

**FOTEINI LAGARI MA., PT.**  
**Physical Therapist**

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**Education**

05/1994 **Master's degree (MA.) in Physiotherapy.**  
New York University, New York.

07/1991 **Degree equivalency.**  
World Education Center, U.S.A.

06/1990 **Undergraduate studies in Physiotherapy.**  
The Athens Technological Education Institution, Greece

**Employment**

03/1998 – present **Executive Co-Director. Physical Therapy Praxis G.P.**  
Physiotherapeutic Practice Ltd., Athens.

07/2012- 07/2018 **Scientific Associate. S.C.A. TENA, Greece .**  
Creation of audiovisual material, texts and teaching Workshops

06/15-08/2016 **Pelvic Floor Physical Therapist**  
Pelvic Floor & Colorectal Physiology Lab, Athens Medical Center,  
Greece. The 1<sup>st</sup>

09/95 - 05/01 **Medical Consultant.**  
Parimed SA, medical products, Greece.

09/95 - 03/98 **Self Employed Physical Therapist.**  
Greece.

07/94 - 08/95 **Manager Physical Therapist.**  
Rehabilitation Center, New York.

02/94 - 07/94 **Chief Physical Therapist.**  
Rehabilitation Center, New York.

09/92 - 02/94 **Staff Physical Therapist.**  
The Queens Center of Pain Management, New York.

09/91 - 09/92 **Physical Therapist Assistant.**  
The Queens Center of Pain Management, New York.

09/90 - 07/91 **Self Employed Physical Therapist.**  
Home Care Therapist. Athens, Greece.

08/90 - 05/91 **Staff Physical Therapist.**  
Hippocrates, private Physical Therapy Center. Athens, Greece.

04/88 - 08/90 **Physical Therapist Assistant.**  
Hippocrates, private Physical Therapy Center. Athens, Greece.

## Teaching Experience

- 04/2021 - present **Instructor.**  
Introductory Lecture on Pelvic Floor. Clinical Pilates Program. Continuing Education Centre, University of West Attica.
- 02/2021-07/2021 **Instructor.**  
Pelvic Floor Physical Therapy Observation. Clinical practice for student participants of the Musculoskeletal Assessment course, University of West Attica. (PA.D.A.).
- 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. (PA.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", Cyprus
- 10/2020 **Instructor.**  
Introductory Lecture & Workshop. Pelvic Floor Physical Therapy. OSTRACON ΕΠΕ, Greece
- 03/2019 **Executive Director of hosting & Instructor**  
Pelvic Floor Physical Therapy - Cases Discussion. Pelvic Floor Act seminars. PT Praxis G.P.
- 05/2016 **Guest Lecturer**  
Physical Therapy's Role in Pelvic Floor Dysfunction. Physiotherapy Department of the University of West Attica. Athens, Greece
- 10/2015 **Guest Lecturer**  
The role of physiotherapy in pelvic floor dysfunctions  
Physiotherapy Department of the University of Patras
- 01/2015 **Guest Lecturer.**  
Pelvic Floor. 2nd Department of Obstetrics and Gynecology, Aretaieion University Hospital. Athens, Greece
- 12/2013 **Guest Lecturer**  
Physical Therapy for Pelvic Floor Dysfunction & Pelvic Floor Muscle Training.  
Introduce the role of pelvic floor physical therapy.  
Physiotherapy Department of the School of Health Sciences of the University of Thessaly. Lamia, Greece.
- 06/2008 **Guest Lecturer**  
Pelvic Floor. Department of Midwifery, University of West Attica. Athens, Greece.
- 10/00 **Part -time Lecturer**  
Subsidized seminar by E.U.,Greece
- 02/94- 08/2095 **Clinical instructor**  
Rehabilitation Center. Queens, New York.

### **Organization & Coordination**

- 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.
- 12/2014 **Scientific Committee Chair** on Women's Health Physical Therapy Section. 24<sup>th</sup> Annual Physical Therapy Congress. Hellenic Physical Therapy Scientific Association, Greece.
- 03/2014 **Scientific Committee Chair.** Physical Therapy in Women's Health". 3<sup>rd</sup> 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 a
- 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.

