


**CURRICULUM VITAE, (BRIEF) PANAGIOTIS V. TSAKLIS, DOB: 01/04/1966**

<p><i>Current Appointments and Academic Title</i></p>  <p><b>Professor</b>  <b>Biomechanics</b>  <b>Orthotics &amp; Prosthetics</b>  <b>Ergonomics</b></p>	<ul style="list-style-type: none"> <li>• Professor: Dept. Physiotherapy «Alexander» Technological Educational Institute of Thessaloniki (ATEITH), Greece</li> <li>• Assoc/Anknuten Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden</li> <li>• Adjunct Professor, Dept of Biomechanics, University of Nebraska at Omaha, USA</li> <li>• Council member of <i>HELLENIC QUALITY ASSURANCE &amp; ACCREDITATION AGENCY (HQA)</i></li> <li>• Director: Center of Education and Life Long Learning (CELL) of ATEITH</li> <li>• Director: Laboratory for Biomechanics &amp; Ergonomics Department of Physiotherapy ATEITH</li> <li>• Hellenic Athletics Federation (SEGAS) federal Coach</li> <li>• Board member, Research Committee of ATEITH</li> </ul>
<p><i>Academic graduate Titles/degrees</i></p>	<ol style="list-style-type: none"> <li>1. <b>B.Sc</b>, Physiotherapy, TEI Thessaloniki, Greece, 1987</li> <li>2. <b>B.PhEd</b>, Physical Education &amp; Sports Science Democritus University of Thrace, Greece, 1991  &amp; Athletic Trainer Specialty Diplomas (lic No: L216-33932) <ul style="list-style-type: none"> <li>• ATC, Track &amp; Field Athletics</li> <li>• ATC, Weight Lifting</li> </ul> </li> </ol>
<p><i>Postgraduate Titles/degrees</i></p>	<ul style="list-style-type: none"> <li>• <b>PhD</b>, Div. Exercise Biology - Dept. Physical Education &amp; Sports Science, Aristotle University of Thessaloniki</li> </ul>
<p><i>Post-Doctoral Studies / Training</i></p>	<ul style="list-style-type: none"> <li>• <b>PostDoc</b>, Dept Neurobiology - Care Sciences &amp; Society, Karolinska Institutet, Sweden (Biomechanics &amp; Motor Control Lab)</li> <li>• <u>Tissue Engineering Training</u> <ul style="list-style-type: none"> <li>• (HST) Harvard Medical School – MIT, Tissue Engineering Lab, VA Medical Center, Boston, MA</li> <li>• Dept Mechanical Engineering, Fibers &amp; Polymers Lab, Massachusetts Institute of Technology, MA</li> </ul> </li> </ul>
<p><i>Other Professional Experience</i></p>	<ol style="list-style-type: none"> <li>1. Physiotherapist since 1987, (priv. practice 1989-2001)</li> <li>2. Professional Track &amp; Field Athletics Head Coach and Olympic Team TKD and Judo fitness personal trainer, since 1994 --</li> </ol>
<p><i>Undergraduate Teaching courses</i></p>	<ul style="list-style-type: none"> <li>- Ergometrics / Exercise Physiology</li> <li>- Biomechanics – Tissue Mechanics</li> <li>- Orthotics &amp; Prosthetics</li> <li>- Ergonomics &amp; Occupational Health and Safety</li> </ul>
<p><i>Post Graduate teaching courses</i></p>	<ul style="list-style-type: none"> <li>• « M.Sc. on Occupational Health and Safety» Democritus University of Thrace, Department of Medicine and Department of Public Health and Nursing of TEI of Athens. Teaching course: «Ergonomics - OHS at the sector of health providers-Long term hospitalization-problems for health</li> </ul>

