



**UNIVERSITY OF THE PELOPONNESE
SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF PHYSIOTHERAPY**

 University of the Peloponnese
Department of Physiotherapy

**1st International
Conference of
Physiotherapy**

**“Physiotherapy 2025:
Redefining the Limits –
From Neonatal to Old
Age.”**

**Sparti, October
10-12, 2025**


ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΠΕΛΟΠΟΝΝΗΣΟΥ


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ΣΠΑΡΤΗΣ

Registration at: <https://www.eventora.com/el/Events/synedrio-tmhmatos-fysio8erapei>



Message from the President of the Conference

Dear colleagues, students, and guests,

We with great pleasure are welcome you to the:

1st International Conference of the Department of Physiotherapy, University of the Peloponnese: "Physiotherapy 2025: Redefining the Boundaries – From Neonatal to Elderly Care",

Which will be held in the historic city of Sparta from 10 to 12 October 2025.

This is the first international scientific event that is organized by our Department, aiming in the showcasing of contemporary physiotherapy across the full spectrum of human life.

I feel extremely proud regarding the participation of distinguished speakers from all over Greece and abroad, with whom we will the opportunity to share valuable experience and specialized knowledge. It is an interdisciplinary collaboration that will strengthen the ties among physiotherapy departments throughout Greek Physiotherapy Departments and beyond.

I warmly invite you to participate, actively, share experiences, and engage in significant networking opportunities. Knowledge and collaboration opportunities that will be developed in the historic city of Sparta, will probably contribute decisively to a further physiotherapy advancement and also to the improvement of patients' quality of life.

I am fully convinced that the specific scientific exchange will constitute a source of inspiration and innovation for all of us.

Warm regards,

Maria Tsironi

**President of the 1st International Conference, Department of Physiotherapy,
University of the Peloponnese**

President of the Department of Physiotherapy, University of the Peloponnese

President's Organizing Committee Message

Dear colleagues and participants,

I welcome you to the 1st International Conference of the Department of Physiotherapy, University of the Peloponnese: "Physiotherapy 2025: Redefining the Boundaries – From Neonatal to Elderly Care".

I would like to express my warm gratitude to all those who contributed to the organization of this important scientific event. The dedication and hard work of the members of the Organizing Committee, the Scientific Committee, and the staff of the Department of Physiotherapy have made possible the organization of a high-level conference.

This conference includes a rich range of topics covering the entire spectrum of contemporary physiotherapy practice, from neonatal care to geriatric rehabilitation. Round tables, clinical workshops, and oral presentations offer an excellent opportunity for the exchange of knowledge, experience, and innovative approaches.

The presence of distinguished speakers from Greece and abroad guarantees both the scientific excellence of this event and the interdisciplinary approach. Moreover, students' and young scientists' participation ensures the transfer of knowledge to the next physiotherapists generations.

The historic city of Sparta, with its hospitality and beauty, provides an ideal environment for the development of fruitful dialogue and the creation of new collaborations.

I invite you to participate actively in all our conference's activities and get engaged to scientific update and networking opportunities.

Kind regards,

Maria Kyriakidou

President of the Organizing Committee

1st International Conference, Department of Physiotherapy

University of the Peloponnese

Message from the President of the Scientific Committee

Dear colleagues and participants,

On behalf of the Scientific Committee, I welcome you to the 1st International Conference of the Department of Physiotherapy, University of the Peloponnese, entitled: "Physiotherapy 2025: Redefining the Boundaries – From Neonatal to Elderly Care".

The scientific program that has been developed reflects contemporary trends and challenges in the field of physiotherapy, and covers a broad range of thematic areas extended to all stages of human life. The selection of topics aims in presenting evidence-based practices, innovative methods, and research findings of physiotherapy.

The interdisciplinary approach we have adopted shows the decisive role of physiotherapy in contemporary holistic health care and rehabilitation.

The clinical workshops offer a unique opportunity for practical training and in-depth study of specialized techniques, while the round tables provide a forum for fruitful dialogue and exchange of views.

The Scientific Committee has worked diligently to ensure the scientific rigor and diversity of the program, offering to participants a rich educational experience that will contribute to their professional development and to the improvement of physiotherapy services.

I invite you to participate actively in the conference activities, to share your knowledge and experiences, and to contribute to the enriching of the scientific dialogue that will take place during these three days.

