

Kourakos Vasilis "Bill"

Osteopath DO • Physical therapist, MDT,
MT • BodyGeometry Fit Expert and Retul Expert



He was born and grew up in Voula, Attica.

He graduated of the **Technical University of Athens, Department of Physiotherapy** in 2002 and continues to work as a physiotherapist until today at his private Physiotherapy Center "**Rest&Flex**".

He has done **two postgraduate courses** in physiotherapy, **McKenzie technique** and **Manual Therapy** (chiropractic).

He has also been trained and applies **acupuncture** (dry needling), **trigger point therapy**, **KinesioTaping** and more.

Since 2016 he is **the official trainer** for the 3TOOL product in Greece.

His cognitive and scientific concern, however, prompted him to study **osteopathy** at **OSD University in Hamburg**, Germany (2014-2018). A five-year study program with endless reading of anatomy, physiology, pathology and treatment.

Active action in all conferences, workshops and seminars in the field of physiotherapy with **scientific work**:

- "Laser in Physiotherapy: Myth or Reality?"
- "Psychological factors that affect the application of physiotherapy"
- "Immobilization - Effect on muscle"
- "Prediction of Vascular Stroke"
- "Cycling: Exercise or Injury?"
- "Foot and Running"
- "Sports Massage"
- "Self-massage"

Active in **osteopathy**, culminating in the European Congress of Osteopathy in Berlin, Germany (2015)

Systematically he writes articles either in magazines or on the internet with physiotherapy topics about running, swimming, cycling, etc.

He is active member of the ***Panhellenic Physiotherapists' Association***, the ***Hellenic Scientific Society of Physiotherapy***, the ***Hellenic Physiotherapy Society of Algology***, as well as the ***Hellenic Osteopathic Association***.

In 2010 he joined the **Body Geometry Fit program** at SBCU in Morgan Hill, California USA (Basic Course) and in 2011 (Advanced course) and in 2014 in Holzkirchen, Germany he gained **the title of professor** and he works as a **Body Geometry Fit Expert**.

In 2016, after the merger of Body Geometry Fit with Retul, he was trained in the **Retul program** in Germany, and in 2018 in Slovenia he acquired **the highest level in Retul**.

The Retul Center he manages since 2010, is at the **Kassimatis Cycling store** in **Piraeus**, which is included in the three best bikefit centers in Europe.

Since 2017, he also directs the 2nd Retul Center in Cyprus in companion with the **Andreoubikes** store in **Larnaca**.

Volunteering is his personal satisfaction. In 1999 and 2004 he participated as a physiotherapist in the **Spartathlon race**, and in 2004 at the **Olympic Games** in the Polyclinic of the Olympic Village in the department of hydrotherapy and therapeutic pool.

Since 2010 he has been participating either organizationally or as a physiotherapist in cycling and running competitions.

Cycling, swimming, motorcycling, travelling, guitar, etc. is part of his unfortunately limited free time.

Continuous training and updating on his profession, as well as his perfectionism are elements that characterize him.