	<p>professionals».</p> <ul style="list-style-type: none"> <li>• «M.Sc. on Health and Exercise» Department of Phys. Edu. and Sport Sci. University of Thessaly, Teaching course «Physiology of normal and pathological walking, <i>code: B18</i>»</li> <li>• «M.Sc. on Diabetes mellitus care» Department of Nursing, School of Health Professions, Alexander TEI, Thessaloniki. <u>Coordinator</u> for the courses: i) diabetic foot, ii) diabetes and exercise</li> <li>• «M.Sc. on Pediatric Physiotherapy» Department of Physiotherapy, School of Health Professions, Alexander TEI, Thessaloniki. <u>Coordinator</u> for the course “Elements of body growth and diet of the child”</li> <li>• «M.Sc. on NeuroMusculoSkeletal Physiotherapy» Department of Physiotherapy, School of Health Professions, Alexander TEI, Thessaloniki. <u>Coordinator</u> for the courses: i) Biomechanics &amp; Ergonomics of the NMS system and biomaterials, ii) Robotics – telemedicine and interactive means for the rehabilitation of NMS deficits</li> <li>• Magisterprogrammet on Work and Health "Arbetsrelaterade besvär i rörelseorganen". Teaching i) Work demanding High Energy Metabolism, ii) Work requiring considerable Muscle force; Department IMM, Karolinska Institute, Sweden</li> <li>• Educator: Medical Residency “Occupational Medicine”, Aristotle University of Thessaloniki, Medical School. Module of Ergonomics and Occupational Biomechanics</li> <li>• Educator: Hellenic Institute of Occupational Health and safety (ELINYAE), “Occupational Health and Safety and Ergonomics” Programs for training of Safety Technicians, since 2003-</li> </ul>
<p><i>Scientific Appointments:</i></p>	<ul style="list-style-type: none"> <li>• 2012- Professor, dept Physiotherapy ATEI</li> <li>• 2003-2012 Associate Professor, dept Physiotherapy ATEI</li> <li>• 1994-2003 Teaching Associate, dept Physiotherapy ATEI</li> <li>• Assoc. Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden (2017 - )</li> <li>• Adjunct Professor, Dept of Biomechanics, University of Nebraska at Omaha, USA (2018-)</li> <li>• Vis. Scientist, Massachusetts Institute of Technology, Dept. Mechanical Engineering / Bioengineering, Sept 01/2008 – Aug 31/2009 &amp; Sept 19/2011 – Sept 18/2012</li> <li>• Sen. Res. Dept. of Public Health Sciences –Div. Occupational and Environmental Medicine, Karolinska Institutet, Sweden (2009-2011)</li> </ul>

	<ul style="list-style-type: none"> <li>• Vis.Sci, Joslin-Beth Israel Deaconess Foot Center, Boston MA, 2010</li> <li>• Vis. lecturer, Karolinska Institutet, Div. Physiotherapy, Dept Neurobiology – Care Sciences and Society, since 2004</li> <li>• Collaborator, Uppsala University, Faculty of SciTech : Section of Chemistry : Dept. of Materials Chemistry; (Polymer Chemistry Lab), 2007</li> <li>• Trainee, HST –, Harvard Med School &amp; MIT, (Tissue Engineering Lab, VA Medical Center, Boston, MA), 2007</li> <li>• Collaborator, Centre for Research and Technology Hellas - Bioinformatics &amp; Telematics Institute, since 2004</li> <li>• Senior Educator of the Hellenic Institute for Occupational Health and Safety (EL.IN.Y.A.E), since 2003</li> </ul>
<p><i>Coordinator – work team member EU -Research Funding Programs And other Educational Programs</i></p>	<ul style="list-style-type: none"> <li>• Coordinator: 3rd European Community Support Program, Action 4.5.1, GSRT, 2003 The Operational Program "Competitiveness", 2000-2006 <b>«Model for the evaluation of the conditions for Hygiene and Safety in the work place»</b></li> <li>• Co-coordinator: INTEREG IIIA / PHARE CBC Greece - Bulgaria, 2000 – 2006; <b>«Education of current &amp; future executives of Greek &amp; Bulgarian enterprises, in occupational health &amp; safety, based on European Legislation &amp; Practice»</b></li> <li>• Co-coordinator: 7th Frame Program - HEALTH-2007-4.2-3; <b>«ROWER - Building a knowledge Repository for Occupational Well-being Economics Research»</b></li> <li>• Partner: Pythagoras II (funding Research in Universities-AUTH): <b>«Use of visual feedback training as means of improving static and dynamic balance function in older adults»</b>, project title No 80839, MIS code: 97436, 2006</li> <li>• Partner: Hydrotherapy (Project Hydriades) <b>«Study for the documentation of the biological and therapeutic properties and use of the thermomineral waters»</b>, Aristotle Univ. Thessaloniki &amp; Hellenic Association of Municipalities with Curative Springs, contract No 55005/17</li> <li>• Co-coordinator: ESPA-EU; call: Human Resources Development, Education and Lifelong Learning; <b>«New technologies – safety and health systems in the food production chain»</b>, DUTH, 2014-2015</li> <li>• Partner: FoU-projekt 2015,AHA <b>«Association of pre-frontal cortex activity (NIRS) and running strategies (Catapult). A pilot study focusing fatigue vs non fatigue»</b>, 2015-2016</li> <li>• Co-coordinator: Erasmus+: Cooperation for innovation and the exchange of good practices; Strategic Partnerships for adult education <b>«Job Coaching Training : Place, Train, Maintain for people with ID»</b>, 2015-2016</li> <li>• Coordinator: Life Long learning course <b>“Training on Pedorthotics”</b>; Center of Education and Lifelong Learning –</li> </ul>

