



Ifigeneia Maria Theodorakopoulou

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Timanthous 13, Athens

Personal Summary

- Physical Therapist with a special interest in athletic, orthopedic and neurological rehabilitation.
- Experience with neurological and musculoskeletal cases due to home PT, acupuncture and clinical pilates.
- My goal is to gain as much experience and knowledge in the area of physiotherapy, acupuncture and clinical pilates.

Education

- University of West Attica & Hellenic Physiotherapy Society of Algology** **Athens, GR**
Greek Chapter of I.A.A.P.T. *Mar 2022-Jun 2022*
Certificate of Education Program on Therapeutic Exercise using the method Clinical Pilates for Health Professionals
 - 162 hours of theoretical, laboratory and clinical training
- University of West Attica & Hellenic Physiotherapy Society of Algology** **Athens, GR**
Greek Chapter of I.A.A.P.T. *Oct 2020-Sep 2021*
Certificate of Acupuncture
 - 300 hours of theoretical, practical and clinical education
- University of West Attica** **Athens, GR**
Bachelor of Physical Therapy, GPA 7.99/10 *2015-2020*
- Model Experimental High School of Evangeliki** **Athens, GR**
2009-2015

Physical Therapy Experience

- Physiotherapist** **Athens, GR**
Cosmed Sports and Science Center,
 - Tecar Therapy
 - Acupuncture
 - Clinical Pilates
 - Rehabilitation of athletes and musculoskeletal cases*Feb 2022-Present*
- Acupuncture-Volunteer** **Athens, GR**
Aretaieio Hospital,
 - Personalized protocols for patients, evaluation & treatment.*Oct 2021-Feb 2022*
- First Aider - Volunteer** **Athens, GR**
Elpides Kaisarianis A.C. *2020-2022*
 - First aid during the team's training sessions/matches.
- Acupuncture Intern** **Athens, GR**
Aretaieio Hospital *Jun 2021 - Oct 2021*
 - Evaluation & treatment of patients.
 - Therapeutic protocols
- PT Intern** **Athens, GR**
Onassis Cardiac Surgery Center *Oct 2019-Feb 2020*
 - Respiratory Physiotherapy
 - Kinesiotherapy & mobilization
 - ICU-acute care patients

Additional Activity/Education

- **Standard precautions:Hand hygiene** **openwho.org**
03 May 2021
World Health Organization
- **Attended 3rd International Congress on "Functional Rehabilitation of injuries in Athletes and Trainees"** **Thrace, GR**
06-07 Nov 2020
School of Physical Education and Sport Sciences, Democritus University of Thrace
 - Presentation of my dissertation
- **Attended 28th Annual Panhellenic Physical Therapy Conference** **Athens,GR**
23-25 Nov 2018
Panhellenic Physiotherapists' Association
- **Attended 32nd Conference of Physiotherapy** **Athens,GR**
20-22 Apr 2018
Hellenic Scientific Society of Physical Posture-Gait Balance

Extracurricular Activities

- **Performer/Game master** **Athens,GR**
Nov 2020-Jan 2022
Cipher Company-Live Action Rooms
 - Communication with people
 - Space organization
 - Computer use
- **Child care worker at sports camp** **Athens,GR**
Jun 2019-Jul 2019
Nous Consulting Mon IKE
 - Creative activities & care & supervision

Certifications

- **ERC qualification:Basic Life Support (BLS) Provider** **Athens,GR**
19 Jul 2021
European Resuscitation Council, Nikolaos Doulamis
- **First Aid Seminar with performance evaluation** **Athens,GR**
Sep 2019-Dec 2019
Athens Seminar Center
 - Grade: 9.5/10

Language Skills

- Greek: Native Proficiency
- English: Certificate of Cambridge lower
- French: Certificate of B2