

## SYNTHETIC FORM FOR A BOARD-CERTIFIED TRAINING UNIT

**UNIT NAME:** Department of Physical Medicine and Rehabilitation, Istanbul Faculty of Medicine, Istanbul University

**ADDRESS:** Inpatient ward: İstanbul Üniversitesi, İstanbul Tıp Fakültesi, Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı, Millet Caddesi, Capa, 34093, Fatih, İstanbul, Turkey

Outpatient clinic: İstanbul Tıp Fakültesi Esnaf Hastanesi Poliklinikleri, Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı, Takvimhane Caddesi, No: 19, Suleymaniye, Fatih, İstanbul, Turkey

**NAME OF THE UNIT RESPONSIBLE:** Ayşe Resa AYDIN, MD (Professor and Chair)

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### - Main clinical activities of the unit:

Main areas of care of our department are as follows:

- Musculoskeletal rehabilitation
- Neurological rehabilitation
- Paediatric rehabilitation
- Rheumatological rehabilitation
- Orthopaedic rehabilitation
- Hand rehabilitation
- Interventional pain medicine
- Temporomandibular joint dysfunction and rehabilitation
- Osteoporosis
- Lymphedema rehabilitation
- Urogynaecological rehabilitation
- Vertigo rehabilitation

### - Specific research interests of the unit:

(give the key words for each theme)

- Musculoskeletal rehabilitation (knee osteoarthritis, hand osteoarthritis, early osteoarthritis, fibromyalgia, soft tissue disorders, work-related injuries, ultrasonography, proprioception, sarcopenia, neck pain, low back pain, neuropathic pain, foot disorders)
- Neurological rehabilitation (stroke, Parkinson's disease, Multiple Sclerosis, neuromuscular electrical stimulation, task and goal oriented training, mirror therapy, treadmill-based gait training, dysphagia, ICF, functional outcome, quality of life)
- Paediatric rehabilitation (cerebral palsy, constrained-induced movement therapy, virtual reality, spasticity, botulinum-toxin injections, family-centred care, participation, torticollis, adolescent idiopathic scoliosis)
- Osteoporosis (risk factors, etiopathogenesis, evaluation, management)
- Temporomandibular joint disorders and rehabilitation (temporomandibular joint dysfunctions, evaluation, myofascial pain, bruxism, treatment)
- Interventional pain medicine (steroid injections, visco-supplementation, dry-needling, dextrose prolotherapy, ozone-oxygen therapy, platelet-rich plasma)

- Urogynecological rehabilitation (urinary incontinence, assessment, treatment, chronic pelvic pain)
- Vertigo rehabilitation (vestibular rehabilitation, dizziness, cervical myofascial pain, assessment, management)

**- List five publications from the last five years which most represent the unit's research programme:**

1. Capan N, Özyemişçi Taşkiran Ö, Karadağ Saygı E, Yılmaz Yalçınkaya E, Hüner B, Aydın R. The impact of the COVID-19 pandemic on children with disabilities and their parents or caregivers. Turk J Phys Med Rehabil. 2023;69(1):75-82.
2. Tarihci Cakmak E, Sen EI, Doruk C, Sen C, Sezikli S, Yaliman A. The Effects of Neuromuscular Electrical Stimulation on Swallowing Functions in Post-stroke Dysphagia: A Randomized Controlled Trial. Dysphagia. 2023;38(3):874-885.
3. Menekseoglu AK, Capan N, Arman S, Aydın AR. Effect of a Virtual Reality-Mediated Gamified Rehabilitation Program on Upper Limb Functions in Children With Hemiplegic Cerebral Palsy: A Prospective, Randomized Controlled Study. Am J Phys Med Rehabil. 2023;102(3):198-205.
4. Sen EI, Eyigor S, Dikici Yagli M, Ozcete ZA, Aydın T, Kesiktaş FN, Aydın FY, Vural M, Şahin N, Karan A. Effect of Home-Based Exercise Program on Physical Function and Balance in Older Adults With Sarcopenia: A Multicenter Randomized Controlled Study. J Aging Phys Act. 2021;29(6):1010-1017.
5. Sen EI, Arman S, Zure M, Yavuz H, Sindel D, Oral A. Manual Lymphatic Drainage May Not Have an Additional Effect on the Intensive Phase of Breast Cancer-Related Lymphedema: A Randomized Controlled Trial. Lymphat Res Biol. 2021;19(2):141-150.

**- Please identify if necessary the conditions and means of exchange for trainee specialist (the number permissible, the person to contact, etc.):**

Trainee specialists may come as an observer. The person of contact is the Chair of the department. The exchange is possible in the framework of Erasmus Student Exchange Program.

Authorisation to publish over Internet

YES X

Signature:

