



EFFIMIA – MIMI MARCELLOU PT, MSc, PhD(c)
Advanced Physiotherapist

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Education

- 2021-present PhD candidate in Physiotherapy, University of West Attika, Athens Greece
- 1992-1996 Master's degree (MSc.) in Physiotherapy, Long Island University, New York.
- 1987-1991 Undergraduate studies (BSc) in Physiotherapy, New York University, New York.

Employment

- 03/1998 – present **Executive Co-Director.** Physical Therapy Praxis Ltd., Athens, Greece
- 07/2012- 07/2018 **Scientific Associate.** S.C.A. Greece (TENA & LIBERO) Pelvic Floor Muscle Training in Incontinence.
- 01/2003-09/2004 **Operations Manager**-Medical Services (Operations Manager-Medical Services). Organizing Committee of the 2004 Olympic Games ATHENS 2004.
- 05/2000 - 08/2012 **Head Physiotherapist.** Men's Basketball Team A2 Category "Athletic Union of Psychiko".
- 02/1997 – 12/2002 **Physiotherapy Consultant.** New York Sports and Spine Complex, New York.
- 11/1995 – 02/1997 **Partner and Executive Director.** Hands-on Physical Therapy, New York.
- 01/1991 – 03/1994 **Member of the Senior Orthopedic Staff,** Beth Israel Medical Center, New York. Responsible for pre-season physicals for the New York Knicks basketball team.

Teaching experience

- 2021 - present **Research Fellow.** LANEASM, University West Attika, Greece
- 06/2020 - present **Lecturer & Instructor. Application of Clinical Pilates in patients with Pelvic Floor Dysfunction: Anatomy, Physiology.** Training program in therapeutic exercise with the clinical pilates method. Lifelong Learning Center, University of West Attika.
- 02/2021-07/2021 **Instructor.** Pelvic Floor Physical Therapy Shadow Observation. Clinical practice for student participants of the Musculoskeletal Assessment course, University of West Attika. (PA.D.A.). Physical Therapy PRAXIS G.P.

- 10/2020 **Instructor.** Introductory Lecture & Workshop. Pelvic Floor Physical Therapy. OSTRACON LLC, Greece
- 05/2020 - present **Virtual Lecturer.** Introductory lecture on "Functional Anatomy" and "Pelvic Floor Function & Dysfunction". Educational webinar to student participants of the Musculoskeletal Assessment course. University of West Attica. (P.A.D.A.).
- 04/2019 **Guest Lecturer.** Introduce the subject of pelvic floor physical therapy Cyprus Institute of Neurology and Genetics "Physiotherapy in pelvic floor dysfunction"
- 05/2016 **Guest Lecturer** "Physical Therapy's Role in Pelvic Floor Dysfunction", University of West Attica, Greece.
- 10/2015 **Guest Lecturer.** The role of physiotherapy in pelvic floor dysfunctions. Department of Physiotherapy, University of Patras.
- 11/1995 - 12/1996 **Part-time Lecturer.** Department of Physical Therapy. Mercy College, New York. Introductory lectures to entry-level Master's level students.
- 09/1992 - 12/1996 **Clinical Instructor.** Hands On Physical Therapy & Beth Israel Medical Center.
- 05/1992 - 10/1995 **Part-time Lecturer.** New York University, New York. Introductory lectures to undergraduate students.

Undergraduate Clinical Practice

- 05/1991 -07/1991 Beth Israel Medical Center, New York.
- 10/1990 - 11/1990 Sports and Spine Institute, New York.
- 01/1990 - 02/1990 Maimonides Hospital, Brooklyn, New York.

Organization & Coordination

- 11/2020 **Organization and coordination of an online interdisciplinary workshop** on: "Women at the center of treatment. Breast cancer in the era of personalized medicine'. One size doesn't fit all. Europa Donna Hellas.
- 03/03/2019 **Executive Director of hosting & Instructor,** Pelvic Floor Physical Therapy - Cases Discussion. Pelvic Floor Act seminars. PT Praxis G.P.
- 11/2018 **Executive Director of hosting** a training seminar on the topic: "Physiotherapeutic Evaluation and Management of Urinary Dysfunction in Women". POGP - Chartered Society of Physiotherapy UK.
- 09/2017 **Regional Section Chair and Project Officer.** World Physiotherapy Day. Panhellenic Physiotherapists' Association. Regional Section of Attica. Zappeion Hall.
- 06/2017 **Executive Director of hosting and Moderator.** Two-day workshop: "The Amateur Athlete - Interdisciplinary Approach". 1st Combined Scientific Sections Conference. Sports Physiotherapy Section & Cardiovascular and Respiratory Physiotherapy Sections. Panhellenic Physiotherapists' Association.
- 03/2017 **Head of Physiotherapy Volunteer Team.** Track & Field Federation SEGAS event Half Marathon. Athens, Greece.
- 12/2016 **Scientific Committee Chair** - 24th Scientific Conference of the Panhellenic Physiotherapists' Association. Main conference theme:

- "Restart. International Guidelines. A modern interdisciplinary approach"
- 11/2016 **Head of Physiotherapy Volunteer Team.** Track & Field Federation SEGAS event 34th Authentic Athens Marathon. Athens, Greece.
- 05/2016 **Roundtable Moderator:** "Sports Injuries. Prevention Rehabilitation-Return to Sport". 1st Scientific Conference Sport Physiotherapy Section - Panhellenic Physiotherapists' Association.
- 11/2015 **Head of Physiotherapy Volunteer Team.** Track & Field Federation SEGAS event 33rd Authentic Athens Marathon. Athens, Greece.
- 03/2014 **Scientific Committee Chair.** Physical Therapy in Women's Health". 3rd Scientific Meeting. General Hospital of Athens "Evangelismos, Greece
- 03/2012 **Executive Co-Director of hosting** a training seminar on the topic: "CoreWellness, Pelvic Floor Muscle Training using the Pelvicore technique". Professor Kari Bo. TENA SCA, Greece
- 2011 **Mission Head** - National Beach Volleyball team. Deaf Olympic Games. Sofia, Bulgaria.
- 11/2008 **Executive Co-Director of hosting** a training seminar on the topic "Pelvic floor – Perineum. Prevention and Rehabilitation". Elizabeth Noble, Founder of the Women's Health section of American Physical Therapy Association, APTA.
- 05/1998 **Executive Co-Director of hosting** a training seminar on the topic: "Pregnancy and Pelvic Floor". Elizabeth Noble, Founder of the Women's Health section of American Physical Therapy Association, APTA.

Conference & Poster Announcements (Filtered selection. More available upon request)

- 3/2024 2nd Patients' Conference "Breast Cancer in Greece Today", Athens, Greece. Organized by ALMA ZOIS Patients' Organization. **Panel speaker.** Sexuality and Breast Cancer.
- 3/2024 European Parliament Event on Women's' Health. **Panel speaker.** "Women's Sexual Health and Well-Being After Survival.
- 2/2024 **Author.** Pelvic Floor Muscle Training in the Severity of Urine Incontinence Symptoms in Menopausal Women: A Systematic Review and Meta-analysis. Symptoms in Menopausal Women: A Systematic Review and Meta-analysis
Authors: Marcellou G. Effimia - Mimia*, Stasi Sophia, Giannopapas Vasileios, Kari Bø, Bakalidou Daphne, Konstadoulakis Manousos and Ppathanasiou George. Pending approval.
- 12/2023 **Author.** E-poster submission-IUGA annual conference 2024. Genitourinary Syndrome of Menopause in Greek Breast-cancer Survivors: an Observational Cohort Study.
Authors: Marsellou G. Effimia - Mimi, Stasi Sophia, Sideri Konstantina, Kari Bo, Bakalidou Daphne, Ppathanasiou Georgios Submission date 1/23. Pending approval
- 4/2023 Roundtable on Sexuality and Breast Cancer. **Speaker.** Europa Donna. The Breast Cancer Coalition, Milan, Italy.

- 11/2023 Roundtable on Sexuality and Breast Cancer. **Speaker.** Europa Donna Hellas. Athens, Greece.
- 6/2023 9th World Conference on Breast Cancer and Breast Health. **Speaker.** Sexuality and Breast Cancer. Rhodes, Greece
- 3/2023 European Parliament Event on Breast Health. **Panel speaker.** Sexuality and Breast Cancer
- 3/2021 European Parliament Event on Breast Health. **Panel speaker.** Pelvic Floor Dysfunctions
- 3/2018 Event on Breast Cancer Health. Paster Insitute. **Panel speaker.** Lymphedema and Survivorship.
- 4/2018 "The influence of the Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. Conference announcement at the 32nd Annual Congress of the Hellenic Scientific Society Physiotherapy.
- 10/2017 "The influence of the Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. E-poster announcement at the 73rd Annual Conference of Orthopedic Surgery and Traumatology, Hilton Hotel, Athens (EEXOT 2017)
- 09/2017 "The influence of Super Foot Corrective Stocking on the dynamic loading of the foot during walking". Pilot Study. **Marcellou M.**, Grimas G., Arvanitakis Emmi. Annual Pediatric-Podiatric Conference.

