuring physical activity in young people with cerebral palsy: validity and reliability of the ActivPAL monitor. *Physiotherapy Research International*, 19(3): 186-92. [Impact Factor: 1,87]
19. **Bania T**, Dodd K, Taylor N (2011) Habitual physical activity can be increased in people with cerebral palsy: A systematic review. *Clinical Rehabilitation* 25(4):303-315. [Impact Factor: 3,47]

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

1. Gkaraveli M, **Bania T**, Morfis P, Grammatopoulou E, Sakellari V. (2023) Biomechanical evaluation of sitting postural control in infants: A systematic review. *Gait & Posture* 106: 235-236 [Impact Factor: 2,2]
2. Kontis V, **Bania T**, Paras G, Matzaroglou C, Lampropoulou S. (2023) Functional motor ability of upper extremity following an immersive virtual reality rehabilitation program in Stroke patients. *Aging Clinical & Experimental Research*. 35: 454. [Impact Factor: 4,0]
3. Antiflioti A, Tsekoura M, Matzaroglou C, **Bania T**, Makrynioti D, Tsepis E. (2023) Perceptions and Uses of Telerehabilitation in the care of Greek adults aged 50 years and older during Covid-19 pandemic. *Aging Clinical & Experimental Research*. 35: 465 [Impact Factor: 4,0]
4. Matzaroglou C, Tsekoura M, **Bania T**, Matzaroglou-Haristanidou E, Kouzoudis D. (2023) Can support the spine will totally eliminate the reaction force on his coccyx area and thus the spinal canal. *Aging Clinical & Experimental Research*. 35: 536. [Impact Factor: 4,0]
5. 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 Clinical & Experimental Research*. 34 (Suppl 1):S35-S474 [Impact Factor: 4,48]
6. **Bania T**, Taylor N, Chiu H-C, Charitaki G, Billis E. (2021) What is the effect of progressive resistance training in muscle function, activity and participation in people with cerebral palsy? *Developmental Medicine & Child Neurology*. 63(S3): 23-24 [Impact Factor: 4,86]

7. Chiu H-C, **Bania T.** (2015) Effectiveness of activity training in children with cerebral palsy: a systematic review and meta-analysis. *Developmental Medicine & Child Neurology* 57(S5): 81 (SP12) [Impact Factor: 4,86]
8. **Bania T,** Chiu H-C. (2015) Effectiveness of activity training in children with cerebral palsy: a systematic review. *Developmental Medicine & Child Neurology* 57(S4): 30 (P012-88053) [Impact Factor: 4,86]
9. Chiu H-C, **Bania T.** (2015) Application of Wii Sports Resort at a home-based setting and physical activity training in children with cerebral palsy. *Developmental Medicine & Child Neurology* 57(S4): 2-3 (WS03-94201) [Impact Factor: 4,86]
10. **Bania T.,** Dodd K., Taylor N. (2013) Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 19 (PS 10.6) [Impact Factor: 4,86]
11. **Bania T.,** Taylor N., Dodd K. (2013) Habitual physical activity levels of adolescents and young adults with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 37-38 (p.141) [Impact Factor: 4,86]
12. **Bania T.,** Dodd K., Taylor N. (2013) Criterion validity and retest reliability of an activity monitor in adolescents and young adults with diplegic cerebral palsy. *Developmental Medicine & Child Neurology* 55(2): 54 (p.160) [Impact Factor: 4,86]

### Free Paper & Poster presentations

1. Matzaroglou C, Marouda A, **Bania T,** Lampropoulou S, Kafchitsas K, Chroni E. Osteoporosis-provoked in myasthenis gravis of glyocorticoids gcs usage – our data and literature review. *25<sup>th</sup> EFFORT, Hamburg, 2024*
2. Lampropoulou S, Menegakis N, Spyrou S , Matzaroglou C , Trachani E, Bania T. A review on kinetic and kinematic changes in gait of patients with parkinson's disease. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, London, 2024*
3. **Bania T,** Taylor N, Chiu H-C. Optimum training parameters of progressive resistance exercise to effect change in people with cerebral palsy: a systematic review and meta-regression. *World Physiotherapy congress, Dubai, May-June 2023*
4. **Bania T,** Charitaki G, Velaora A , Velaoras A , Giannike M, Billis E. Patterns of interaction with people with disabilities across different healthcare undergraduate students: a cluster analysis approach. *World Physiotherapy congress, Dubai, May-June 2023*
5. Gkaraveli M, Sakellari V, **Bania T,** Grammatopoulou E, Morfis P. Assessment of sensory processing in infants: a systematic review. *World Physiotherapy Conference, Dubai, 2023*
6. Billis E, Papakonstantinou T, Skoura A, Drakonaki E, Papanikolaou D-T, 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 Conference, Dubai 2023*
7. Gkaraveli M, **Bania T,** Morfis P, Grammatopoulou E, Sakellari V. Biomechanical evaluation of sitting postural control in infants: A systematic review. *ESMAC 2023, Athens, 2023*
8. Kontis VO, **Bania T,** Paras G, Matzaroglou C, Lampropoulou S. Functional motor ability of upper extremity following an immersive virtual reality rehabilitation program in stroke patients. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, Barcelona, 2023*
9. Matzaroglou C, Tsekoura M, **Bania T,** Matzaroglou-Heristanidou E, Kouzoudis D. A tricycle designed with overhanging metallic bars on which a rider-patient can support the spine will totally eliminate the reaction force on his coccyx area and thus to the spinal canal. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, Barcelona, 2023*
10. Antiflioti A, Tsekoura M, Matzaroglou C, **Bania T,** Makrynioti D, Tsepis E. Perceptions and uses of telerehabilitation in the care of Greek adults aged 50 years and older during Covid-19 pandemic. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, Barcelona, 2023*

