

Curriculum Vitae **DIMITRIS SOKRATOUS**

Date of birth: **4 December 1984**, Nationality: Greek Cypriot
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ACADEMIC QUALIFICATIONS

- Sep 2019 – Present **PhD candidate – Neurorehabilitation** (Scholarship from Cyprus State Scholarship Foundation)
Cyprus University of Technology, Limassol, CY
- Sep 2016 – July 2018 **MSc. in Brain and Cognitive Science** (Excellent)
Cyprus University of Technology, Limassol, CY
Thesis: intermittent Theta – Burst Stimulation (iTBS) over the ipsilesional M1 combined with PNF technique on the paretic upper extremity, on a chronic post-stroke patient.
- Sept 2009- July 2012 **BSc. Physiotherapy** (Excellent - scholarship)
Charles University, Prague, CZ
Thesis: Rehabilitation after patella dislocation
- Sept 2004- June 2009 **BSc. Physical Education and Sports Science** (Merit)
National and Kapodistrian University of Athens, GR
Thesis: Statistical analysis of the Premier League players Vs Super League players

PROFESSIONAL EXPERIENCE

- Sep 2022 – Present **National Academy of Sports Medicine (NASM), Cyprus**
Position: Corrective Exercise Specialist Instructor
- Sep 2021 – Present **University of Nicosia, Cyprus**
Position: Lecturer - Clinical instructor
Subject: Neurological physiotherapy, Clinical Practice in Neurological diseases II
School of Sciences and Engineering, BSc Physiotherapy
- Oct 2020 - Present **Health Insurance Organization, Cyprus**
Position: Scientific consultant
Member of the team which prepares and organizes the protocols regarding physiotherapy referrals in adult's neurological patients. Health Insurance Organization is the founder of the National Health System in Cyprus.
- Sep 2020 – Present **Frederick University, Limassol, Cyprus**
Position: Lecturer
Subjects: Sport Physiotherapy, Exercise in clinical population (Neurological disorders)
School of Education and Social Sciences, BSc Physical Education and Sport Sciences
- Jan 2020 – Present **Cyprus Institute of Neurology and Genetics**
Position: Senior Physiotherapist
Assessment, intervention and research studies of adults with acquired neuropathologies and neurological syndromes (Stroke, Traumatic Brain Injuries, Brain Tumor, Parkinson's disease, Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Myasthenia Gravis, Myopathies, Ataxia, Muscular Dystrophies etc) in an in- and out-patient setting.
- Jan 2020 – Present **Department for Social Inclusion of Persons with Disabilities**
Member of the evaluation committee for the wheelchair and technical aids applications.
- Sep 2019 – Present **Cyprus University of Technology, Limassol, Cyprus**
Position: Research Assistant at Microsoft Computer Games and Emerging Technologies Research Lab (GET Lab) of the CUT. Works with Virtual & Augmented Reality for wellbeing especially by combining neuroscience, cognitive psychology concepts and Serious Games for educational, training and rehabilitation purposes.
- Sep 2016 – Present **All About Aquatics Cyprus**
Position: Scientific consultant
Organize educational seminars concerning the aquatic therapy and aqua fitness.
- Aug 2012 – Dec 2019 **Melathron Agoniston EOKA, Rehabilitation Centre, Limassol, Cyprus**
Position: Physiotherapist and Aqua therapist. Head of the aquatic therapy department.
Assessment and intervention of adults with acquired neuropathologies (Stroke, Traumatic Brain Injuries, Brain Tumor, Parkinson's disease, Multiple Sclerosis etc) and musculoskeletal injuries (scoliosis, sport injuries, disk herniation, knee/hip replacement etc), in- and out-patient setting.
- Sep 2011, 2012, 2014 **Cyprus Lifesaving Federation**
Organizer and coordinator of the Cyprus lifesaving competition, Limassol.
- Jan 2013 – Dec 2019 **Freelance Physiotherapist and Aqua therapist, Limassol, Cyprus**
- Sep 2013 – Sep 2019 **Nautical Club of Mesa Geitonia, Limassol, Cyprus**
Head coach of under 14years, under 11years and juniors of the water polo team.
- Sep 2013 – Sep 2019 **Nautical Club of Mesa Geitonia, Limassol, Cyprus**
Assistant coach of Men's and under 17years of the water polo team.
- Sep 2012 – March 2013 **Iacovou Swimming Center, Limassol, Cyprus**
Swimming coach
- July 2011, 2010 **Limassol Lifesaving Federation**
Coordinator of lifesaving courses
- July 2011 **Olympia Fitness Center, Limassol, Cyprus**
Summer school Instructor – water polo, swimming.
- July 2010 – Present **Cyprus Lifesaving Federation**
Lifeguard instructor
- Feb 2010 – Feb 2012 **Divers Alert Network (DAN) Europe**
Oxygen First Aid Scuba Diving Injuries - Instructor