Kind regards,

Georgios Papagiannis

President of the Scientific Committee

1st International Conference, Department of Physiotherapy

University of the Peloponnese

PRESIDENT OF THE CONFERENCE:

MARIA TSIRONI

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PROGRAM STRUCTURE

	Oral Presentation (O*)
	Clinical Workshops
	Poster Sessions
	Round Table (RT*)
	Keynote Lecture
	Opening Ceremony
	Closing Ceremony

FRIDAY, OCTOBER 10, 2025		
TIME	Registration & Welcome Coffee	
9:00-10:30		
TIME	AMPHITHEATER	
9:00-10:30	O1-Oral Presentations	
10:30-12:00	RT 1 “Neonatal Physiotherapy and Early Intervention”	
12:00-13:30	RT 2 “Neurological Physiotherapy in Adults”	
13:30-14:30	Light Lunch & Networking	e-Poster sessions ROOM A-25 (1 ST FLOOR)
14:30-16:00	RT 3 “Present and Future of Musculoskeletal Physiotherapy. New Insights.”	
TIME	CLINICAL WORKSHOP ROOMS	
16:00-17:30	Clinical Workshop 1 “Use of Virtual Reality in Physiotherapy Assessment and Rehabilitation” ROOM I-30 (GROUND FLOOR)	Clinical Workshop 2 “Mirror Therapy – Applications for the Hand in Musculoskeletal and Neurological Patients” ROOM A-27 (1 ST FLOOR)
17:30-17:45	Coffee Break	
17:45-19:15	Clinical Workshop 3 “Prescription of Therapeutic Exercise in Patients with Chronic Pulmonary Diseases: A Sustainable Approach in Physiotherapy Practice” ROOM A-22 (1 ST FLOOR)	Clinical Workshop 4 “Seated Position & Placement: How to Choose the Right Seat for People with Disabilities” ROOM A-27 (1 ST FLOOR)
19:15-20:30	Opening Ceremony & Official Greetings	
20:30-21:30	Keynote Lecture	
	The Opening Ceremony will conclude with Melodized Poetry by the Sparta Music School	

SATURDAY, OCTOBER 11, 2025		
Time	AMPHITHEATER	
9:00-10:30	RT 4 "Orthogeriatrics and Physiotherapy"	
10:30-12:00	RT 5 "New Perspectives in the Management of Patients with Respiratory Diseases"	
12:00-12:30	Coffee Break	
12:30-14:00	RT 6 "A New Approach to Fall Management"	
14:00-15:00	Light Lunch	e-Poster sessions ROOM A-25 (1ST FLOOR)
15:00-16:30	RT 7 <i>"Contemporary Approaches in Pediatric Physiotherapy: A Multidisciplinary Approach to Rehabilitation"</i>	
Time	CLINICAL WORKSHOP ROOMS	
16:30-18:00	Clinical Workshop 5 <i>"On the Highest Branches"</i> ROOM I-29 (GROUND FLOOR)	
16:30-18:00	RT 8 "Present and Future of the Cardiovascular Rehabilitation Program"	
18:00-19:30	RT 9 "Exercise Training and Technological Innovations in Physiotherapy"	

SUNDAY, OCTOBER 12, 2025		
TIME	AMPHITHEATER	
9:00-10:00	O2-Oral presentations	
10:00-11:30	RT10 “Rehabilitation and Prevention of Sports Injuries: An Interdisciplinary Approach”	
TIME	CLINICAL WORKSHOP ROOMS	
11:30-13:00	Clinical Workshop 6 “Introduction to the Use of Needling in Physiotherapy” ROOM A-27 (1ST FLOOR)	Clinical Workshop 7 “New Approach to Soft Orthotic Systems: The Use of TheraTogs & SPIO for Enhancing Postural Control” ROOM I-30 (GROUND FLOOR)
TIME	AMPHITHEATER	
13:00-14:30	RT11 “Chronic Pain: A Multifactorial Approach”	
14:30-15:00	Break – LIGHT LUNCH	
15:00-16:00	Conference Closing / Conclusions & Award Ceremony	



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DEPARTMENT OF PHYSIOTHERAPY**

