

**Res. Asst. ÖZNUR KAYA  
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**İSTANBUL  
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ÜNİVERSİTESİ**

## **Personal Information**

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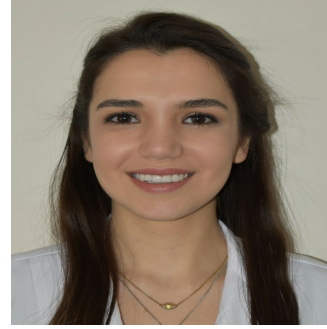
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## **International Researcher IDs**

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Publons / Web Of Science ResearcherID: HII-5751-2022

Yoksis Researcher ID: 337776



## **Education Information**

Doctorate, Bahcesehir University, Graduate School , Physiotherapy and Rehabilitation, Turkey 2023 - Continues

Postgraduate, Bolu Abant İzzet Baysal University, Fizik Tedavi Ve Rehabilitasyon (YI) (Tezli), Turkey 2020 - 2023

Undergraduate, Istanbul Medipol University, Sağlık Bilimleri Fakültesi, Fizyoterapi Ve Rehabilitasyon Bölümü, Turkey 2013 - 2017

## **Certificates, Courses and Trainings**

Foreign Language, İngilizce Dil Eğitimi, Kings Education-Oxford, 2019

Health&Medicine, FOLDI Manuel Lenf Drenajı/Kompleks Boşaltıcı Fizyoterapi Eğitimi, Földi Schule- Almanya, 2019

Health&Medicine, Klinik Pilates Temel ve İleri Düzey Egzersiz- BETY , BETY Academy- Prof. Dr. Edibe Unal, 2018

Health&Medicine, Sporda Temel Tedavi Yaklaşımları Modül 3, Sports Physiotherapists Association, 2018

Health&Medicine, Mulligan Konsepti Alt Kadran Eğitimi, Mulligan Concept Teachers Association , 2018

Health&Medicine, Kinesiotaping KT1- KT2, Kinesio University, 2018

## **Dissertations**

Postgraduate, Physiotherapists' Attitudes Towards Ageism, Istanbul Gelisim University, FACULTY OF HEALTH SCIENCES, PHYSICAL THERAPY AND REHABILITATION (ENGLISH), 2023

## **Research Areas**

Physical therapy and rehabilitation

## **Academic Titles / Tasks**

Research Assistant, Istanbul Gelisim University, FACULTY OF HEALTH SCIENCES, PHYSICAL THERAPY AND REHABILITATION (ENGLISH), 2021 - Continues

## Academic and Administrative Experience

Erasmus Program Department Coordinator, Istanbul Gelisim University, FACULTY OF HEALTH SCIENCES, PHYSICAL THERAPY AND REHABILITATION (ENGLISH), 2021 - Continues

## Articles Published in Other Journals

- I. **Comparison of Attitudes Towards Sports, Physical Activity Levels and Sleep Quality of University Students in Different Departments After the COVID-19 Pandemic**  
ONUR E., ÇAĞLAR E., KETHÜDAOĞLU M. O., KAYA SAĞLAM Ö., KAÇAR Z., ÖZDEMİR A. E.  
Turkish Journal of Science and Health, vol.5, no.2, pp.87-94, 2024 (Peer-Reviewed Journal)
- II. **Immediate Effects of Soft Tissue Mobilization and Percussive Massage on Balance in Young Adults with Pes Planus: A Single Blind, Randomized Controlled Pilot Study**  
Kethüdaoğlu M. O., Özdemir A. E., Kaya Sağlam Ö., Çağlar E., Meran Çağlar M., Demir G., Duymaz T.  
JOURNAL OF BODYWORK AND MOVEMENT THERAPIES, vol.40, pp.397-402, 2024 (ESCI)
- III. **Comparison of Physiotherapy and Rehabilitation Department Students in terms of Physical Activity Levels, Balance Levels and Muscle Endurance Values**  
Kapan A., Özdemir A. E., Kaya Sağlam Ö., Çağlar E., Kethüdaoğlu M. O., Kaçar Z.  
İstanbul Gelişim Üniversitesi Sağlık Bilimleri Dergisi, no.21, pp.1152-1166, 2024 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **Urinary Incontinence and Physiotherapy and Rehabilitation**  
Kaya Sağlam Ö.  
in: HEALTH & SCIENCE 2023 Physiotherapy and Rehabilitation -I-, Ömer Şevgin, Editor, EFE AKADEMİ, İstanbul, pp.301-314, 2023

