

Hristara-Papadopoulou Alexandra



Dr Hristara-Papadopoulou is a physiotherapist and Emeritus Professor at the International University of Greece with 44 years of educational experience and independent teaching at the A.T.E.I.-now DIPAE (Respiratory Physiotherapy, Clinical Exercise II, Physiotherapy in Obstetrics and Gynecology, Urology, Surgery, Physiotherapy III, Massage I, Neuromuscular Retraining Techniques, A. N. P I, Physiotherapy in Pediatrics, Ethics in Physiotherapy, Therapeutic Massage Techniques, and currently at the Greek National Institute of Physical Therapy, Physiotherapy in Mental Health, Alternative-Complementary forms of therapy. Very large written work, 13 books. I have been trained in modern techniques of Respiratory Physiotherapy, (Active Cycle of Breathing Technique (A.C.B.T): Autogenic Drainage: Modern Respiratory Physiotherapy Technique of the method of Mr. Chevaillier, BLS/AED provider course by the European Resuscitation Council.), Massage (Trigger point: (Myofascial Pain and the Treatment of Trigger Points, Shiatsu finger pressure point massage for the treatment of pathological conditions of the respiratory system, Lymphatic massage, Lymphedema bandaging with mobiderm), MCKENZIE: Mechanical diagnosis and treatment of the Cervical Spine Part A, b, C. D., Proprioceptive Neuromuscular Facilitation (PNF)): Technique that gives the therapist ways to help the patient develop satisfactory motor function, Auricular Neuromodulation technique, (Auricular Neuromodulation) on Addictions and Psychosomatic Disorders, Fascia Treatment and modern treatment techniques (cupping therapy, flossing, iastm, foam roller), I have many years of professional activity

I have been elected to the regional branch of Thessaloniki and Kilkis and Halkidiki of the Panhellenic Association of Physiotherapists since 2000 in various positions, as a member, Vice President, Head of the hospital colleagues committee, Organizational Secretary and finally as Head of Publications. I have organized workshops and conferences, in collaboration with the physiotherapy department and the 3rd pediatric clinic of the Hippocratic Hospital of Thessaloniki and the Pediatric Intensive Care Unit (ICU), as well as workshops with modern techniques, oral speeches and posters at conferences and workshops of the association. Also, five online scientific conferences from 2020-2023 within the framework of the Postgraduate program in collaboration with special schools.

Volunteer physiotherapist trainer at the Cancer Patients Association of Macedonia Thrace for the Treatment of musculoskeletal complications with relaxation - massage - exercise and breathing exercises, in women after mastectomy, since 2000.

Trainer - organizer in workshops, as well as in the HOME CARE program of the 3rd Pediatric Clinic of the Hippocratic Hospital of Thessaloniki.

Scientific manager or scientific collaborator in 7 funded research and development programs.

Volunteer trainer - physiotherapist for children who come every 3 months to the Hippocrates Hospital of Thessaloniki for the control of their condition (respiratory problems - cystic fibrosis, education of parents - children on modern physiotherapy techniques).

Organizing Secretary of the Regional Department of Thessaloniki, Kilkis and Halkidiki of the Panhellenic Association of Physiotherapists, Representative for the control of the establishment and operation of physiotherapy laboratories in the prefecture of Kilkis,

Deputy Representative for the control of the establishment and operation of physiotherapy laboratories in the prefectures of Thessaloniki and Halkidiki.