***PROGRAM OF ROUND TABLES
AND CLINICAL WORKSHOPS***

FRIDAY, OCTOBER 10, 2025		
9:00-10:30	PARTICIPANTS REGISTRATION	
AMPHITHEATER		
9:00-10:30	O1-Oral presentations	
	Chair: Epameinondas Lyros, Dimitrios Chytas Comment: Panagiotis Gkrilias	
10:30-12:00 RT 1	“Neonatal Physiotherapy and Early Intervention”	
	Chair: Sophia Lampropoulou, Maria Kyriakidou Comment: Panagiota Sterpi	
	The Role of the Physiotherapist in the Neonatal Intensive Care Unit Maria Kyriakidou	
	Assessment Tools and Early Intervention in High-Risk Premature and Full Term Infants Thomas Besios	
	Physiotherapeutic Intervention in Early Childhood Theofani Bania	
	The Pediatric Physiotherapist as a Family Guidance Counselor in the Multidisciplinary Intervention Model for Children with Cerebral Palsy: From Therapy to Management Vasileios Skoutelis	
12:00-13:30 RT 2	“Neurological Physiotherapy in Adults”	
	Chair: Thomas Besios, Epameinondas Lyros Comment: Daphne Bakalidou	
	Cognitive Disorders in Neurological Patients Konstantina Stavroyianni	
	Chronic Fatigue Syndrome Daphne Bakalidou	
	Management of Spasticity Athanasios Chasiotis	
	Physiotherapeutic Intervention in Neurogenic Bladder due to Spinal Cord Disorders Vasileios Giannopapas	
13:30-14:30	LIGHT LUNCH AND NETWORKING	e-POSTER SESSIONS ROOM A-25 (1 ST FLOOR)

14:30-16:00 RT 3	“Present and Future of Musculoskeletal Physiotherapy: New Insights”	
	Chair: Anna Christakou, Eleni Kapreli Comment: Nikolaos Strimpakos	
	Cognitive Functional Therapy in Low Back Pain Peter O’Sullivan	
	The Role of Sensorimotor Retraining in the Rehabilitation of Chronic Low Back Pain Georgios Koumantakis	
	Neuromuscular Coordination Retraining and Motor Learning in Musculoskeletal Injuries. Eleni Kapreli	
	Use of Motor Imagery Technique in Musculoskeletal Physiotherapy Anna Christakou	
16:00-17:30	Clinical Workshop 1 “Use of Virtual Reality in Physiotherapy Assessment and Rehabilitation” ROOM I-30 (GROUND FLOOR)	Clinical Workshop 2 “Mirror Therapy – Applications for the Hand in Musculoskeletal and Neurological Patients” ROOM A-27 (1 ST FLOOR)
17:30-17:45	BREAK	
17:45-19:15	Clinical Workshop 3 “Prescription of Therapeutic Exercise in Patients with Chronic Pulmonary Diseases: A Sustainable Approach in Physiotherapy Practice” ROOM A-22 (1 ST FLOOR)	Clinical Workshop 4 “Seated Position & Placement: How to Choose the Right Seat for People with Disabilities” ROOM A-27 (1 ST FLOOR)
19:15-20:30	Opening Ceremony & Official Greetings	
20:30-21:30	“KEYNOTE LECTURE” “Yiannis Ritsos and the Sanatoria of His Era” Georgios Andreiomenos	
	Chair: Athanasios Katsis, Aspasia Panagiotou, Petros Lymperidis	
	The Opening Ceremony will conclude with Melodized Poetry by the Sparta Music School	

SATURDAY, OCTOBER 11, 2025

AMPHITHEATER

9:00-10:30 RT 4	“Orthogeriatrics and Physiotherapy”
	Chair: Sophia Zyga, Sophia Stasi Comment: Georgios Papagiannis
	The Model of Orthogeriatric Rehabilitation Konstantinos Kothonas
	Geriatric Patient Assessment Maria P. Panourgia
	Perioperative Nursing Management of Elderly Patients with Hip Fracture Petros Kolovos
	Physiotherapeutic Intervention in Elderly Patients with Hip Fracture Sophia Stasi
10:30-12:00 RT 5	“New Perspectives in the Management of Patients with Respiratory Diseases”
	Chair: Maria Tsironi, Antonia Marazioti Comment: Garyfallia Pepera
	Assessment and Training of Respiratory Muscles in Chronic Respiratory Conditions Ric Gosselink
	Remote Management of Children with Respiratory Diseases through the Use of New Technologies Sotirios Fouzas
	Remote Physiotherapy Management in Children and Adults with Chronic Pulmonary Disease Eleni Kortianou
	Use of Smart Applications to Predict Pulmonary Function in the Self-Management of Patients with Chronic Obstructive Diseases Panagiotis Sakkatos
12:00-12:30	BREAK
12:30-14:00 RT 6	“A New Perspective in Fall Management”
	Chair: Athanasios Triantafyllou, Dimitrios Lytras Comment: Maria Tsironi

