

## **COMPLETE PUBLICATIONS (TOTAL 7)**

### **1. Aggressive Massage Techniques can Accelerate Safe Return after Hamstrings Strain: A Case Study of a Professional Soccer Player**

Konstantinos Fousekis, Konstantinos Mylonas and Venetia Charalampopoulou

Journal of Sports Medicine & Doping Studies 2014, 4:31

<http://dx.doi.org/10.4172/2161-0673.1000144>

Cited by 4

### **2. The Effectiveness of Instrument-assisted Soft Tissue Mobilization Technique (Ergon© Technique), Cupping and Ischaemic Pressure Techniques in the Treatment of Amateur Athletes' Myofascial Trigger Points**

Konstantinos Fousekis, Eleni Kounavi, Symeon Doriadis, Konstantinos Mylonas, Elias Kallistratos and Elias Tsepi

Journal of Novel Physiotherapies 2016, S3:009

<http://dx.doi.org/10.4172/2165-7025.S3-009>

Cited by 19

### **3. Elastic Bandaging for Orthopedic and Sports Injuries Prevention and Rehabilitation: A Systematic Review.**

Fousekis, K., Billis, E., Matzaroglou, C., Mylonas, K., Koutsojannis, C., & Tsepi, E.  
Journal of sport rehabilitation, 1-28. 2016

<http://dx.doi.org/10.1123/jsr.2015-0126>

Cited by 7

### **4. Can the application of the Ergon® IASTM treatment on remote parts of the superficial back myofascial line be equally effective with the local application for the improvement of the hamstrings' flexibility? A randomized control study**

Konstantinos Fousekis, Kristin Eid, Enea Tafa, Panagiotis Gkrilias, Konstantinos Mylonas, Pavlos Angelopoulos, Dimitra Koumoundourou, Vicky Billis, Elias Tsepi  
The Journal of Physical Therapy Science 2019

<https://www.ncbi.nlm.nih.gov/pubmed/31417211>

Cited by 1

### **5. Effects of the Ergon® instrument-assisted soft tissue mobilization technique (IASTM), foam rolling, and static stretching application to different parts of the myofascial lateral line on hip joint flexibility**

Maria Simatou, Maria Papandreou, Evdokia Billis, Maria Tsekoura, Konstantinos Mylonas, Konstantinos Fousekis

The Journal of Physical Therapy Science 2020

### **6. Posterior thigh thermal skin adaptations to radiofrequency treatment at 448 kHz applied with or without Indiba® fascia treatment tools**

Konstantinos Fousekis, Georgios Chrysanthopoulos, Maria Tsekoura, Dimitris Mandalidis, Konstantinos Mylonas, Pavlos Angelopoulos, Dimitra Koumoundourou, Vicky Billis, Elias Tsepi

The Journal of Physical Therapy Science 2020

### **7. Effects of three different application angles of instrument- assisted soft-tissue**

### **mobilization on hamstring surface thermal responses**

Fousekis Konstantinos, Varda Charikleia, Mandalidis Dimitris, Mylonas Konstantinos, Angelopoulos Pavlos, Koumoundourou Dimitra, Tsepis Elias  
The Journal of Physical Therapy Science Manuscript ID JPTS-2020-003 Manuscript  
Type: Original article Date Submitted by the Author: 08-Jan-2020  
(Έχει γίνει αποδεκτή και αναμένεται η δημοσίευση)

### **PUBLICATIONS IN SUMMARY FORM (TOTAL 4)**

#### **1.The acute effects of Ergon® IASTM therapy on superficial back myofascial chain flexibility: A comparative study regarding the site of the treatment**

Konstantinos Fousekis, Eid Kristin, Tafas Enea and Konstantinos Mylonas  
Posters & Accepted Abstracts: Journal of Novel Physiotherapies  
DOI: 10.4172/2165-7025-C1-018

#### **2.Treatment of adhesive capsulitis with Ergon® IASTM technique and stretching exercises: A case study**

Konstantinos Fousekis and Konstantinos Mylonas  
Posters & Accepted Abstracts: Journal of Novel Physiotherapies 2017  
DOI: 10.4172/2165-7025-C1-018

#### **3.Treatment of supraspinatus tendinopathy with Ergon IASTM technique and neuromuscular control exercises: A case study**

Konstantinos Fousekis, Konstantinos Mylonas and Pavlos Angelopoulos  
Posters & Accepted Abstracts: Journal of Novel Physiotherapies 2017  
DOI: 10.4172/2165-7025-C1-018

#### **4.Treatment of the trunk and lower extremities with Ergon® IASTM Technique can increase hamstrings flexibility in amateur athletes: a randomized control study.** Kristin Eid, Enea Tafas, Konstantinos Mylonas, Pavlos Angelopoulos, Elias Tsepis, Konstantinos Fousekis .

Abstracts / Physical Therapy in Sport 28 (2017) e1ee25  
<https://doi.org/10.1016/j.pts.2017.08.038>  
Cited by 2

### **ANNOUNCEMENTS AT FOREIGN SCIENTIFIC CONFERENCES (TOTAL 7)**

#### **1.The acute effects of Ergon® IASTM therapy on superficial back myofascial chain flexibility: A comparative study regarding the site of the treatment**

Konstantinos Fousekis, Eid Kristin, Tafas Enea and Konstantinos Mylonas  
4th International Conference and Expo on NOVEL PHYSIOTHERAPIES 2017/  
Birmingham 2017

#### **2.Treatment of adhesive capsulitis with Ergon® IASTM technique and stretching exercises: A case study**

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**4. Treatment of the trunk and lower extremities with Ergon® IASTM Technique can increase hamstrings flexibility in amateur athletes: a randomized control study.**

Kristin Eid, Enea Tafas, Konstantinos Mylonas, Pavlos Angelopoulos, Elias Tsepis, Konstantinos Fousekis .  
The Second World Congress of Sports Physical Therapy/ Optimal Loading in Sport/  
Belfast 6<sup>th</sup>-7<sup>th</sup> October 2017

**5. Hamstrings thermal skin adaptations after 10 minutes treatment with INDIBA® activ radiofrequency treatment at 448 kHz and INDIBA® fascia treatment**

Konstantinos Fousekis, Konstantinos Mylonas and Pavlos Angelopoulos  
6th International Conference & Exhibition on Physiotherapy & Physical  
Rehabilitation August 13-14, 2018 | London, UK

**6. The effect of three different angles of application of Ergon IASTM technique on hamstrings thermal skin responses**

Konstantinos Fousekis, Konstantinos Mylonas and Pavlos Angelopoulos  
6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation  
August 13-14, 2018 | London, UK

**7. INDIBA® activ radiofrequency treatment at 448 kHz and INDIBA® Fascia soft-tissue treatment procedures can induce significant thermal skin adaptations that remains for a prolonged period**

Konstantinos Fousekis, Konstantinos Mylonas, Pavlos Angelopoulos, Evdokia Bilis, Panagiotis Gkrilias, Maria Tsekoura and Elias Tsepis  
6th International Conference & Exhibition on Physiotherapy & Physical Rehabilitation  
August 13-14, 2018 | London, UK