



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Hadjisavvas
Name:	Stelios
Rank/Position:	Adjunct Faculty
Faculty:	Life and Health Sciences
Department:	Health Sciences
Scientific Domain: *	Musculoskeletal Physiotherapy/Sports Physiotherapy

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD in Physiotherapy	2024	University of Nicosia/Cyprus	Department of Health Sciences	Effect of concentric and eccentric exercise-induced fatigue on proprioception, motor control and performance of the upper limb in handball athletes
Certificate in acupuncture	2019	University of West Attica/Athens		The effect of acupuncture in tendinopathies: review
MSc in Orthopedic Science and Rehabilitation	2017	University of Nicosia/Cyprus	Department of Health Sciences	The effect of mechanical load on tendon tissues: Systematic review
MSc in Sports Physiotherapy	2015	European University of Cyprus		The effect of physiotherapeutic interventions on DOMS: Systematic review



BSc in Physiotherapy	2013	European University of Cyprus		The effect of physiotherapy on Frozen Shoulder: Literature review
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Employment history in Academic Institutions/Research Centers – List by the three (3) most recent				
Period of employment		Employer	Location	Position
From	To			
2015	Today	University of Nicosia	Nicosia, Cyprus	Adjunct Faculty

Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2022	Risk factors for shoulder injuries in handball: Systematic review	Stelios Hadjisavvas Michalis Efstathiou Christoforos Giannaki Paraskevi Malliou Manos Stefanakis	BMC Sports Science, Medicine and Rehabilitation	14 (1)	1-21
2	2022	Evidence of distorted proprioception and postural control in studies of experimentally induced pain: a critical review of the literature	Michalis Efstathiou Christoforos Giannaki Zoe Roupa Stelios Hadjisavvas Manos Stefanakis	Scandinavian Journal of Pain	22 (3)	445-456
3	2024	The application of high-intensity interval training in Atrial Fibrillation: A Literature review	Irene Themistocleous Stelios Hadjisavvas Michalis Efstathiou Christoforos Giannaki Manos Stefanakis	Int J Cerebrovasc Dis Stroke	7 (175)	
4	2024	The effects of High-Intensity Interval Training with short bursts of Work on body composition and exercise capacity in overweight or obese adults: A Systematic Review	Irene Themistocleous Stelios Hadjisavvas Michalis Efstathiou Christoforos Giannaki Manos Stefanakis	Int J Cerebrovasc Dis Stroke	7 (177)	
5	2024	Experimentally induced pain increases absolute but not relative errors and reduces	Michalis Efstathiou Stelios Hadjisavvas Irene Themistocleous	Musculoskelet Sci Pract	74	

		variability in joint repositioning of the knee joint in healthy participants	Katerina Daskalaki Zoe Roupa Ghobrial S Chrostoforos Giannaki Christos Savva Lee Herrington Manos Stefanakis			
6	2024	The effects of adding imagery to therapeutic exercises on pain reduction, flexibility, functional performance, and quality of life in women with chronic low back pain	Katerina Daskalaki Paraskevi Sakellari Manos Stefanakis Stelios Hadjisavvas Michalis Efstathiou Persephone Mamoukari Paraskevi Malliou	Journal of Physical Education and Sport	24 (8)	1964-1977
7	2024	Concentric exercise-induced fatigue of the shoulder impairs proprioception but not motor control or performance in healthy young adults	Stelios Hadjisavvas Michalis Efstathiou Irene Themistocleous Paraskevi Malliou Christoforos Giannaki Manos Stefanakis	Human Movement Science	98	
8	2024	Effect of concentric exercise-induced fatigue on proprioception, motor control and performance of the upper limb in handball players	Stelios Hadjisavvas Michalis Efstathiou Irene Themistocleous Katerina Daskalaki Paraskevi Malliou Christoforos Giannaki Jeremy Lewis Manos Stefanakis	Plos One	19 (12)	
9	2024	Can resistance training improve throwing performance in handball players? A	Stelios Hadjisavvas Michalis Efstathiou Irene Themistocleous	BMC Sports Sci Med Rehabil	16 (1)	



		Systematic review and meta-analysis.	Katerina Daskalaki Paraskevi Malliou Jeremy Lewis Manos Stefanakis			
10	2025	Effect of eccentric exercise-induced fatigue on proprioception, motor control and performance of the upper limb in handball players	Stelios Hadjisavvas Michalis Efstathiou Irene Themistocleous Katerina Daskalaki Elena Papamichael Christina Michailidou Panagiotis Rentzias Kyriakos Pavlou Christos Savva Manos Stefanakis	Sport Sciences for Health	21	1821-1835

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.
 List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2013 - Now	Pancyprian Association of Physiotherapists		