	Practical Approach to the Categorization of Fall Risk Factors Dimitrios Lytras	
	Algorithm for Risk Stratification, Assessment, and Management of Falls Maria Tsekoura	
	The “Key Elements” for an Effective Fall Prevention Exercise Program Evdokia Bili	
	Fall Detection and Prevention Systems at Home: Myth or Reality Athanasios Triantafyllou	
14:00-15:00	LIGHT LUNCH	e-POSTER SESSIONS ROOM A-25 (1 ST FLOOR)
15:00-16:30 RT 7	“Contemporary Approaches in Pediatric Physiotherapy: A Multidisciplinary Approach to Rehabilitation”	
	Chair: Thomas Besios, Maria Kyriakidou Comment: Sophia Lampropoulou	
	Therapeutic Approach to Pediatric Rehabilitation through the Arts Konstantina Krinou	
	The Effect of the Arts on Pediatric Physiotherapy Programs for Enhancing Participation: A Case Study Georgios Papathanasiou	
	The Work in the Composition of the Music-Theatre Performance Mix Max Mex Athina Kranidi	
	Speech Therapy Intervention and Development of Social Skills through Art: A Case Study Evangelia Tsiogka	
16:30-18:00	Clinical Workshop 5 “On the Highest Branches” ROOM I-29 (GROUND FLOOR)	
16:30-18:00 RT 8	“Present and Future of Cardiovascular Rehabilitation Programs”	
	Chair: Garyfallia Pepera, Dimitrios Chytas Comment: Metaxia Driva	
	Rehabilitation in Cardiovascular Diseases Eftychia Hamodraka	

	The Contribution of Cardiovascular Rehabilitation to Secondary Prevention: Structure, Phases, and Clinical Benefits Garyfallia Pepera
	The Role of Cardiovascular Rehabilitation in Oncology Patients Maria Andriopoulou
	Rehabilitation in Children with Congenital Heart Disease Victoria Polydorou
18:00-19:30 RT 9	“ Exercise Training and Technological Innovations in Physiotherapy ”
	Chair: Nikolaos Strimpakos, Georgios Papathanasiou Comment: Dimitrios Fotiadis
	Training Children Athletes: Myths and Evidence Panagiota Klentrou
	Machine Vision and Physiotherapy: New Trends in Use of Artificial Intelligence Nikolaos Tselikas
	Markerless Systems – Machine Learning Applications in Therapeutic Exercise Management Georgios Papagiannis
	Applications of Virtual/Augmented Reality Systems and Artificial Intelligence in Physiotherapy Nikolaos Tachos

SUNDAY, OCTOBER 12, 2025		
AMPHITHEATER		
9:00-10:00	O2-Oral presentations	
	Chair: Evangelia Kentrou, Marina Salvara Comment: Epameinondas Lyros	
10:00-11:30 RT 10	“Rehabilitation and Prevention of Sports Injuries: An Interdisciplinary Approach”	
	Chair: Ilias Tsepis, Panagiotis Gkrilias Comment: Eleni Kapreli	
	The role of the physician in combination with the scientific team in the prevention of injuries Charalampos Lalos	
	Understanding the complexity of Anterior Cruciate Ligament injury through a systemic approach Sophia Xergia	
	Safe Return to Sport after Surgical Reconstruction of the Anterior Cruciate Ligament Ilias Tsepis	
	The role of nutritional intervention in training stimuli and in the rehabilitation process of athletes Athanasios Zavvos	
11:30-13:00	Clinical Workshop 6 “Introduction to the Use of Needling in Physiotherapy” ROOM A-27 (1 ST FLOOR)	Clinical Workshop 7 “New Approach to Soft Orthotic Systems: The Use of TheraTogs & SPIO for Enhancing Postural Control” ROOM I-30 (GROUND FLOOR)
13:00-14:30 RT 11	“Chronic Pain: A Multifactorial Approach”	
	Chair: Georgios Georgoudis, Dimitrios Stasinopoulos Comment: Fotini Tzavela	
	Newer Evidence on the Pharmaceutical Management of Chronic Pain Nikolaos Firfiris	
	Chronic Pain from the Perspective of Traditional Chinese Medicine Xu Weinjie	

