



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

<p><i>Current Appointments and Academic Title</i></p> <p>Professor</p> <p>Biomechanics</p> <p>Orthotics & Prosthetics</p> <p>Ergonomics</p> 	<ul style="list-style-type: none">• Professor: Department of Physical Education and Sports Sciences, University of Thessaly, Greece• Assoc/Anknuten Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden• Visiting Professor (research), 3rd Orthopaedic Clinic Aristotle University of Thessaloniki, Gen Hospital "Papageorgiou"• Council member of <i>HELLENIC QUALITY ASSURANCE & ACCREDITATION AGENCY</i> (HQA)• Hellenic Athletics Federation (SEGAS) federal Coach
<p><i>Academic graduate Titles/degrees</i></p>	<ol style="list-style-type: none">1. B.Sc, Physiotherapy, TEI Thessaloniki, Greece, 19872. B.PhEd, Physical Education & Sports Science Democritus University of Thrace, Greece, 1991 & Athletic Trainer Specialty Diplomas (lic No: L216-33932)<ul style="list-style-type: none">• ATC, Track & Field Athletics• ATC, Weight Lifting
<p><i>Postgraduate Titles/degrees</i></p>	<ul style="list-style-type: none">• PhD, Div. Exercise Biology - Dept. Physical Education & Sports Science, Aristotle University of Thessaloniki
<p><i>Post-Doctoral Studies / Training</i></p>	<ul style="list-style-type: none">• PostDoc, Dept Neurobiology - Care Sciences & Society, Karolinska Institutet, Sweden (Biomechanics & Motor Control Lab)• <u>Tissue Engineering Training</u><ul style="list-style-type: none">• (HST) Harvard Medical School – MIT, Tissue Engineering Lab, VA Medical Center, Boston, MA• Dept Mechanical Engineering, Fibers & Polymers Lab, Massachusetts Institute of Technology, MA
<p><i>Other Professional Experience</i></p>	<ol style="list-style-type: none">1. Physiotherapist since 1987, (priv. practice 1989-2001)2. Professional Track & Field Athletics Head Coach and Olympic Team TKD and Judo fitness personal trainer, since 1994 --
<p><i>Undergraduate Teaching courses</i></p>	<ul style="list-style-type: none">- Ergometrics / Exercise Physiology- Biomechanics – Tissue Mechanics- Orthotics & Prosthetics- Ergonomics & Occupational Health and Safety
<p><i>Post Graduate teaching courses</i></p>	<ul style="list-style-type: none">• « 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 professionals».

	<ul style="list-style-type: none"> • «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>» • «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 • «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” • «M.Sc. on NeuroMusculoSkeletal Physiotherapy» Department of Physiotherapy, School of Health Professions, Alexander TEI, Thessaloniki. <u>Coordinator</u> for the courses: i) Biomechanics & Ergonomics of the NMS system and biomaterials, ii) Robotics – telemedicine and interactive means for the rehabilitation of NMS deficits • 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 • Educator: Medical Residency “Occupational Medicine”, Aristotle University of Thessaloniki, Medical School. Module of Ergonomics and Occupational Biomechanics • Educator: Hellenic Institute of Occupational Health and safety (ELINYAE), “Occupational Health and Safety and Ergonomics” Programs for training of Safety Technicians, since 2003-
<p><i>Scientific Appointments:</i></p>	<ul style="list-style-type: none"> • 2019 - Professor, dept of Physical Education and Sports Sciences, University of Thessaly • 2012- 2019 Professor, dept Physiotherapy ATEI • 2003-2012 Associate Professor, dept Physiotherapy ATEI • 1994-2003 Teaching Associate, dept Physiotherapy ATEI • Visiting Professor (research), 3rd Orthopaedic Clinic Aristotle University of Thessaloniki, Gen Hospital "Papageorgiou" (2019-) • Adjunct Professor, Dept of Biomechanics, University of Nebraska at Omaha, USA (2018-) • Assoc. Dept. of Molecular Medicine and Surgery, Karolinska Institutet, Sweden (2017 -) • Vis. Scientist, Massachusetts Institute of Technology, Dept. Mechanical Engineering / Bioengineering, Sept 01/2008 – Aug 31/2009 & Sept 19/2011 – Sept 18/2012

