



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Stefanakis
Name:	Manos
Rank/Position:	Assistant Professor
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Physiotherapy

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
PhD	2012	University of Bristol	Department of Anatomy	Biomechanics of IVD pain
MSc	2005	Curtin University	Department of Physiotherapy	Influence of Age on Sensory and Motor Responses to Induced Delayed Onset Muscle Soreness in Wrist Extensors of Healthy Subjects
BSc	1999	TEI of Athens	School of Health Care	Hemiplegic shoulder pain



Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
October 2013	Present	University of Nicosia	Cyprus	Assistant Professor
October 2013	June 2016	University of Hertfordshire	Cyprus	Program Leader of the BSc Physiotherapy
September 2012	September 2013	European University of Cyprus	Cyprus	Lecturer

Key <u>refereed</u> 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	2021	Evaluating lower limb tendinopathy with Victorian Institute of Sport Assessment (VISA) questionnaires: a systematic review shows very-low-quality evidence for their content and structural validity - part I.	Vasileios Korakakis · Argyro Kotsifaki · Yiannis Sotiralis · Rod Whiteley · Kristian Thorborg	Knee Surg Sports Traumatol Arthrosc		https://doi.org/10.1007/s00167-021-06598-5
2	2021	A systematic review evaluating the clinimetric properties of the Victorian Institute of Sport Assessment (VISA) questionnaires for lower limb tendinopathy shows moderate to high-quality evidence for sufficient reliability, validity and responsiveness - part II.	Korakakis V., Whiteley R., Kotsifaki A, Yiannis Sotiralis & Kristian Thorborg	Knee Surg Sports Traumatol Arthrosc		https://doi.org/10.1007/s00167-021-06557-0
3	2019	Associations between functional capacity, isokinetic leg strength, sleep quality and cognitive function in multiple sclerosis patients: a cross-sectional study.	Panayiotis Aristotelous, Marios Pantzaris, Constantinos Pattichis, Georgios M Hadjigeorgiou, Christoforos D Giannaki,	Postgraduate Medicine	131:7	453-460
4	2018	Restless legs syndrome in Multiple Sclerosis patients: a contributing factor for fatigue, impaired functional capacity and	Panagiotis Aristotelous, Georgios M Hadjigeorgiou, Mauro Manconi, Eleni	Multiple Sclerosis and Related Disorders	Vol 40 (7)	588-594

		diminished health-related quality of life. Multiple Sclerosis and Related Disorders, 2018 Vol 40 (7): 588-594.	Leonidou, Giorgos K Sakkas, Marios Pantzaris,			
5	2016	Effect of Muscle Fatigue on Knee Proprioception in Healthy Volunteers.	G. Ximerakis, P. Malliou, A. Gioftsidou	Conference Proceedings of the 24th International Congress of Physical Education & Sport		
6	2015	Effectiveness of neural mobilization in patients with spinal radiculopathy: a critical review	Efstathiou M., Savva C., Giakas G.	Journal of Bodywork and Movement Therapy	19 (2)	205-12
7	2014	Mechanical influences in progressive intervertebral disc degeneration. Winner Paper of ISSLS Prize in Biomechanics.	Luo J, Pollintine P, Dolan P, Adams MA	Spine	39 (17):	1365-72
8	2013	Disc decompression following endplate damage: implications for disc degeneration depend on spinal level and age.	P Dolan, J Luo, P Pollintine, P Landham, M A. Adams	Spine	38 (17)	1473-81
9	2012	Annulus fissures are mechanically and chemically conducive to the ingrowth of nerves and blood vessels.	Al-Abbasi M, Harding I, Pollintine P, Dolan P, Tarlton J, Adams MA.	Spine	37 (22)	1883-91
10	2010	Healing of a painful intervertebral disc should not be confused with reversing disc degeneration.	Michael A. Adams, Patricia Dolan	Clinical Biomechanics	25	961-71



Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	2019-present	Effect of experimentally induced pain in knee proprioception	NA	Project supervisor
2	2019-present	Effect of fatigue in shoulder proprioception	NA	Project supervisor
3	2016-2019	Gamified and Online Activities for Learning to Support Dual Careers of Athletes	Erasmus plus, Sport Action	Partner
4	2016-2017	Massive Open Online Course for Basketball Injury Prevention Strategies	Erasmus plus, Sport Action	Partner
5	2014-2016	Therapeutic Exercise at the Work Space	Erasmus +	Partner

*Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other



**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	2015 - present	Journal of Physical Activity, Nutrition and Rehabilitation	Section Editor for Rehabilitation	Coordinate the peer review process for all Rehabilitation related papers submitted to the Journal
2	2016	Scientific committee of the 5 th Pancyprian Physiotherapy Conference	Member	Peer review all the papers submitted to the conference
3	2014	Scientific committee of the 4 th Pancyprian Physiotherapy Conference	Member	Peer review all the papers submitted to the conference



**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10) (Optional Entry)**

Ref. Number	Date	Title	Awarded by:
1	2014	Winner of the Best paper in Biomechanics award	International Society for the Study of Lumbar Spine (ISSLS)
2	2013	Winner of the special poster prize	International Society for the Study of Lumbar Spine (ISSLS)
3	2012	Prof. Allen Goodship Travelling Fellowship	British Orthopaedic Research Society