	Physiotherapy in Chronic Pain – The Role of Questionnaires and Scales in Assessment and Treatment Georgios Georgoudis
	Acupuncture as a Tool in the Management of Chronic Pain – Mechanisms and Research Evidence Spyridon Sotiropoulos
14:30-15:00	BREAK/LIGHT LUNCH
15:00-16:00	CONFERENCE CONCLUSIONS & AWARD CEREMONY
	Chair: Maria Tsironi, Georgios Papagiannis, Maria Kyriakidou

LIST OF SPEAKERS-CHAIRS

NAME	TITLES OF SPEAKERS - CHAIRS
Gosselink Ric	Professor, University Hospital Gasthuisberg, Leuven, Belgium
Klentrou Panagiota	Distinguished Professor and Chair, Kinesiology, Brock University, Canada
O' Sullivan Peter	Distinguished Professor, School of Allied Health Sciences, Curtin University, Australia
Panourgia P. Maria	Consultant Geriatrician PhD, Milton Keynes University Hospital NHS Foundation Trust / Honorary Senior Lecturer of the University of Buckingham
Polydorou Victoria	Lecturer, Department of Medicine, European University Cyprus
Weinjie Xu	Associate Professor, Shanghai University of Traditional Chinese Medicine, Co-Director Confucius Institute, University of West Attica
Andreïomenos Georgios	Professor, Department of Philology, University of the Peloponnese, Dean of the School of Humanities and Cultural Studies, University of the Peloponnese
Andriopoulou Maria	Physiotherapist PhD, Head of Paramedical Staff Department, General Hospital Asklepieio Voulas
Arabatzi Efstratia	Certified Assistive Technology Professional Rehabcare Academy
Bakalidou Daphne	Professor, Department of Physiotherapy, University of West Attica
Bania Theofani	Assistant Professor, Department of Physiotherapy, University of Patras
Besios Thomas	Assistant Professor, Department of Physiotherapy, University of Thessaly
Bili Evdokia	Professor, Department of Physiotherapy, University of Patras
Chamodraka Eftychia	Cardiologist PhD, Director of HCS, Asklepieio Voulas General Hospital
Chasiotis Athanasios	Physiotherapist PhD cand., Department of Physiotherapy, University of West Attica, External Associate, 2nd Neurology Clinic NKUA, Attikon University Hospital

Christakou Anna	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Chytas Dimitrios	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Dalamarinis Panagiotis	Pediatric Pulmonology MSc, Department of Medicine, NKUA
Driva Metaxia	Director, Cardiology Clinic, General Hospital of Laconia
Firfiris Nikolaos	Anesthesiologist MSc, Senior Consultant, Agios Savvas General Anti-Cancer Hospital of Athens
Fotiadis Dimitrios	Professor of Biomedical Technology, Department of Materials Science and Engineering, University of Ioannina
Fouzas Sotirios	Associate Professor of Pediatric Pulmonology, Department of Medicine, University of Patras
Georgoudis Georgios	Professor, Department of Physiotherapy, University of West Attica
Giannopapas Vasileios	Physiotherapist PhD, Scientific Associate, 2nd Neurology Clinic NKUA, Attikon University Hospital
Giata Maria	Speech Therapist, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Gkrilias Panagiotis	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Gouglidis Vasileios	Physiotherapist, MSc, MBA
Iliadis Kyriakos	Physiotherapist, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Isakoglou Maria	Physiotherapist PhD cand., Department of Physiotherapy, University of Thessaly
Kapreli Eleni	Professor, Department of Physiotherapy, University of Thessaly
Karabela Anastasia	Ergotherapist 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Katsis Athanasios	Rector, University of the Peloponnese
Kentrou Evangelia	Physiotherapist MSc, Educator, Department of Physiotherapy, University of West Attica
Kothonas Konstantinos	Captain Military Nurse, MSc, PhD cand., Orthopedic Clinic, 401 Military Hospital

