



Academic Personnel Short Profile / Short CV

University:	University of Nicosia
Surname:	Efstathiou
Name:	Michalis
Rank/Position:	Associate Lecturer
Faculty:	Sciences and Engineering
Department:	Life and Health Sciences
Scientific Domain: *	Physiotherapy (Musculoskeletal)

** Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
B.Sc. Physiotherapy	2008	Technological Educational Institute of Athens, Greece	Physiotherapy	Physiotherapy in patients with Ilizarov external fixation
MSc in Advancing Practice - Physiotherapy	2011	University of Birmingham, UK	School of Sport, Exercise and Rehabilitation Sciences	Manual Therapy for patients with cervicogenic dizziness: systematic review
Ph.D. (Cand.) Physiotherapy	2018-	University of Nicosia, Cyprus	Department of Life and Health Sciences	Kinematic and kinetic changes in knee joint function after experimental induced muscle pain



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

Period of employment		Employer	Location	Position
From	To			
September 2013	today	University of Nicosia	Nicosia, Cyprus	Associate Lecturer
September 2011	September 2013	European University Cyprus	Nicosia, Cyprus	Clinical Instructor

Key refereed 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	Cervical traction combined with neural mobilization for patients with cervical radiculopathy: A randomized controlled trial	Savva C, Korakakis V, Karagiannis C	Journal of Bodywork & Movement Therapies	21	279-289
2	2021	The effect of lumbar spine manipulation on pain and disability in Achilles tendinopathy. A case report	Savva C, Kleitou M, Korakakis V, Stasinopoulos D, Karayiannis C	Journal of Bodywork & Movement Therapies	26	214-219
3	2018	Test-retest reliability of handgrip strength measurement advocated as an outcome measure in patients with symptoms of shoulder impingement syndrome.	Savva C., Mougias P, Xadjimichael C, Karagiannis C	Journal of Manipulative and Physiological Therapeutic.	41(3):2	52-257
4	2017	Eccentric aerobic exercise in ischemic cardiac patients and functional capacity: A systematic review and meta-analysis of randomized controlled trials.	Karagiannis C, Savva C, Mamais G, Monticone M, Xanthos T	Annals of Physical and Rehabilitation Medicine	60	58-64
5	2016	Effectiveness of neural mobilization with intermittent cervical traction in the	Savva C, Giakas G, Karagiannis C	International Journal of Osteopathic Medicine	21	19-28



		management of cervical radiculopathy: A Randomized Controlled Trial				
6	2015	Effectiveness of neural mobilization in patients with spinal radiculopathy: a critical review.	Stefanakis M, Savva C, Giakas G	Journal of Bodywork and Movement Therapies	19	205-212
7	2014	Test-retest reliability of handgrip strength measurement using a hydraulic hand dynamometer in patients with cervical radiculopathy.	Savva C, Giakas G, Karagiannis C.	Journal of Manipulative and Physiological Therapeutics	37	206-210
8	2014	The role of the descending inhibitory pain mechanism in musculoskeletal pain following high-velocity, low amplitude thrust manipulation. A review of the literature.	Savva C, Giakas G	Journal of Back and Musculoskeletal Rehabilitation	27	377-382
9	2016	Lumbosacral radiculitis. Pathophysiology, examination and physiotherapy treatment with neural mobilization.	Stefanakis M	PANR Journal,	12	2016