

PERSONAL INFORMATION

KONSTANTINOS FOUSEKIS



GREECE



kfousekis@upatras.gr

[State personal website\(s\)](#)

Sex MALE | Date of birth 28/01/1973 | Nationality Greece

JOB APPLIED FOR
POSITION
PREFERRED JOB
STUDIES APPLIED FOR
PERSONAL STATEMENT

ASSOCIATE PROFESSOR IN PHYSICAL THERAPY-PHYSICAL THERAPY DEPARTMENT- UNIVERSITY OF PATRAS
ERGON IASTM TECHNIQUE TRAINER

WORK EXPERIENCE

from 2003- today
from 2003- today

PRIVATE PRACTISE AS HEAD PHYSIOTHERAPIST (EGIO-GREECE)
ASSOCIATE PROFESSOR IN PHYSICAL THERAPY – PHYSICAL THERAPY DEPT – UNIVERSITY OF PATRAS

EDUCATION AND TRAINING

From 1991 – To 1995
From 1995– To 1998
From 1998– To 1999

BACHELOR IN SPORTS SCIENCE – NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS
BACHELOR IN PHYSIOTHERAPY – CHARLES UNIVERSITY – CZECH REPUBLIC
MSC in SPORTS MEDICINE – UNIVERSITY OF GLASGOW - UK
PhD in SPORTS MEDICINE - BACHELOR IN SPORTS SCIENCE – NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS

PERSONAL SKILLS

Mother tongue(s)

GREEK

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
ENGLISH	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT	EXCELLENT

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
Common European Framework of Reference for Languages

Communication skills

GOOD COMMUNICATION SKILLS GAINED THROUGH MY EXPERIENCE AS INTERNATIONAL TRAINER OIF THE
ERGON IASTM TECHNIQUE

Organisational / managerial skills

LEADERSHIP (CURRENTLY RESPONSIBLE FOR A TEAM OF 7PEOPLE)

Job-related skills ▪

Digital skills

SELF-ASSESSMENT

EXCELLENT

Information processing	Communication	Content creation	Safety	Problem solving
Enter level	Enter level	Enter level	Enter level	Enter level

Levels: Basic user - Independent user - Proficient user

Digital competences - Self-assessment grid

Replace with name of ICT-certificates

Replace with your other computer skills. Specify in what context they were acquired. Example:

- good command of office suite (word processor, spread sheet, presentation software)
- good command of photo editing software gained as an amateur photographer