	<p>ATEITH, year cycle since 2017</p> <ul style="list-style-type: none"> <li>• Coordinator: Life Long learning course “<b>Ergonomics &amp; OHS</b>”; Center of Education and Lifelong Learning – ATEITH &amp; Hellenic Institute of Occupational Health and Safety, year cycle since 2018</li> <li>• Coordinator: Life Long learning course “<b>Program for Educators Training</b>”; Center of Education and Lifelong Learning – ATEITH, year cycle since 2018</li> </ul>
<i>Evaluator / EXPERT - Committees for Scientific Research &amp; Education Projects</i>	<p>European Commission – RIA &amp; EACEA; EXPERT , programs:</p> <p><u>RIA-Horizon 2020:</u></p> <ul style="list-style-type: none"> <li>• 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 13 – 2014: New therapies for chronic non-communicable diseases)</li> <li>• 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 22 – 2015) Promoting mental wellbeing: in the ageing population)</li> </ul> <p><u>EACEA-ERASMUS+ Sport</u></p> <ul style="list-style-type: none"> <li>• "Collaborative partnerships in the sport field and not for profit European sport events" and "Not for profit sport events"</li> </ul> <p><u>Research Promotion Foundation of Cyprus (2003 -2010)</u></p> <p><u>Archemides II</u>», Hellenic Ministry of Education –(Support of Research groups at TEI), 2004---</p>
<i>Participation Professional Continuing Education</i>	<ul style="list-style-type: none"> <li>• Participation/Trainee: «International Design Strategies for Medical Curricula Across the Continuum», Organized by Harvard Medical International &amp; Karolinska Institute, 07-12/05/2006.</li> <li>• Scholar of Harvard Macy Institute (Harvard Medical International) 2006-2008</li> </ul>
<i>Books</i>	<p><b>Books/Monographies</b></p> <ul style="list-style-type: none"> <li>• Book: &lt;Introduction of the Isokinetic exercise&gt;, editorial house University Studio Press. 1997; ISBN: 960-12-0572-1.</li> <li>• Book: &lt;Knee and Isokinetics&gt;, editorial house University Studio Press. 2000; ISBN: 960-12-0805-4.</li> <li>• Book: &lt;Ergonomics and Preventive Physiotherapy&gt;, editorial house University Studio Press. 2005; ISBN: 960-12-1452-6.</li> <li>• Course Textbook: Ergometry – Exercise Physiology, 3<sup>rd</sup> teach semester, dept Physiotherapy</li> <li>• Course Textbook: Biomechanics, 4<sup>th</sup> teach semester, dept Physiotherapy</li> <li>• Course Textbook: Orthotics &amp; Prosthetics 5<sup>th</sup> teach semester, dept Physiotherapy</li> </ul>

- Course Textbook : Occupational Health and Safety – Long term hospitalization – problems of health care providers, *Master of Science program on OSH, Democritus University of Thrace*

#### **Book chapters**

- Book: <Applied Sports Physiotherapy - Chapter .2 "Isokinetic Test and Exercise">, editorial house BROKEN HILL PUBLISHERS LTD. 2014; ISBN: 978-996-3716715
- Book: <Diabetes Mellitus Modern aspects - Chapter .13 "Exercise and DM">, editorial house BROKEN HILL PUBLISHERS LTD. 2016; ISBN: 978-9963-258-55-0
- Book: <Ergonomic Design and Assessment of Products and Systems - Chapter 1. The Relationship between Ergonomics, Safety and Aesthetics in the Design of Consumer Products and Systems>, editorial house Nova Science Publishers. 2017; ISBN: 978-1-53611-784-4
- Book: <A. Veves et al. (eds.), *The Diabetic Foot, Contemporary Diabetes - Chapter .12: Biomechanics of the Diabetic Foot: The Road to Foot Ulceration* >, editorial house Springer International Publishing AG, part of Springer Nature. 2018; [https://doi.org/10.1007/978-3-319-89869-8\\_12](https://doi.org/10.1007/978-3-319-89869-8_12)