CLINICAL TRAINING

June 2010 – July 2010

June 2011 – July 2011

Sept 2009- June 2012

Melathron Agoniston EOKA, Rehabilitation Centre, Limassol, Cyprus

Assessment and intervention of adults with acquired neuropathologies (Stroke, Traumatic Brain Injuries, Brain Tumor, Parkinson 's disease, Multiple Sclerosis etc) and musculoskeletal injuries, in an in- and out-patient setting.

693 Clinical hours for the completion of the B.Sc. of Physiotherapy

Hospitals of training: Military Hospital (UVN) Ústřední Vojenská Nemocnice in Prague, Rheumatologic Clinic (REV) Revmatologický Ústav, CLPA (Centrum Léčby Pohybového Aparátu), Centrum Paraple. Assessment and intervention of patients with orthopaedic, neurologic and reumatoid diseases.

TRAINING COURSES/ CERTIFICATION

December 2022

World Federation of Neurorehabilitation (WFNR) mentorship program

Position: mentee

October 2022 – April 2023

Reproducible Rehabilitation (ReproRehab) research education program

University of South California

August 2022

“Corrective exercise specialist”

National Academy of Sports Medicine (NASM)

May 2022

“Pilates and Quality of Life”

All About Aquatics Cyprus –Frederick University

Limassol, CY

March 2022

“Clinical TMS Certification Course”

Maastricht University – Live stream event

February 2022

“Building better work environment”

E.W. Human Development Ltd. - Cyprus Institute of Neurology and Genetics

Nicosia, CY

November 2021

“Oxygen therapy and safety”

Healthcare training LTD - Cyprus Institute of Neurology and Genetics

Nicosia, CY

July 2021

“Treating patients with upper limb deficit: integrating research into practice”

8th Annual Queen Square Upper Limb Neurorehabilitation Course

University College London Hospitals

Online course

November 2020

“Respiratory Physiotherapy in Chronic Neurological Patients” – instructor

Cyprus Association of Physiotherapists – Cyprus Institute of Neurology and Genetics

Nicosia, CY

October 2020

“PD Monitor Induction and Usage training” – online

PD Neurotechnology

September 2019

“Sports Physiotherapy Level 1”

Australian Physiotherapy Association (APA)

Nicosia, CY

November 2017

“Aqua Pilates, Dynafloat Program, level 1”

BECO Aqua College

Limassol, CY

January 2017

“Clinical Ai Chi”

Internation Aquatic Therapy Faculty (IATF)

Limassol, CY

September 2016

“Aquatic Therapy in Neurologic Patient”

Internation Aquatic Therapy Faculty (IATF)

Limassol, CY

September 2016

THE BOWEN THERAPY ACADEMY OF AUSTRALIA – BOWTECH

Master Degree

Limassol, CY

August 2016

Lifeguard certification – Instructor

Cyprus Lifesaving Federation

Limassol, Cy

February 2016

“Water Specific Therapy”

Internation Aquatic Therapy Faculty (IATF)

Nicosia, CY

May 2015

“Aquatic therapy for Cerebral Palsy”

Paramed S.O.

Athens, GR

January 2015

“The Bad Ragaz Ring Method – Aquatic therapy”

Internation Aquatic Therapy Faculty (IATF)

Athens, GR

November 2011

“K-Active taping – kinesiology taping”, Limassol, CY

CONFERENCES

November 2022

“2nd International Rehabilitation Conference”

Metropolitan Collage, Athens, Greece

Title: Therapeutic approaches to improve corticospinal plasticity and clinical condition in patients with neurological diseases.

Speaker

May 2020

“The 6th Annual Brain Stimulation and Imaging Meeting”

Online Event.