	<ul style="list-style-type: none"> • Sen. Res. Dept. of Public Health Sciences –Div. Occupational and Environmental Medicine, Karolinska Institutet, Sweden (2009-2011) • Vis.Sci, Joslin-Beth Israel Deaconess Foot Center, Boston MA, 2010 • Vis. lecturer, Karolinska Institutet, Div. Physiotherapy, Dept Neurobiology – Care Sciences and Society, since 2004 • Collaborator, Uppsala University, Faculty of SciTech : Section of Chemistry : Dept. of Materials Chemistry; (Polymer Chemistry Lab), 2007 • Trainee, HST –, Harvard Med School & MIT, (Tissue Engineering Lab, VA Medical Center, Boston, MA), 2007 • Collaborator, Centre for Research and Technology Hellas - Bioinformatics & Telematics Institute, since 2004 • Senior Educator of the Hellenic Institute for Occupational Health and Safety (EL.IN.Y.A.E), since 2003
<p><i>Coordinator – work team member</i> <i>EU -Research Funding Programs</i> <i>And other Educational Programs</i></p>	<ul style="list-style-type: none"> • Coordinator: 3rd European Community Support Program, Action 4.5.1, GSRT, 2003 The Operational Program "Competitiveness", 2000-2006 «Model for the evaluation of the conditions for Hygiene and Safety in the work place» • Co-coordinator: INTEREG IIIA / PHARE CBC Greece - Bulgaria, 2000 – 2006; «Education of current & future executives of Greek & Bulgarian enterprises, in occupational health & safety, based on European Legislation & Practice» • Co-coordinator: 7th Frame Program - HEALTH-2007-4.2-3; «ROWER - Building a knowledge Repository for Occupational Well-being Economics Research» • Partner: Pythagoras II (funding Research in Universities-AUTH): «Use of visual feedback training as means of improving static and dynamic balance function in older adults», project title No 80839, MIS code: 97436, 2006 • Partner: Hydrotherapy (Project Hydriades) «Study for the documentation of the biological and therapeutic properties and use of the thermomineral waters», Aristotle Univ. Thessaloniki & Hellenic Association of Municipalities with Curative Springs, contract No 55005/17 • Co-coordinator: ESPA-EU; call: Human Resources Development, Education and Lifelong Learning; «New technologies – safety and health systems in the food production chain», DUTH, 2014-2015 • Partner: FoU-projekt 2015, AHA «Association of pre-frontal cortex activity (NIRS) and running strategies (Catapult). A pilot study focusing fatigue vs non fatigue», 2015-2016 • Co-coordinator: Erasmus+: Cooperation for innovation and the exchange of good practices; Strategic Partnerships for adult education «Job Coaching Training : Place, Train, Maintain for people with ID», 2015-2016

	<ul style="list-style-type: none"> • Coordinator: Life Long learning course “Training on Pedorthotics”; Center of Education and Lifelong Learning – ATEITH, year cycle since 2017 • Coordinator: Life Long learning course “Ergonomics & OHS”; Center of Education and Lifelong Learning – ATEITH & Hellenic Institute of Occupational Health and Safety, year cycle since 2018 • Coordinator: Life Long learning course “Program for Educators Training”; Center of Education and Lifelong Learning – ATEITH, year cycle since 2018
<p><i>Evaluator / EXPERT - Committees for Scientific Research & Education Projects</i></p>	<p>European Commission – RIA & EACEA; EXPERT , programs:</p> <p><u>RIA-Horizon 2020:</u></p> <ul style="list-style-type: none"> • 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 13 – 2014: New therapies for chronic non-communicable diseases) • 'Personalizing health care' call (H2020-PHC-2014-two Stage - PHC 22 – 2015) Promoting mental wellbeing: in the ageing population) <p><u>EACEA-ERASMUS+ Sport</u></p> <ul style="list-style-type: none"> • "Collaborative partnerships in the sport field and not for profit European sport events" and "Not for profit sport events" <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>
<p><i>Participation Professional Continuing Education</i></p>	<ul style="list-style-type: none"> • Participation/Trainee: «International Design Strategies for Medical Curricula Across the Continuum», Organized by Harvard Medical International & Karolinska Institute, 07-12/05/2006. • Scholar of Harvard Macy Institute (Harvard Medical International) 2006-2008
<p><i>Books</i></p>	<p>Books/Monographies</p> <ul style="list-style-type: none"> • Book: <Introduction of the Isokinetic exercise>, editorial house University Studio Press. 1997; ISBN: 960-12-0572-1. • Book: <Knee and Isokinetics>, editorial house University Studio Press. 2000; ISBN: 960-12-0805-4. • Book: <Ergonomics and Preventive Physiotherapy>, editorial house University Studio Press. 2005; ISBN: 960-12-1452-6 • Book: <Isokinetic dynamometry and training>, editorial house University Studio Press. 2019; ISBN: 978-960-12-2432-9 • Course Textbook: Ergometry – Exercise Physiology, 3rd teach semester, dept Physiotherapy

- Course Textbook: Biomechanics, 4th teach semester, dept Physiotherapy
- Course Textbook: Orthotics & Prosthetics 5th teach semester, dept Physiotherapy
- 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

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 – Houglum – 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. Houglum & Dolores B. Bertoli (F.A. Davies Co) *Brunnstrom's Clinical Kinesiology, 6th Edition*> Greek translation; editorial house Parissianou. 2014; ISBN 978-960-583-0038