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

- 01/2017 **Advanced Course in Manual Therapy for the Pelvic Floor,** Macclesfield UK. Instructor Maeve Whelan MSc., SMISCP
- 06/2016 **Physiotherapy assessment and management of lower bowel dysfunction.** Winchester UK, "Pelvic Obstetric & Gynecological Physiotherapy" professional network of the "Chartered Society of Physiotherapy" UK.
- 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.
- 01/2016 **Understanding pelvic organ prolapse – assessment and conservative management,** Norwich UK, by the "Pelvic Obstetric & Gynecological Physiotherapy" professional network of the "Chartered Society of Physiotherapy" UK.
- 09/2015 **Postgraduate programme** attendance, «Continence Certification for Physiotherapists - Study Pelvic Floor, Bladder, & Bowel Function and Dysfunction" University of Bradford, UK
- 07/2012 **Treatment for Diastasis Recti,** Tupler Technique Licensed Provider, N.Y., USA
- 03/2012 **Corewellness & Pelvicore – Pelvic Floor Muscle Training,** Professor Kari Bo, Athens Greece
- 09/2011 **I.C.S. annual meeting, Pelvic Floor Dysfunction Workshops**  
Physical Therapies for Urinary Incontinence - workshop #15  
Antenatal and Postpartum Pelvic Floor - workshop #11  
Practical treatment / Management of the Lower Bowel - workshop #39,  
State of the art Pelvic Floor Assessment - workshop #31,  
Pelvic Floor Exercise Class for Pre and Postnatal Women, Glasgow, Scotland

- 02/2011 **Pelvic Floor Training I and II of BeBo Concept**  
(Beckenbodentraining), Athens, Greece
- 08/1998 **Women's Health Physical Therapy**  
Elizabeth Noble, Founder of the Women's Health section of American Physical Therapy Association (APTA), Massachusetts U.S.A.
- 02/1994 **Instructor training in Prenatal & Postnatal Exercise**, Elizabeth Noble, Colorado, U.S.A.

#### **Other Special Skills**

- 06/2011 **Acupuncture**  
Educational Program of Acupuncture in Physiotherapy (200 hours).  
Hellenic Physiotherapy Society of Algology, Athens Greece
- 08/1995 **Aquatic Physical Therapy.**  
**Maryland U.S.A.**
- 06/1995 **Isokinetics**  
BIODEX N.Y. U.S.A., 06/1995  
CYBEX, Ronkonkoma , N.Y. U.S.A., 05/1992  
KIN COM, Chattanooga Tennessee, U.S.A., 01/1992
- 05/1995 **Motion Analysis**  
Introduction to 2 and 3 Dimensions Systems by Motion Analysis.  
Santa Rosa CA, U.S.A.
- 04/1995 **Strain - Counterstrain technique.**  
New York, U.S.A.
- 10/1994 **Physical Therapy Management**  
Physical Therapy Management. Illinois, U.S.A.
- 01/1994 **CranioSacral Therapy**  
Level I. New York, U.S.A.
- 11/1992 **Mc Kenzie, The Spine.**  
New York, U.S.A.
- 09/1992, **Myofascial Release.**  
New York, U.S.A.
- 05/1992 **Accupressure therapy**  
Part I and II. New York, U.S.A.

#### **Program co-founder Physiotherapy in Women's Health and Pelvic Floor Dysfunction**

- 05/2015 **Pelvic Floor Act.**  
Co-founder of the 1<sup>st</sup> Pelvic Floor Physical Therapy Program for Women and Men in Greece
- 05/2003 **M.A.M.A.**  
Co-founder the 1<sup>st</sup> Gynaecological / Obstetric Physical Therapy Program in Greece

#### **Conference Presentations**

- 06/2023 **Treatment of defecation disorder syndromes - Pelvic floor biofeedback and physiotherapy.** <sup>9<sup>th</sup></sup>  
Panhellenic Congress of the Hellenic Society of Colon and Rectal Surgery