Lifelong Learning Special Skills in the area of Physiotherapy in Women's Health and Pelvic Floor Dysfunction

- 2/2024 **Virtual International Symposium on Global Pelvic Health.** International Urogynecology Association
- 2/2024 **Cancer Control Primary Course.** Hellenic Society of Medical Oncology. Royal Olympic Hotel Athens Greece
- 04/2022 **Advanced Course in Manual Therapy for the Pelvic Floor,** Navan County, Ireland. Instructor Maeve Whelan MSc., SMISCP
- 10/2021 **Breathing and the Diaphragm: Orthopedic Therapists.** Remote Course. Herman & Wallace, USA
- 12/2021 **Biofeedback for Pelvic Floor Dysfunction.** Remote Course. Herman & Wallace, USA
- 06/2016 **Physiotherapy assessment and management of female urinary dysfunction,** Chertsey UK, by the "Pelvic Obstetric & Gynecological Physiotherapy professional network of the "Chartered Society of Physiotherapy" UK.
- 07/2012 **Treatment for Diastasis Recti,** Tupler Technique Licensed Provider, N.Y., USA
- 03/2012 **Core Wellness & Pelvicore – Pelvic Floor Muscle Training,** Professor Kari Bo, Athens Greece.

Program Co-founder Physiotherapy in Women's Health and Pelvic Floor Dysfunction

05/2015 Co-founder of **Pelvic Floor Act, the first** Pelvic Floor Physical Therapy Program in Greece.

05/2003 Co-founder **M.A.M.A. Program, the first** Gynecological / Obstetric Physical Therapy Program in Greece.

Scholarships

1992 - 1995 Beth Israel Medical Center. New York. Full tuition coverage for graduate studies (Master's degree).

Awards and prizes

2004 Honorary Diploma. Contributing Member of Medical Services Group. Organizing Committee of the 2004 Athens 2004 Olympic Games.

1980-1985 Member of the Greek National Basketball Team, Youth and Women's teams.

Other Properties

2022-present Vice President SPAKE (Basketball Veterans association of Greece)

12/2019 **International Representative** of Europa Donna Hellas in the European Parliament. Speaker on 'Pelvic floor health. Reconnect with your pelvic floor'. European Parliament. Seminar on "Transforming Breast Cancer Together. Woman in the center of society. "Gender in health: challenges for a healthier future for women in Europe" Day event on Feminine health.

10/2019 **International Representative** at the European Conference Europa Donna-The European Breast Cancer Coalition. Vienna, Austria.

11/2018 **Member of the National Delegation** of the European scientific forum for the development of the European Breast Cancer scientific network for the development of advocacy skills and communication strategy for breast cancer actions.

2018 - present **Vice President** Europa Donna Hellas the Greek forum of the European Breast Cancer Coalition. Advocacy actions for breast cancer.

3/2017 - 11/2017 **President** of the Regional Section of Attica. Panhellenic Physiotherapists' Association (PPTA)

4/2016 **National Representative** of the PPTA to the Ministry of Tourism Development on issues of Physiotherapy and Medical Tourism.

2011 - 2018 **General Assembly Delegate.** PPTA

2016 - 2017 **Chair** - Sports Physiotherapy Section. PPTA

2015 - 2017 **Member of the Board** of Directors of the Regional Department of Attica, PPTA.

2014 - 2016 **Secretary General** Sports Physiotherapy Section. PPTA

2014 – 2016 **Board member** Women's' Health Section PPTA

2014 **President** of the Scientific Committee of the 24th PPTA Conference

2014 - 2016 **Member** of the PPTA Supreme Scientific Council

2013 **Member** of the Scientific Committee of the 23rd PPTA Annual Conference

2011-2014 **Vice President.** Panhellenic Association of Professional Physiotherapists (P.E.E.F.)

2009 - present **Member of the Board.** Europa Donna Hellas

Member

2021- present International Continence Society

1997 - present Panhellenic Association of Physiotherapists

1992 - 2017 American Physical Therapy Association.

Additional Skills

- Acupuncture, Educational Program of Acupuncture in Physiotherapy (200 hours). Hellenic Physiotherapy Society of Algology, Athens Greece
- Sports Physiotherapy
- Organization and Management of Physiotherapy Centers, Greece-America Organization of Scientific Conferences, Seminars and Seminars.
- Podiatric Analysis & Soft Orthotic Pellets Manufacturing. Biomedical Acupuncture.

Languages

- Greek
- Fluency in English.

Professional license

1991 - present Physical Therapy, New York State
1996 - present Equivalent professional license in Greece