



Microstretching®

CURRICULUM VITAE

Nikos Apostolopoulos

Director of the Serapis Stretch Therapy® and microStretching® Clinic

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EDUCATION

- 1981-1985 Bachelor of Physical Health and Education-Sports Medicine
University of Toronto, Toronto, Ontario, Canada

PROFESSIONAL EXPERIENCE (1995-PRESENT)

- **Founder of Stretch Therapy® and the technique of microStretching®**
- **Founder and Director of the microStretching® Clinic 1995**

Consulting therapist in various clinical disciplines

- Canadian Women's National Wheelchair Basketball Team 2003-present
- Dr. Jack Taunton MD, Co-Director of the Alan McGavin Sports Medicine Centre at the University of British Columbia, in Vancouver, Canada, Chief Medical Officer for Canada for the Vancouver 2010 Olympics and 2000 Olympics in Sydney, Australia-1996-present
- Professional teams and players in National Basketball League (NBA), National Hockey League (NHL), National Football League (NFL), Canadian Football League (CFL), National Collegiate Athletic Association (NCAA) 1995-present

PROFESSIONAL AFFILIATIONS

- ICORD® (International Collaboration On Repair Discoveries)-Research Fellow
- ISEI (International Society of Exercise and Immunology)
- IASP®(International Association for the Study of Pain)



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PUBLISHED ARTICLES-JOURNALS

- In preparation article for New Studies in Athletics (NSA) Official Journal of the International Association of Athletic Federation (IAAF)
- SPARQ Magazine 2007
- New Studies in Athletics (NSA) December 2004
- BC Coaches Perspective (Journal for the Coaching Association of British Columbia)
- Journal of Olympian News (Italian training journal)
- The Journal of Hockey Conditioning and Player Development
- Sports Aider (Journal of Sports Medicine Council Of British Columbia)

PUBLISHED ARTICLES-TEXTBOOKS

- *Performance Flexibility (Chapter Three)*, High Performance Sports Conditioning, Editor Bill Foran, IL, Human Kinetics (2001)
- *Stretch Therapy* in Bompa, T.O. PhD: Periodization Theory and Methodology of Training 4th Edition, IL., Human Kinetics (1999)

INVITED PLENARY SPEAKER

- **NIKE-SPARQ**, Portland and Beaverton, Oregon, USA (2007)
- University of British Columbia Department of Human Kinetics Vancouver BC (1998-Present)
- British Columbia Strength, Conditioning and Fitness Conference Simon Fraser University Burnaby BC (2007)
- Newcastle United Football Club Medical Support Staff, Newcastle-on-Tyne, United Kingdom (2005)
- Wolverhampton University, Department of Sports Science, Walsall Campus, United Kingdom (2005)
- **Football Association's (FA)** Annual Medical Conference, Lilleshall National Sports Centre, Lilleshall, Shropshire, United Kingdom (2005)
- Nurse and Physiotherapy Symposium at the Vancouver General Hospital, Vancouver, BC, (2005)
- Canadian National Wheelchair Basketball Camp Edmonton, AB (2005)
- Ontario Coaching Association Symposium Toronto, ON (2005)
- Athletic Trainers of British Columbia Educational Symposium, Trinity Western University, Langley, BC (2004)
- Aboriginal Sports and Recreation Association of British Columbia, Burnaby, BC (2004)
- Petro-Canada Sports Leadership Sportiff & the International Council for Coach Education (ICCE) Vancouver, BC (2003)
- Canadian National Women's Wheelchair Basketball Team training camp, Toronto, ON (2003)



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- Pacific Sport-Sport Med BC sponsored strength and Conditioning conference seminar Vancouver, BC (2001)
- Third International Congress on Medicine and Science in Figure Skating of the International Skating Union (ISU), Vancouver, BC, Canada (2001)
- Vancouver Canucks (NHL) rookie camp, Burnaby BC
- Canadian Hockey Association “*Coaching 2000 Today and Beyond*” , International Coaching Conference (2000)
- Fifth Annual International Strength & Conditioning Conference, at the University of British Columbia (2000)
- Canadian National Rugby team camp in Vancouver, BC (1999)
- BOTA (The Bulgarian Orthopedic and Traumatologic Association) VII National Conference in Sofia, Bulgaria (1998)
- British Columbia Association of Kinesiologists Annual Conference (1998)
- First Annual BC Wheelchair Sports Coaching Seminar (1996)

MEDIA COVERAGE

- National Geographic Adventure Magazine – *Stretching’s New Rules*, March (2006)
- Guest appearance on the Vicky Gabereau Show (CTV) (2003)
- Articles in the following newspapers: The Vancouver Sun (1998, 2000 and 2002); The Vancouver Province (2001, 1998); Victoria Times Colonist (1998) and the Edmonton Journal (1998)