- 10/2022 **Vulvodynia. Pelvic Floor Exercises - Biofeedback Techniques**  
3rd Panhellenic Conference on Diseases of the Female Lower Urogenital System and the Anal Region
- 10/2021 **Physiotherapy Approach to Functional Bladder Disorders**  
20th Panhellenic Multidisciplinary Conference of the Hellenic Urological Society
- 12/2020 **Welcome speech. Physiotherapy in Women's Health**  
Open Webinar, Section Panhellenic Physiotherapists' Association (PPTA).
- 11/2019 **Case study presentation. A 38 year old woman, 10 months after normal delivery reports frequent urination and urinary incontinence with coughing and exercise**  
Satellite seminar Attikorama in Obstetrics/Gynaecology. Clinical Problems and Guidelines
- 10/2019 **The role of physiotherapy in pregnancy for the treatment of postpartum urinary incontinence.** Lecture and Midwives workshop.  
REA Obstetrics Hospital. Women's Health symposium 2019.  
Latest news in urogynecology
- 09/2018 **Incontinence. Conservative treatment with physiotherapy. Pelvic floor exercises**  
10th Panhellenic Meeting of Associations of Patients with Cancer Evros, Greece
- 11/2017 **The Role of Pelvic Floor Physiotherapy in lower bowel dysfunctions (incontinence - constipation).**  
27th Panhellenic Scientific Conference of Physiotherapy, Panhellenic Physiotherapists' Association. Physiotherapy in Europe. An autonomous clinical approach
- 11/2017 **Patient education and the role of conservative methods in pelvic floor exercise**  
5th Panhellenic Congress of Urogynecology & Pelvic Disorders
- 11/2017 **The contribution of Physiotherapy in patients with overactive bladder**  
5<sup>th</sup> Panhellenic Conference of Urogynecology & Pelvic Disorders
- 05/2017 **Women's Pelvic Floor and Yoga**  
Greek Hatha Yoga Association
- 11/2016 **Pelvic Floor Dysfunction – Prolapse**  
26<sup>th</sup> Annual Physical Therapy Congress. Panhellenic Physiotherapists' Association (PPTA). Athens, Greece
- 04/2016 **Pelvic Floor Dysfunction During Pregnancy/Delivery** Lecture and workshop  
3<sup>o</sup> Pan-Hellenic Psycho-prophylaxis Congress. Athens, Greece
- 03/2016 **Joint Pelvic Floor Multy-Disciplinary Meeting - Case discussion**  
International Society of Pelvic Surgery, 1<sup>st</sup> International Symposium on Pelvic Surgery. Athens, Greece
- 09/2015 **Say NO to incontinence with Pelvic Floor Muscle Training.**  
World Physical Therapy Panhellenic Physiotherapists' Association (PPTA), Greece
- 06/2015 **Pelvic Floor Muscle Training. Posture & Pelvic Floor Muscle Training. Pelvic Floor Muscle Training in Groups. Case Studies**  
Hellenic Rehab Physiatrists Association. Athens Greece
- 05/2015 **The role of Pelvic Floor Muscle Training in Incontinence**  
Greek association Hatha-Yoga. Athens Greece
- 12/2014 **Pelvic Floor Muscle Training after Pregnancy, International Guidelines"**