Kolovos Petros	Associate Professor, Department of Nursing, University of the Peloponnese
Kortianou Eleni	Professor, Department of Physiotherapy, University of Thessaly
Koumantakis Georgios	Associate Professor, Department of Physiotherapy, University of West Attica
Kranidi Athina	Occupational Therapist MSc, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Krinou Konstantina	Speech Therapist MSc, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Kyriakidou Maria	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Lazaridi Ioanna	Physiotherapist, Rehab Care - Rehabilitation and Medical Care Supplies, Athens
Lalos Charalampos	Orthopedic Surgeon, AEK FC
Lampropoulou Sophia	Associate Professor, Department of Physiotherapy, University of Patras
Lymperidis Petros	President, Panhellenic Association of Physiotherapists
Lyros Epameinondas	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Lytras Dimitrios	Assistant Professor, Department of Physiotherapy, International Hellenic University
Marazioti Antonia	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Mavronasou Aspasia	Physiotherapist PhD cand., Department of Physiotherapy, University of Thessaly
Panagiotou Aspasia	Associate Professor, Department of Nursing, University of the Peloponnese, Dean of School of Health Sciences, University of the Peloponnese
Papagiannis Georgios	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Papathanasiou Georgios	Professor, Department of Physiotherapy, University of West Attica

Papathanasiou Georgios	Physiotherapist, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Pepera Garyfallia	Associate Professor, Department of Physiotherapy, University of Thessaly
Petta Georgia	Former Assistant Professor of Physiotherapy, University of West Attica, Member of Advanced Physiotherapy Research Lab, President of HSPT
Protopappas Vasileios	Electrical Engineer, PhD
Sakkatos Panagiotis	Physiotherapist PhD, Scientific Associate of the Department of Physiotherapy, University of Patras, Secretary of Panhellenic Association of Physiotherapists
Salvara Marina	Physiotherapist PhD, Educational Advisor
Skoutelis Vasileios	Physiotherapist PhD, Attikon University Hospital, Academic Fellow of the Department of Physiotherapy, University of West Attica
Stasi Sophia	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Stasinopoulos Dimitrios	Associate Professor, Department of Physiotherapy, University of West Attica
Stavroyianni Konstantina	Neuropsychologist PhD cand., External Associate, 2nd Neurology Clinic NKUA, Attikon University Hospital
Sterpi Panagiota	Pediatrician PhD, Director of Pediatric clinic, General Hospital of Laconia
Strimpakos Nikolaos	Professor, Department of Physiotherapy, University of Thessaly
Sotiropoulos Spyridon	Physiotherapist PhD cand., University of West Attica, Scientific Associate, Pain and Palliative Care Center, 1st Anesthesiology Clinic, NKUA
Tachos Nikolaos	Senior Researcher, Medical Technology and Intelligent Information Systems Unit, University of Ioannina
Theodorakis Minas	Psychologist MSc, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Triantafyllou Athanasios	Assistant Professor, Department of Physiotherapy, University of the Peloponnese
Tsekoura Maria	Assistant Professor, Department of Physiotherapy, University of Patras
Tselikas Nikolaos	Professor, Department of Informatics and Telecommunications, University of the Peloponnese

Tsepis Ilias	Professor, Department of Physiotherapy, University of Patras
Tsiara Katerina	Social Worker, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Tsironi Maria	Professor, Chair of the Department of Physiotherapy, University of the Peloponnese
Tsiogka Evangelia	Speech Therapist MSc
Tzavela Fotini	Associate Professor, Department of Nursing, University of the Peloponnese
Vliagkofti Olympia	Physiotherapist MSc, 'Kivotos' Rehabilitation Center for People with Disabilities, Argilos-Kozani
Xergia Sophia	Associate Professor, Department of Physiotherapy, University of Patras
Zavvos Athanasios	Dietitian-Nutritionist, MSc, PhD cand., AEK FC
Zyga Sophia	Professor, Department of Nursing, University of the Peloponnese



**UNIVERSITY OF THE PELOPONNESE
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DEPARTMENT OF PHYSIOTHERAPY**

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Sponsors

Trade fair

During the Conference, there will be an Exhibition of Commercial Companies to inform the delegates of the modern technological developments as well as the new methods, trends related to the Physiotherapy profession.

The presence of the exhibition is a platform for promoting the companies and an important contribution to the organization of the event.