	<ul style="list-style-type: none"> • Book: < Margareta Nordin & Victor H. Frankel (Lippinkott Williams & Wilkins) <i>Basic Biomechanics of the Musculoskeletal System, 4th Edition</i>> Greek translation and editing; editorial house Med Publ D. Lagos. 2018; ISBN: 978-618-5296-0
<p><i>Selected Publications</i></p>	<p>Theoharopoulos A, Tsitskaris G, Nikopoulou M, Tsaklis P*: Knee strength of professional basketball players; <i>The Journal of Strength and Conditioning Research</i>, 2000, vol.14.4. 457-463.</p> <p>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; <i>Journal of Back and Musculoskeletal Rehabilitation</i>, 2000, Vol 15, No:1, 41- 45</p> <p>Tsaklis P: Isokinetic evaluation of the knee extensors-flexors anaerobic capacity; <i>Isokinetics and Exercise Science</i>, 2001, Vol 10, No.2, 69-72.</p> <p>Beis K, Tsaklis P, Pieter W, Abatzides G: Tae Kwon Do competition injuries in Greek young and adult athletes; <i>European Journal of Sports Traumatology & related research</i>, 2002, Vol.23, No.3 , 130-134</p> <p>Tsaklis P. & Abatzides G: ACL rehabilitation program using a combined isokinetic and isotonic strengthening protocol; <i>Isokinetics and Exercise Science</i>, 2002, Vol 10, No.4, 211-219</p> <p>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; <i>Isokinetics and Exercise Science</i>, 2004, Vol 12, No.2, 91-97</p> <p>Tsaklis P., Karlsson J.J, Grooten W.J., Äng B.: A combined sensorimotor skill and strength training program improves postural steadiness in rhythmic sports athletes; <i>Human Movement</i> 2008; 9(1):34-40</p> <p>Tsaklis P: Occupational Spinal Cord Injury – epidemiology and costs; <i>EGE Academic Review</i>, (special issue) Vol.9, No.3, 2009</p> <p>Tsaklis P: Presentation of Acoustic Waves propagation and their effects through human body tissues; <i>Human Movement</i> 2010; 11(1), 58-65</p> <p>Tsaklis P, Grooten W and Franzén E: Effects of weight-shift training on balance control and weight distribution in chronic stroke; <i>Topics in Stroke Rehabilitation</i>, 2012, Jan-Feb;19(1):23-31</p> <p>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; <i>Open Access Journal of Sports Medicine</i> June 2015 Volume 2015:6 Pages 209—217</p> <p>Malliaropoulos N, Mertyri D and Tsaklis P: Injuries Prevalence in Ultra Trail running; <i>Human Movement</i> June 2015 issue (No 2/2015)</p> <p>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; <i>DIABETES</i>, (2015) 64(sup11), (A53)</p> <p>Kalliopi Kotsa, Konstantia Kotsani, Panagiotis Tsaklis, Kiriakos Kazakos: Telenursing Is a Useful Tool to Optimize Metabolic Control in Patients with Type 1 Diabetes Mellitus; <i>DIABETES</i>, (2015) 64(sup11), (A355)</p> <p>Guilherme H Elcadi, Panagiotis Tsaklis et.al: A Strong Correlation Between Dorsolateral Prefrontal Cortex And Vastus Lateralis Activity During Running</p>

	<p>To Fatigue; Medicine and science in sports and exercise, (2016)Volume: 48 No .5, supl. S663</p> <p>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</p> <p>Psarras A, Mertyri D, Tsaklis P.: Biomechanical analysis of Ankle during the 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>Editorial Board</p> <ul style="list-style-type: none"> • Journal of Health Science and Profession, ISSN 2148-7588, e-ISSN 2148-7588 • IETI Transactions on Ergonomics and Safety, International Engineering and Technology Institute, Hong Kong. ISSN 2520-5439 <p>Reviewer</p> <ul style="list-style-type: none"> • Neuroscience Letters, (Elsevier) • Journal of Sports Science, (Taylor & Francis) • The Clinical Journal of Pain, (Lippincott Williams & Wilkins) <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"> • Panhellenic Association of Physiotherapists, since 1987. • Athletic Trainers Assn of North Greece, since 1997. • Greek Sports Medicine Association, since 2000. • Greek Aerospace Medicine and Space Research Association since 2001. • ISBS (International Society of Biomechanics in Sports) since 2002. • Greek Association of Biomechanics since 2003 • Harvard Medical School Post Graduate Association, since 2007 • North Greece Diabetes Association, since 2011 • Senior Member: International Engineering and Technology Institute (IETI), Hong Kong (2017 -) • Scientific collaborator of ECOSEP - European College of Sports and Exercise Physicians, UK, (2017-)
<i>Refs</i>	<p>Marqui's Who's Who in Science and Engineering», 7th - 8th - 9th and 10th Edition, 2003-2009.</p> <p>«Marqui's Who's Who in the World», 26th edition, 2009</p> <p>«Marqui's Who's Who in America», 2009</p> <p>«Marqui's Who's Who in Medicine and Healthcare», 2009-2010</p>
<i>Sports activities</i>	Former Volley Ball - Track & Field & Baseball, Elite Athlete