

Maria G. Papandreou, Associate Professor

e-mail: mpapand@uniwa.gr

Maria Papandreou was appointed as Lecturer at the Physiotherapy Department of Technological Educational Institute of Athens in February 2010, from August 2014 to October 2019 she was in the grade of Assistant Professor and from November 2019 till today she is in the grade of Associate Professor of University of West Attika, in the field of Sports and Musculoskeletal Physiotherapy with teaching lectures in Sports Physiotherapy, Clinical Physiology of Sports and Exercise and Clinical Nutrition.

She completed her Bachelor degree a) at Physiotherapy, Technological Institute of Athens and b) at Sports Science and Physical Education, Demokritio University of Thrace, Komotini. After her undergraduate studies she completed her postgraduate studies in UK: a) Diploma in Academic and Practical Physiotherapy for Sports at University of London, London Hospital Medical College and Department of Sports Medicine. *Thesis: «Q angle value and quadriceps power. Is there any correlation between them? »*, b) Master of Science in Sports Coaching/Sports Medicine, at University of Sheffield and Sheffield Institute of Sports Medicine & Exercise Science. *Thesis: «The effects of P.N.F. stretching on hamstring flexibility and sprint performance»*. She completed her PhD (2006) at the Medicine Department of Kapodistrian University of Athens *“Thesis: The effect of cross education on quadriceps muscle function following the anterior cruciate ligament reconstruction”*. In the academic year 2016-2017, she completed her Sabbatical in the research area of cortisol and musculoskeletal pain *“The effect of different treatment regimens on salivary cortisol levels in patients with multi-site chronic musculoskeletal pain”* in collaboration with the Laboratory of Research Physiology at Kapodistrian University of Athens. Her research interests are focused on sports physiotherapy using advanced methods in assessment and functional rehabilitation.

She has published >30 papers (*h-index: 9, i10-index: 8, Citations: >550*). She has participated at over 20 oral and poster presentations at home and abroad Meetings and Conferences. She was the main researcher and committee member in 4 research programs. She has been given lectures in MSc programs at home

Universities; and she is member in the committee of the MSc program “Advance Methods in Physiotherapy” at the Physiotherapy Department of the University of West Attika with taught lecture Clinical Therapeutic Exercise. She has supervised MSc and PhD thesis since 2016.

She has worked as free-lancer physiotherapist mainly on musculoskeletal area and she has attended many seminars at home and abroad based on the new integrated and therapeutic techniques on physiotherapy. She was a member of committee of research and quality assessment of the Physiotherapy Department in 2009-2011. She is member of the committee “Accredited diploma of Sports Physiotherapist & Exercise Specialist” at the PanHellenic Physical Therapy Association.

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