

KATERINA SPANIDI

Musculoskeletal Physiotherapist, MSc, MACP, CSP, AACP, HCPC

Membership and registration:

- HCPC registered (December 2011) ID: PH98172
- CSP full member (December 2011) ID: 090998
- MACP full member (December 2013) ID: 13593
- AACP full member (October 2013) ID: 14097
- Pan-Hellenic Association of Physiotherapists (2009) ID: 4634

Educational Background:

- Sept.2004- Feb.2009: **Bachelor Degree in Physiotherapy**, Technological Educational Institute (T.E.I.) of Patras

Clinical placement experience in the following hospitals:

1. University Hospital of Rion, Patras
(Respiratory Ward, Neurological Ward)
2. General Hospital of St.Andreas, Patras
(Orthopaedic Ward)
3. General Hospital Asklepeio Voulas, Athens
(Outpatients, Neurological Ward,
Orthopaedic Ward, Cardiac Rehabilitation,
Sports Injuries, ER)

Dissertation title: “Physiotherapy management of Back pain, manual therapy and therapeutic exercise”.

- Sept.2011- Sept.2013: **MSc in Advanced Manipulative Physiotherapy**¹,
University of Birmingham, UK

MSc Dissertation title: “Effectiveness of eccentric exercise in the management of patellar tendinopathy- A systematic review of Randomised Controlled Trials”

(presented in the annual Conference of The Chartered Society of Physiotherapy in October 2014).

Additional Education

- May 2010 **OMT (Orthopaedic Manual Therapy)** Introductory Course
- July 2010 **OMT (Orthopaedic Manual Therapy)** Basic Lower Extremity Course
- May 2011 **Medical Taping Concept** (presented by Evangelos Charitos)
- October 2012 **MACP course:** Manual Therapy for the Upper Cervical Spine (presented by Toby Hall)
- October 2013 **AACP** (Accupuncture Association of Chartered Physiotherapists)_Accupuncture_Foundation course (80 hours presented by Jon Hobbs)
- 2014 **Basic Life Support** Certificate from Rescue Training International
- July 2014 **Pilates Training** (mat, reformer, cadillac, chair) PMA Certification
- 2016 **Ergon IASTM Technique** for soft tissue mobilization (presented by Fousekis K. and Mylonas K.)
- 2017 **LBG Medical Biomechanics Education-** functional foot orthoses (presented by Stelios Petroutsos)
- 2018 **Pelvic floor training** (Presented by Kari Bo)

Professional Experience

Sept.2007: **Rhythmic Gymnastics World Championships Patras- Greece**
Volunteer Physiotherapist

Sept.2008- Febr.2009: **General Hospital Asklepeio Voulas, Athens,Greece**
Junior Physiotherapist (Outpatients,Neurological Ward, Orthopaedic Ward, Cardiac Rehabilitation, Sports Injuries, ER)

Mar.2009- Aug.2010: **Private Physiotherapy Clinic of Mr. Kypraios Sotiris, 15 Karaoli & Dimitriou Str., Piraeus, Greece** Junior Physiotherapist (Orthopaedic and Post surgery Rehabilitation, acute/chronic back and neck pain, stress fractures, Sports Injuries, football, swimming and running injuries, musculoskeletal disorders, neuralgia, facial paresis)

Sept.2010- Aug.2011: **Self-Employed physiotherapist** (orthopaedic rehabilitation, musculoskeletal disorders, sports injuries, back and neck pain)

Sept.2012- Oct.2012: **Nevill Hall Hospital, Brecon Rd, Abergavenny NP7 7EG, UK** Musculoskeletal Physiotherapist in the outpatient department

Jan.2013- Febr.2013: **Longsight Health Centre, 526-528 Stockport Rd, Manchester M130RR, UK** Musculoskeletal Physiotherapist in the outpatient department

Sept.2013- present: **Self-Employed physiotherapist** (orthopaedic rehabilitation, musculoskeletal disorders, sports injuries, back and neck pain)

Sept.2014- Nov.2015: **Fysiotek Spine and Sports Lab, Chironos 9, Athens 11634, Greece** Senior Musculoskeletal Physiotherapist- Orthopaedic Manual Therapy Specialist (orthopaedic rehabilitation, musculoskeletal disorders, sports injuries, back and neck pain, stress fractures, tendinopathies, strain injuries, pain management)

Oct.2016- present: **Physiotherapy Lecturer** in the Mediterranean College, Pellinis 8, Athens 11251

Jan.2016- present: **Owner and Head instructor in PHYSIOFIX**, Irakleous 3, Athens 11743

Grants

Grant from State Scholarships Foundation (I.K.Y.) for success in entrance exams, first in Patras School of Physiotherapy for the year 2004

Languages

English: Certificate of Proficiency in English Council of Europe Level C2, University of Cambridge (UK), December 2007
Certificate of Proficiency in English, University of Michigan, March 2007

French: DELF , 2001

Spanish: Diploma inicial, 2011

Technical Skills

ECDL Core Certificate (Windows, Word, Excel, PowerPoint, Internet)

References

Upon request

Notes

¹Master of Science (MSc) Advanced Manipulative Physiotherapy 2011-2013

Modules taken:

- Advanced Manipulative Physiotherapy: Upper quadrant
- Advanced Manipulative Physiotherapy: Lower quadrant
- Developing Evidence Based Neuromusculoskeletal Physiotherapy
- Advancing Practice through Personal and Professional Development
- Developing Evidenced Based Practice

Thesis: "Effectiveness of eccentric exercise in the management of patellar tendinopathy- A systematic review of Randomised Controlled Trials"

Literature Reviews:

- The neurophysiological effects of manipulative thrust techniques in low back pain. A critical evaluation.

- Effectiveness of eccentric exercise in the management of lateral elbow tendinopathy.

Seminars presented:

- Hypermobility Syndrome: Assessment and Management
- Inter-rater reliability study of the digital pressure algometer in the assessment of pressure pain threshold in healthy subjects
- Fibromyalgia: Assessment and Management
- Case Study: Analysis and Reflection on assessment and management of an Achilles tendinopathy patient