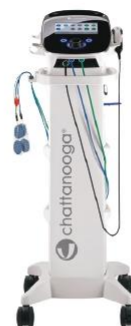
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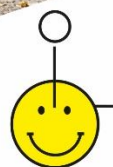


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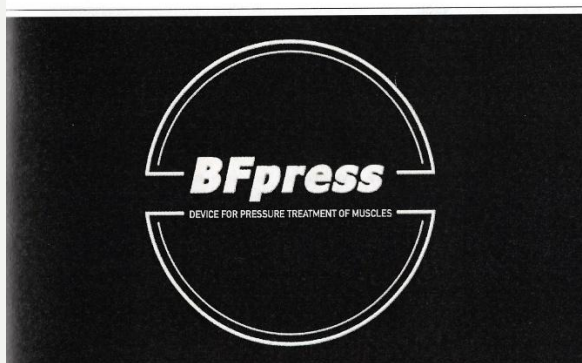
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G.KOSTOPOULOS

Physiotherapist (NDT)



ΠΕΡΙΓΡΑΦΗ "Innovative Physiotherapy device"

Πρόκειται για μια κατασκευή, η οποία στην ουσία αποτελεί "πρόεκταση" των χεριών του φυσικοθεραπευτή. Δημιουργήθηκε κυριολεκτικά από την ανάγκη, αρχικά να κάνει το έργο του θεραπευτή πιο εύκολο και ξεκούραστο και επιπλέον να επιτευχθεί καλύτερο αποτέλεσμα για τον ασθενή.

Δεδομένου ότι η πλειοψηφία των προβλημάτων τα οποία καλείται να αντιμετωπίσει κάθε Φυσικοθεραπευτής, περιλαμβάνει την χαλάρωση και λύση των μυϊκών σπασμών (επιφανειακά και εν τω βάθει). Μια χαλάρωση μυών, η οποία επιτυγχάνεται με την χρήση εκτός των άλλων και με την χρήση των χεριών.

Σ' αυτήν ακριβώς την ενέργεια αποσκοπεί η χρήση του εν λόγω βοηθητικού μέσου, δηλαδή υποβοηθώντας τον θεραπευτή στο να πετύχει το επιθυμητό αποτέλεσμα της μυοχαλάρωσης και λύσης μυϊκών σπασμών πιο αποτελεσματικά, πιο εντοπισμένα, σε μεγαλύτερο εστιακό βάθος και με καλύτερο αποτέλεσμα, που διαρκεί πολύ περισσότερο από την απλή χρήση των χεριών.

Στην ουσία αυτό που πετυχαίνουμε με την χρήση του "BFpress", είναι η δημιουργία διόδου, το άνοιγμα "δρόμου" δηλαδή, για να προσεγγίσουμε το κυρίως αίτιο που προκαλεί τον εκάστοτε μυϊκό σπασμό! Με αυτό τον τρόπο δίνουμε πρόσβαση σε όλα τα άλλα μέσα θεραπείας που χρησιμοποιεί ο κάθε φυσικοθεραπευτής, είτε αυτά είναι υπέρηχοι, ρεύματα, **Tecar**, **Shockwave**, Διαμαγνητικά, Επαγωγικά, **Laser**...κ.τ.λ.

Η περιοχή στην οποία στοχευμένα χρησιμοποιείται, είναι κυρίως η Οσφυϊκή και Αυχενική περιοχή και ειδικότερα στην αντιμετώπιση του μυϊκού σπασμού, στην περιοχή της θάσης της Σπονδυλικής Στήλης. Δεδομένου του γεγονότος ότι ο μεγαλύτερος όγκος εργασίας αφορά κυρίως τις πιο πάνω περιοχές της Σ.Σ., αντιλαμβάνεται κανείς το πόσο αποτελεσματικό εργαλείο διαθέτουμε.

Επιπλέον σημαντικό είναι και το γεγονός ότι αυτό μακροπρόθεσμα είναι προς όφελος και του Θεραπευτή, διότι είναι πιο ξεκούραστη η εργασία του αφενός και αφετέρου πετυχαίνει καλύτερα αποτελέσματα.

Στατιστικά η χρήση της κατασκευής αντικειμενικά, αλλά και υποκειμενικά από τους ίδιους τους πάσχοντες, έχει πιο γρήγορα αποτελέσματα και κυρίως μεγαλύτερης διάρκειας ανακούφιση από τα συμπτώματα. Αυτό τουλάχιστον έχει διαφανεί και αποδειχθεί από την χρήση δεκαπέντε (15+) και πλέον ετών.

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