11. Tsekoura M, Tsepis E, Lampropoulou S, Fousekis K, **Bania T**, Kastrinis A, Xergia S, Billis E. Physiotherapists' perceptions of and willingness to use telerehabilitation in Greece during the covid-19 pandemic. *World congress on osteoporosis, osteoarthritis and musculoskeletal diseases, Athens, March 2022*
12. **Bania T**, Taylor N, Chiu H-C, Charitaki G, Billis E. What is the effect of progressive resistance training in muscle function, activity and participation in people with cerebral palsy? *75<sup>th</sup> Annual meeting of the American Academy of Cerebral Palsy & Developmental Medicine, (virtual Los Angeles), April, 2021*
13. **Bania T**. Evidence-based exercise guidelines for people with cerebral palsy (*community forum*). *75<sup>th</sup> Annual meeting of the American Academy of Cerebral Palsy & Developmental Medicine, (virtual Los Angeles), 2021*
14. 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. *19th ESSKA Congress (virtual, 11-15 May 2021)*
15. 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 Greek low back pain sample. *World Physiotherapy Congress online. April, 2021*
16. **Bania T**, Antoniou A-S, Theodoritsi M, Thedoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Translation and cross-cultural validation in Greek. *31th Annual Meeting European Academy of Childhood Disability. May 2019, Paris*
17. Karaiskou E, **Bania T**, Tsifas S, Dimitriou D. Cranial-Ultrasound in late preterm neonates: Correlation with their sensory-kinetic development at 2 years. *31th Annual Meeting European Academy of Childhood Disability. May 2019, Paris*
18. **Bania T**, Antoniou A-S, Theodoritsi M, Thedoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Translation and evaluation of face validity, criterion validity and structural validity. *26<sup>o</sup> International conference of Physical Education & Sports, Komotini, Greece, May, 2018*
19. **Bania T**, Antoniou A-S, Theodoritsi M, Thedoritsi I, Billis E. Interaction with Disabled Persons Scale (IDPS): Discriminant validity, reliability and sensitivity. *26<sup>o</sup> International conference of Physical Education & Sports, Komotini, Greece, May, 2018*
20. **Bania T**, Chiu H-C. Effectiveness of activity training in children with cerebral palsy: a systematic review. *27<sup>th</sup> Annual meeting of the European Academy of Childhood Disability, Copenhagen, Denmark, 2015*
21. Chiu H-C, **Bania T**. Application of Wii Sports Resort at a home-based setting and physical activity training in children with cerebral palsy. *27<sup>th</sup> Annual meeting of the European Academy of Childhood Disability, Copenhagen, Denmark, May 2015*
22. Chiu H-C, **Bania T**. Effectiveness of activity training in children with cerebral palsy: a systematic review with meta-analysis. *69<sup>th</sup> Annual meeting of the American Academy of Cerebral Palsy & Developmental Medicine, Austin, TX, USA, 2015*
23. Chiu H-C, **Bania T**. Effectiveness of activity training in children with cerebral palsy: a systematic review with meta-analysis. *7<sup>th</sup> International Shared Decision Making Conference and the 4<sup>th</sup> International Society for Evidence-Based Health Care Conference, Sydney, Australia, 2015*
24. **Bania T**, Taylor N, Dodd K. Habitual physical activity levels of adolescents and young adults with diplegic cerebral palsy. *25<sup>th</sup> Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
25. **Bania T**, Dodd K, Taylor N. Criterion validity and retest reliability of an activity monitor in adolescents and young adults with diplegic cerebral palsy. *25<sup>th</sup> Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
26. **Bania T**, Dodd K, Taylor N. Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *25<sup>th</sup> Annual meeting of the European Academy of Childhood Disability, Newcastle, UK, 2013*
27. **Bania T**, Dodd K, Taylor N. Effects of strength training on the habitual activity of young people with diplegic cerebral palsy. *4th International Cerebral Palsy Conference. Pisa, Italy, 2012*

28. **Bania T**, Taylor N, Dodd K. Habitual physical activity and sedentary behavior of young people with diplegic cerebral palsy. *4th International Cerebral Palsy Conference. Pisa, Italy, 2012*
29. **Bania T**. The evaluation of a method developed to quantify normal movement during sit-to-stand in children with cerebral palsy. *Annual Research Conference of School of Healthcare Studies, Cardiff University; 2002, Cardiff, UK*

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## VII. Awards-scholarships

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- **National Health & Medical Research Council**, Australia, funding of my PhD studies (2008-2012) & **Research Training Scheme (La Trobe University, Australia)** paid no fees for PhD studies (2008-2012)
- **European Academy of Childhood Disability (EACD)**, bursary for attending the 25<sup>th</sup> EACD Annual Meeting, UK, 2013
- **2 awards for best free paper presentation** in national conferences, Greek Scientific Society of Physiotherapy, Greece, 2012 & 2013
- **Regional Platform Presentation Award (Europe Winner)** *World Physiotherapy Congress, Dubai, 2023*

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## VIII. Research clinical interests

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- Research interest: pediatric physiotherapy field with emphasis on assessment tools of gross motor function or/and motor skills as well as interventions for movement limitations in children with cerebral palsy or children with other motor difficulties, e.g. transfers, gait etc. Also, I have research interest in alignment and movement difficulties of overweight and obese children.
- Clinical interest to improve myself as a supervisor of the undergraduate students in the pediatric physiotherapy clinical placements (University of Patras)