#### **Book Scientific Editing**

- Book: <I. Yannas (Springer) *Tissue and Organ regeneration in adults*> Greek translation; editorial house University Studio Press. 2009; ISBN: 978-960-12-1810-6
- Book: <Shoultz – Hougum – Perrin (Human Kinetics) *Examination of musculoskeletal injuries*> Greek translation; editorial house Parissianou. 2009; ISBN: 978-960-394-591-8
- Book: <A. Veves (Springer) *Diabetic foot*> Greek translation; editorial house University Studio Press. 2011; ISBN: 978-960-12-2031-4
- Book: <Chad E. Cook (Pearson) *Orthopedic Manual Therapy - an evidence based approach*> Greek translation; editorial house Med Publ D. Lagos. 2014; ISBN: 978-960-7875-85-3
- Book: <Peggy A. Hougum & Dolores B. Bertoli (F.A. Davies Co) *Brunnstrom's Clinical Kinesiology, 6th Edition*> Greek translation; editorial house Parissianou. 2014; ISBN 978-960-583-0038
- Book: <Margareta Nordin & Victor H. Frankel (Lippinkott Williams & Wilkins) *Basic Biomechanics of the Musculoskeletal System, 4th Edition*> Greek translation and editing; editorial house Med Publ D. Lagos. 2018; ISBN: 978-618-5296-0

*Selected Publications*

- Theoharopoulos A, Tsitskaris G, Nikopoulou M, Tsaklis P\*: Knee strength of professional basketball players; *The Journal of Strength and Conditioning Research*, 2000, vol.14.4. 457-463.
- Kitsios A, Tsaklis P, et.al: The effect of a physiotherapeutic program on bone mineral density, in individuals of postpuberty age (18-30) with cerebral palsy; *Journal of Back and Musculoskeletal Rehabilitation*, 2000, Vol 15, No:1, 41- 45
- Tsaklis P: Isokinetic evaluation of the knee extensors-flexors anaerobic capacity; *Isokinetics and Exercise Science*, 2001, Vol 10, No.2, 69-72.
- Beis K, Tsaklis P, Pieter W, Abatzides G: Tae Kwon Do competition injuries in Greek young and adult athletes; *European Journal of Sports Traumatology & related research*, 2002, Vol.23, No.3 , 130-134
- Tsaklis P. & Abatzides G: ACL rehabilitation program using a combined isokinetic and isotonic strengthening protocol; *Isokinetics and Exercise Science*, 2002, Vol 10, No.4, 211-219
- Bardis C, Kalamara E, Loucaides G, Tsaklis P\*: Intramachine and intermachine reproducibility of concentric performance: A study of Con-Trex MJ and the Cybex Norm dynamometers; *Isokinetics and Exercise Science*, 2004, Vol 12, No.2, 91-97
- Tsaklis P., Karlsson J.J, Grooten W.J., Ång B.: A combined sensorimotor skill and strength training program improves postural steadiness in rhythmic sports athletes; *Human Movement* 2008; 9(1):34-40
- Tsaklis P: Occupational Spinal Cord Injury – epidemiology and costs; *EGE Academic Review*, (special issue) Vol.9, No.3, 2009
- Tsaklis P: Presentation of Acoustic Waves propagation and their effects through human body tissues; *Human Movement* 2010; 11(1), 58-65
- Tsaklis P, Grooten W and Franzén E: Effects of weight-shift training on balance control and weight distribution in chronic stroke; *Topics in Stroke Rehabilitation*, 2012, Jan-Feb;19(1):23-31
- Tsaklis P, Malliaropoulos N, et.al.: Muscle and intensity based hamstring exercise classification in elite female track and field athletes: implications for exercise selection during rehabilitation; *Open Access Journal of Sports Medicine* June 2015 Volume 2015:6 Pages 209—217
- Malliaropoulos N, Mertyri D and Tsaklis P: Injuries Prevalence in Ultra Trail running; *Human Movement* June 2015 issue (No 2/2015)
- Kalliopi Kotsa, Anastasia Sachinidou, Panagiotis Tsaklis, et.al: Glycated Hemoglobin Is More Important in Predicting Bone Mineral Density than Bone Related Parameters in Healthy Premenopausal Women; *DIABETES*, (2015) 64(sup1), (A53)
- Kalliopi Kotsa, Konstantia Kotsani, Panagiotis Tsaklis, Kiriakos Kazakos: Telenursing Is a Useful Tool to Optimize Metabolic Control in Patients with Type 1 Diabetes Mellitus; *DIABETES*, (2015) 64(sup1), (A355)
- Guilherme H Elcadi, Panagiotis Tsaklis et.al: A Strong Correlation Between Dorsolateral Prefrontal Cortex And Vastus Lateralis Activity During Running To Fatigue; *Medicine and science in sports and exercise*, (2016) Volume: 48 No .5, supl. S663
- Kara G., Kyriakos K., Tsaklis P. Comparison Between a Trunk Training Machine and Conventional Exercises For Trunk Extensors and Effect on Stance Weight Distribution of Young Adults: A Pilot Study. *Turkish Journal of Physiotherapy and Rehabilitation*, 2016; 27(2):34-41
- Psarras A, Mertyri D, Tsaklis P.: Biomechanical analysis of Ankle during the

