



Academic Personnel Short CV

University:	Frederick University
Surname:	Savva
Name:	Christos
Rank/Position:	Associate Professor
School:	School of Health Sciences
Department:	Life and Health Science
Scientific Domain:	Musculoskeletal Physiotherapy

Academic qualifications				
Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
BSc Physiotherapy	2008	Higher Technological Educational Institute of Athens	Health Science	
MSc Advanced Manipulative Physiotherapy	2011	University of Birmingham	Health Science	Test-retest reliability of grip strength measurement in full elbow extension to evaluate maximum grip strength.
PhD in Physiotherapy	2014	University of Thessaly	Physical Education and Sport Science	The effect of cervical traction combined with neural mobilization in patients experiencing cervical radiculopathy.

Employment history in Academic Institutions/Research Centers				
Period of employment		Employer	Location	Position
From	To			
2010	2023	European University of Cyprus	Nicosia	Clinical Trainer, Lecturer, Assistant Professor
2023	Today	Frederick University	Limassol	Associate Professor

Key <u>refereed</u> journal papers, monographs, books, conference publications etc.						
Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2023	Blood Flow Restriction Training in Nonspecific Shoulder Pain: Study Protocol of a Crossover Randomised Controlled Trial	Pavlou, K., Korakakis, V., Pamboris, G., Karagiannis, C., Ploutarchou, G., Konstantinou, A	Sports	11	1-11
2	2023	The effectiveness of Cognitive Behavioural Therapy in Chronic Neck Pain. A systematic Review with Meta-Analysis	Ploutarchou, C., Karagiannis, C., Pavlou, K., O'Sullivan, K., Korakakis, V	Cognitive Behavior Therapy	52	523 – 563
3	2023	The effects of upper body Blood Flow Restriction training on muscles located proximal to the applied occlusive pressure: A Systematic Review with meta-analysis	Pavlou, K., Korakakis, V., Karagiannis, C., Ploutarchou, G.	Public Library of Science	18	e02833 09
4	2023	The effects of upper limb exercise training on upper limbs muscle strength in patients with chronic obstructive pulmonary disease. A systematic review and meta-analysis of randomized trials	Karagiannis, C., Korakakis, V., Ploutarchou, G., Adamide, T., Georgiou, A., Xanthos, T.	Therapeutic Advances in Respiratory Disease	17	1-19
5	2022	The effectiveness of slider and tensioner neural mobilization techniques in the management of upper quadrant pain: A systematic review of randomized controlled trials	Papacharalambous, C., Karagiannis, C., Giannakou, K	Journal of Bodywork and Movement Therapies	31	102 - 112
6	2021	Effect of Strength Versus Strength and Endurance Upper Limb Exercise Training in Patients With Chronic Obstructive Pulmonary Disease: A randomized clinical trial	Karagiannis, C., Korakakis, V., Adamide, T., Georgiou, A., Matheou, I., Prodromou, A., Xanthos, T.	Journal of Cardiopulmonary Rehabilitation and Prevention	41	426 - 431
7	2021	The analgesic effect of joint mobilization and manipulation in tendinopathy: a narrative review	Karagiannis, C., Korakakis, V., Efstathiou, M.	Journal of Manual and Manipulative Therapy	26	1-12

8	2021	The effect of lumbar spine manipulation on pain and disability in Achilles tendinopathy. A case report. Journal of Bodywork and Movement Therapies,	Kleitou, M., Efstathiou, M., Korakakis, V., Stassinopoulos, D., Karayiannis, C	Journal of Bodywork and Movement Therapies	26	214 – 219
9	2021	Cervical Traction combined with Neural Mobilization for patients with cervical radiculopathy: A randomized controlled trial	Korakakis, V., Efstathiou, M., Karayiannis, C	Journal of Bodywork and Movement Therapies	26	279 - 289
10	2020	Test–Retest Reliability of Handgrip Strength in Patients with Chronic Obstructive Pulmonary Disease.	Savva, C., Korakakis, V	Journal of Chronic Obstructive Pulmonary Disease	17	252 - 257

Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees				
Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2012 - 2024	Pancyprrian Association of Physiotherapist	Member of the Scientific Committee	
2	2014 - 2018	Pancyprrian Association of Physiotherapist	Member of the Executive Committee	
3	2018 - 2020	Cyprus Physiotherapists and Physiotherapy Establishments Registration Council	Member of the Executive Committee	
4	2021 >	General Healthcare System	Member of the Scientific Committee	
5	2019 >	Ministry of Education	Member of the Scientific Committee for Written Exams of Ministry of Education in Physiotherapy	