January 2020

“Prevention and management of human mistakes in the health professionals”

Patient Safety Conference 2020

Nicosia, Cyprus

November 2017

“Raising Stroke Awareness”

Title: Functional approach on post-stroke rehabilitation

Cyprus Stroke Association – Cyprus University of Technology

Speaker, Limassol, Cyprus

November 2014

“Neurological and Musculoskeletal Disorders”, Seminar on Rehabilitation

Title: Rehabilitation approaches in Melathron Agoniston EOKA

Melthron Agoniston EOKA and Cyprus University of Technology

Speaker, Limassol, Cyprus

October 2014

“Technical Course of Coaches in Water Polo”

Cyprus Swimming Federation

Nicosia, CY

March 2009

“The 2nd Hellenic Sport Medicine Conference”

Certified from EACCME – UEMS

April 2008

“The 11th Hellenic Conference of the registered Physical educators and sport scientists”

Athens, Greece

SEMINARS

Oct2020 - Jun21

“ICEBAT Aquatic Therapy”

International Aquatic Therapy Faculty (IATF)

Series of webinars

May 2020

“Virtual Reality related to clinical rehabilitation”

Evexia rehabilitation center – Webinar

Thessaloniki, Greece

April 2020

“The COVID 19 – CARDIO RESPIRATORY WEBINAR”

Monroe Medical Ltd, Belfast, Northern Ireland, UK

September 2008

“Technical Analysis of the EURO 2008”

Hellenic Federation of Football Coaches

Athens, Greece

January 2008

“Educational seminar for football coaches”

Hellenic Federation of Football Coaches

Athens, Greece

April 2007

“Fitness Meeting 2007”

Thematic units: “Football academies” and “Factors to design and apply fitness program against resistance”

Athens, Greece

RESEARCH ACTIVITY

- Christou, C. G., Michael-Grigoriou, D & Sokratous, D. (2018) Virtual Buzzwire: Assessment of a Prototype VR Game for Stroke Rehabilitation, IEEEVR 2018, Reutlingen, Germany.

- Christou, C. G., Michael-Grigoriou, D., Sokratous, D. & Tsiakoulia, M. (2018) Buzzwire VR: An Immersive Game to Supplement Fine-Motor Movement Therapy, International Conference on Artificial Reality and Telexistence, Eurographic symposium on Virtual Environments (2018).

- Sokratous, D. (2022). Investigation of in-phase bilateral exercise effects on corticospinal plasticity in relapsing remitting multiple sclerosis: a multiple baseline design. medRxiv.

RESEARCH MENTORING EXPERIENCE

2021 – 2022

Cyprus School of Molecular Medicine

MSc Student – Niveen Fawzy Kerolos PT

Thesis: “Investigation of the effects of the in-phase bilateral exercises in a patient of relapsing-remitting multiple sclerosis

PROFESSIONAL ACTIVITIES/ MEMBERSHIPS

Dec 2022 - Present Cyprus Neurological Physiotherapy Specialized Group
Position: President

Jul 2022 – Present Member of the World Federation for Neurorehabilitation

Jun 2022 – Present The Cyprus Institute of Neurology and Genetics / Clinical Governance
Position: Vice-President

Aug 2019 – Aug 2020 Member of the Society for NeuroSports

Jun 2015 – Jun2020 Member of Cyprus Stroke Association

Dec 2016 – Dec 2018 Member of the World Water Polo Coaches

Jun 2015 - Jun 2018 Board Member of Cyprus Stroke Association
Position: Vice- President

Aug 2012 – Present Member of the Cyprus Association of Registered Physiotherapists (R.N. 633)

Jan 2013 – Dec 2016 Board Member of the Limassol Lifeguard Federation.
Position: Vice- President

Jan 2014 – Dec 2015 Board Member of the Cyprus Lifesaving Federation.
Position: Head of the department of the Sport Activities.

Jan 2010 – Dec 2013 Board Member of the council of the Limassol Lifeguard Federation.

July 2009 – Present Member of the Cyprus Association of Registered Physical Educator and Sport Scientists (R.N. 324).

LANGUAGES AND COMPUTER SKILLS

Greek: Native Speaker

English: Competent (BSc. Physiotherapy in English, MSc./ PhD Neurorehabilitation in English)

Computer: Competent (Word, Excel, PowerPoint, Internet)