	<p>stance phase of Gait at various surfaces: A Literature Review; Human Movement 2016; 17(3)</p> <p>Kalesis K, Tsekmekidou X, Nikolopoulos V, Batos A, Tajia A, Pappas P, Tsaklis P, Kazakos K, Kotsa K: Vitamin D Effect on Cognitive Function in Elderly Patients with Impaired Fasting Glucose; DIABETES, (2017) 66, A203-A204</p> <p>Kotsa K, Battos A, Tsekmekidou X, Kalesis K, Karras S, Tsaklis P: Association of Testosterone and Vitamin D Levels with Metabolic Indices in Elderly Individuals with Impaired Fasting Glucose; DIABETES, (2017) 66(suppl1), (2018-P)</p> <p>Kotsa K, Elcadi G, Grammatiki M, Xergia S and Tsaklis P: Dorsolateral prefrontal cortex activity towards fatigue, of Diabetic type2 patients with macro-angiopathy and peripheral neuropathy (pilot study); Diabetologia (2017) 60:S446-447</p> <p>Tsaklis P, Zorzos A, Mertyri D: Gait adaptations after vestibular stimulation, in children with congenital visual impairments: a comparative study; Human Movement 2017;18(4):20–26</p> <p>Rontogiannis D, Tsaklis P, Mavromoustakos S, Kottaras S: Comparison between two different types of bags and musculoskeletal symptoms in primary school students; IETI Transactions on Ergonomics and Safety, (2017) Vol.1(2):11-22</p> <p>Kotsani K, Antonopoulou V, Kountouri A, Grammatiki M, Rapti E, Karras S, Trakatelli Ch, Tsaklis P, Kazakos K, Kotsa K: The role of telenursing in the management of Diabetes Type 1: A randomized controlled trial; International Journal of Nursing Studies 80 (2018) 29–35</p>
<i>Degree - MSc - PhD supervising N=</i>	Degree: >73 - MSc: >21 – PhD: >3
<i>Editorial Board / Reviewer</i>	<p><b>Editorial Board</b></p> <ul style="list-style-type: none"> <li>• Journal of Health Science and Profession, ISSN 2148-7588, e-ISSN 2148-7588</li> <li>• IETI Transactions on Ergonomics and Safety, International Engineering and Technology Institute, Hong Kong. ISSN 2520-5439</li> </ul> <p><b>Reviewer</b></p> <ul style="list-style-type: none"> <li>• Neuroscience Letters, (Elsevier)</li> <li>• Journal of Sports Science, (Taylor &amp; Francis)</li> <li>• The Clinical Journal of Pain, (Lippincott Williams &amp; Wilkins)</li> </ul> <p>Peer reviewer, Annual Educational Awards, Case Western Reserve University, School of Medicine, USA, since 2006</p>
<i>Memberships</i>	<ul style="list-style-type: none"> <li>• Panhellenic Association of Physiotherapists, since 1987.</li> <li>• Athletic Trainers Assn of North Greece, since 1997.</li> <li>• Greek Sports Medicine Association, since 2000.</li> <li>• Greek Aerospace Medicine and Space Research Association since 2001.</li> <li>• ISBS (International Society of Biomechanics in Sports) since 2002.</li> <li>• Greek Association of Biomechanics since 2003</li> <li>• Harvard Medical School Post Graduate Association, since 2007</li> </ul>

	<ul style="list-style-type: none"> <li>• North Greece Diabetes Association, since 2011</li> <li>• Senior Member: International Engineering and Technology Institute (IETI), Hong Kong (2017 - )</li> <li>• Scientific collaborator of ECOSEP - European College of Sports and Exercise Physicians, UK, (2017-)</li> </ul>
<i>Refs</i>	<p>Marqui's <b>Who's Who in Science and Engineering</b>», 7<sup>th</sup> - 8<sup>th</sup> - 9<sup>th</sup> and 10<sup>th</sup> Edition, 2003-2009.</p> <p>«Marqui's <b>Who's Who in the World</b>», 26<sup>th</sup> edition, 2009</p> <p>«Marqui's <b>Who's Who in America</b>», 2009</p> <p>«Marqui's <b>Who's Who in Medicine and Healthcare</b>», 2009-2010</p>
<i>Sports activities</i>	Former Volley Ball - Track & Field & Baseball, Elite Athlete