Other skills ▪

Driving licence B

ADDITIONAL INFORMATION

- Publications
1. Fousekis K, H. Tsepis, G. Vagenas. Multivariate strength asymmetries of the knee and ankle joint in professional soccer players. *J Sports Med Phys Fitness*. 2010 Dec;50(4):465-74.
 2. Fousekis K, H. Tsepis, G. Vagenas Lower limb strength in professional soccer players: profile, asymmetry, and training age. *Journal of Sports Science and Medicine* (2010) 9, 364 – 373
 3. Fousekis K, Tsepis E, Poulmedis P, Athanasopoulos S, Vagenas G. Intrinsic risk factors of non-contact quadriceps and hamstrings strains in soccer: a prospective study on 100 professional players. *Br J Sports Med*. 2011;45(9):709-14.
 4. Fousekis K, Tsepis E, Vagenas G. Intrinsic risk factors for ankle sprain in soccer: a prospective study on 100 professional players. *Am J Sports Med* 2012; (8): 1842-1850
 5. Fousekis, K., Billis, E., Matzaroglou, C., Mylonas, K., Koutsojannis, C., & Tsepis, E. (2016). Elastic Bandaging for Orthopedic and Sports Injuries Prevention and Rehabilitation: A Systematic Review. *Journal of sport rehabilitation*, 1-28. 3
 6. Billis, E., Koutsojannis, C., Matzaroglou, C., Gliatis, J., Fousekis, K., Gioftos, G., ... & Tsepis, E. (2017). Association of low back pain on physical, sociodemographic and lifestyle factors across a general population sample within Greece. *Journal of back and musculoskeletal rehabilitation*, 30(2), 279-290.
 7. Chrysovalantis Fekos¹, Alexandra Kallistratos⁵, Konstantinos Fousekis, Paris Iakovidis, Stavros Kottaras⁵ and Ilias Kallistratos, Modified Graded Motor Imagery programme containing "Fekos Mirror Therapy method": A novel therapeutic method for the treatment of shoulder dysfunctions - a pilot study, *J Nov Physiother* 2017, 7:6 DOI: 10.4172/2165-7025.1000375
 8. Efstratiadis A, S. Marangos, E. Kasapakis, P. Georgiadou, G. Ploutarxou, G. Stelicos, V. Stelicou, K. Fousekis, D. Stasinopoulos. The subacromial impingement syndrome of the shoulder: The role of physiotherapist in the evaluation and treatment of the syndrome. VOLUME 13.1, 2017 D.O.I: <https://doi.org/10.4127/jbe.2017.0113>
 9. Gkrilias, P. D., Tsepis, E. M., & Fousekis, K. A. (2017). The Effects of Hamstrings' Cooling and Cryostretching on Sit and Reach Flexibility Test Performance in Healthy Young Adults. *Br. J. Med. Med. Res.*, 19, 1-11.
 10. Fousekis, K., & Mylonas K. C. V. (2014). Aggressive Massage Techniques can Accelerate Safe Return after Hamstrings Strain: A Case Study of a Professional Soccer Player. *J Sports Med Doping Stud*, 4(144), 2161- 0673.
 11. Tsekoura, M., Billis, E., Panopoulou, K., Fousekis, K., & Tsepis, E. Musculoskeletal Disorders among Greek Professional Ballet Dancers.
 12. Fousekis, Konstantinos, Varda et al. Effects of instrument-assisted soft-tissue mobilization at three different application angles on hamstring surface thermal responses. *J Phys Ther Sci*. 2020
 13. Fousekis, Konstantinos. "Aggressive Physiotherapy: Should we treat pain with pain" *Journal of Novel Physiotherapies.* (2016)
 14. Fousekis, K., Kounavi, E., Doriadis, S., Mylonas, K., & Kallistratos, E. (2016). The Effectiveness of Instrument-assisted Soft Tissue Mobilization Technique (Ergon[®] Technique), Cupping and Ischaemic Pressure Techniques in the Treatment of Amateur Athletes' Myofascial Trigger Points. *J Nov Physiother* 5, 3, 2
 15. Fousekis K, Georgios Chrysanthopoulos, Maria Tsekoura, Dimitris Mandalidis, Konstantinos Mylonas, Pavlos Angelopoulos, Dimitra Koumoundourou, Vicky Billis, Elias Tsepis. 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.
 16. Maria Simatou, Maria Papandreou, Evdokia Billis, Maria Tsekoura, Konstantinos Mylonas, Konstantinos Fousekis. 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 Apr; 32(4): 288–291
 17. Fousekis K, Kristin Eid, Enea Tafa, Panagiotis Gkrilias, Konstantinos Mylonas, Pavlos Angelopoulos, Dimitra Koumoundourou, Vicky Billis, Elias Tsepis. 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 Jul; 31(7): 508–511.
 18. Panagiotis Gkrilias, Athanasios Zavvos, Konstantinos Fousekis, Evdokia Billis, Charalampos Matzaroglou, Elias Tsepis. 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.
 19. 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
 20. Tsekoura, M., Billis, E., Tsiringaki, A., Dimopoulou, T., Fousekis, K., & Tsepis, E. Musculoskeletal Disorders among Greek National Gymnastics team. *Age*, 17, 51-5.
 21. Kalli, K., & Fousekis, K. (2019). The effects of cryotherapy on athletes' muscle strength, flexibility, and neuromuscular control: A systematic review of the literature. *Journal of Bodywork and Movement Therapies*

I am aware that, under art. 76 of DPR 445/2000, false statements, falsehoods in acts and the use of false acts are punished under the Penal Code and Special Laws. In addition, you authorize the processing of personal data under D. Lgs. 30 June 2003 n.196 – "Code on the protection of personal data" and subsequent changes and GDPR 679/16 – "European Regulation on the Protection of Personal Data".

Place _____ EGIO GREECE

Date 14/09/2021

First name(s) Surname(s)

Konstantinos Fousekis Konstantinos Fousekis
14.09.2021 13:23

KONSTANTINOS FOUSEKIS