- 24<sup>th</sup> annual Physical Therapy Congress. Panhellenic Physiotherapists' Association (PPTA). Athens, Greece
- 10/2014 **Physical Therapy after Breast Cancer**  
New Comers Athens Greece.
- 10/2014 **Pelvic Floor Dysfunction, Case study report**  
Annual Physical Therapy and Rehabilitation Lectures.
- 03/2014 **Physical Therapy and Incontinence**  
3<sup>rd</sup> Scientific one day seminar, Hospital "Evangelismos" Athens,
- 12/2013 **Functional Anatomy & The role of the Pelvic Floor Muscle Training during pregnancy, delivery and menopause** Workshop  
13<sup>th</sup> National Congress Physical Therapy and Rehabilitation. Athens, Greece
- 11/2013 **The role of the Pelvic Floor Muscle Training in treatment of urinary incontinence**  
4<sup>th</sup> Greek National Congress in Urogynecology & Satellite European Symposium in Urogynecology". Athens, Greece
- 10/2013 **Women's Health Prevention. Exercise your Pelvic Floor Muscles and stay strong and under control**  
New Comers Athens Greece. Athens, Greece
- 12/2012 **Pelvic Floor Muscles and Diastasis Recti during Pregnancy.**  
22<sup>nd</sup> annual Physical Therapy Congress. Panhellenic Physiotherapists' Association (PPTA). Athens, Greece
- 02/2012 **Ergonomics during Breastfeeding. Posture, Abdominal Diastasis, Pelvic Floor**  
La Leche League Greece.
- 09/2011 **Stress Incontinence after Pregnancy and Menopause - Conservative Rehabilitation**  
4<sup>th</sup> Hellenic Congress – Hellenic Urology / Urogynecology Association.
- 01/2011 **Ergonomics during Breastfeeding. Posture, Abdominal Diastasis, Pelvic Floor**  
Lauri – Ann Robertson. Pregnancy Seminars.
- 11/2010 **Kinesiology – Do and don't of Exercise during Pregnancy**  
**Kinesiology – Do and don't of Exercise for Osteoporosis**  
Athens Trainers Fitness Forum 2010.
- 12/2007 **Pelvic Floor Physical Therapy. Prevention and rehabilitation**  
Pelvic floor and perineum seminar. Maternity Hospital ALEXANDRA. Greece
- 01/2007 **Lymphedema**  
AGGALIAZO Breast Cancer Association. Greece
- 11/2006 **Low Back Pain during Pregnancy**  
20<sup>th</sup> annual Physical Therapy Congress. Hellenic Physical Therapy Scientific Association. Athens, Greece
- 10/2006 **Women's Health Physical Therapy, M.A.M.A.**  
3<sup>rd</sup> Introduction on pelvic floor physical therapy. LETO Maternity Hospital. Athens, Greece
- 11/2005 **Osteoporosis**  
Psychiko municipality.
- 05/ 2005 **Women's Health Physical Therapy, M.A.M.A.**  
2<sup>nd</sup> Introduction the on pelvic floor physical therapy. LETO Maternity Hospital. Athens, Greece
- 05/2003 **The role of Physical Therapy in Women's Health**  
Radio station interview. Greece
- 03/2003 **Physical Therapy and Women's Health**  
American Women's Organization of Greece (AWOG).
- 11/2000 **Pregnancy, musculoskeletal changes and movement**

- 05/2000 Panhellenic Physiotherapists' Association (PPTA). Annual Symposium.  
**Women's Health Physical Therapy, M.A.M.A.**  
 1<sup>st</sup> Introduction on pelvic floor physical therapy. LETO Maternity Hospital.  
 Athens, Greece
- 05/2000 **Pregnancy and Low Back Pain**  
 Panhellenic Physiotherapists' Association (PPTA). Polythematic Physical  
 Therapy Symposium, Athens Greece.
- 05/1999 **Osteoporosis.**  
 Wellness & You Program. Deree College, Athens Greece
- 04/1999 **Osteoporosis.**  
 Athens International Nurses Association.

### **Publications**

- 09/2020 **Newsletter of the Hellenic Urological Society.**  
 Issue: Urinary incontinence. Article: Designing an effective pelvic floor  
 exercise program for the treatment of incontinence in women
- 12/2013 **Urogynecology and Pelvic Floor Disorders**  
 Chapter "Incontinence, Conservative treatment: The role of Physical  
 Therapy at the pelvic floor rehabilitation after pregnancy and deliver, 287-  
 294", University of Obstetrics & Gynecology Aretaieio Hospital Greece,  
 Author Dr A. Liapis. Publisher Konstantaras

### **Other Properties**

- 12/2014 – 09/2016 **Founder president of the Women's Health Physical Therapy Section**  
 of the Hellenic Physical Therapy Scientific Association
- 02/2010 – 01/2017 **Board of Directors Europa Donna Hellas**  
 Breast Cancer Non Profit Organization.

### **Volunteering**

Voluntary participation in awareness-raising activities on the role of physical therapy on the pelvic floor dysfunction in Greece

### **Memberships:**

- 2015-present Panhellenic Physiotherapists' Association (PPTA).  
 2018-2020 Pelvic Obstetric & Gynecological Physiotherapy(POPG) professional network  
 of the "Chartered Society of Physiotherapy" UK  
 2018 International Continence Society (I.C.S.)

### **Languages:**

Fluent in Greek and English.

### **Scholarships:**

- 1991 A.LEVENTIS foundation. Partial tuition fees coverage for the MA Degree at  
 New York University, U.S.A.