## Refereed Congress / Symposium Publications in Proceedings

- I. **COVID-19 Pandemisi Sonrası Farklı Bölümlerdeki Üniversite Öğrencilerinin Spora Yönelik Tutumlarının, Fiziksel Aktivite Düzeylerinin ve Uyku Kalitelerinin Karşılaştırılması**  
ONUR E., ÇAĞLAR E., ÖZDEMİR A. E., KAYA SAĞLAM Ö., KETHÜDAOĞLU M. O.  
II. International Eurasia Health Science Congress, Trabzon, Turkey, 15 - 16 June 2023, pp.124-125
- II. **Fizyoterapi ve Rehabilitasyon Bölümü Öğrencilerinin Denge, Endurans ve Fiziksel Aktivite Düzeyleri Açısından Karşılaştırılması**  
KAPAN A., ÖZDEMİR A. E., KAYA SAĞLAM Ö., ÇAĞLAR E., KETHÜDAOĞLU M. O.  
II. International Eurasia Health Science Congress, Trabzon, Turkey, 15 - 16 June 2023, pp.126-127
- III. **Comparison of Attitudes Towards Sports, Physical Activity Levels and Sleep Quality of University Students in Different Departments After the COVID-19 Pandemic: A Randomized Controlled Study**  
ÖZDEMİR A. E., ÇAĞLAR E., KAYA SAĞLAM Ö., KETHÜDAOĞLU M. O., KAÇAR Z.  
2.Uluslararası Avrasya Sağlık Bilimleri Kongresi, Turkey, 15 June - 16 July 2023
- IV. **Pes Planus'u Olan Genç Yetişkinlerde Miyofasyal Gevşetme Tekniklerinin Denge Üzerine Akut Etkilerinin İncelenmesi: Pilot Çalışma**  
KETHÜDAOĞLU M. O., KAYA SAĞLAM Ö., ÖZDEMİR A. E., DEMİR G., MERAN ÇAĞLAR M., ÇAĞLAR E., DUymaz T.  
2. Uluslararası Gazi Sağlık Bilimleri Kongresi, Ankara, Turkey, 16 December 2022, pp.194-197
- V. **Pes Planuslu Bireylerde Dinamik Denge Değerlendirilmesinde Y Denge Testinin Değerlendiriciler Arası Ve Test-Tekrar Test Güvenirliğinin İncelenmesi: Pilot Çalışma**  
MERAN ÇAĞLAR M., ÇAĞLAR E., KAYA SAĞLAM Ö., ÖZDEMİR A. E., KETHÜDAOĞLU M. O., DUymaz T.

## Supported Projects

Ayan F. S., Akdoğan B. N., Özdemir A. E., Kaya Sağlam Ö., Project Supported by Higher Education Institutions, EVDE YAŞLI BAKIM EĞİTİMİNİN ETKİNLİĞİNİN DEĞERLENDİRİLMESİ, 2023 - 2024

## Memberships / Tasks in Scientific Organizations

Spor Fizyoterapistleri Derneği, Member, 2020 - Continues, Turkey  
Türkiye Fizyoterapistler Derneği, Member, 2017 - Continues, Turkey

## Scientific Research / Working Group Memberships

Sağlık Teknolojileri Tematik Alanı, Istanbul Gelisim University, Turkey, <https://gelisim.edu.tr/tr/gelisim-icerik-arastirma>, 2022 - Continues

## Mobility Activity

Erasmus Programme, Get Education, Lithuanian University of Health Sciences, Lithuania, 2023 - 2023  
Erasmus Programme, Intership, Syddansk Universitet, Denmark, 2018 - 2018

## Congress and Symposium Activities

II. Physiotherapy and Rehabilitation Education Congress, Audience, Ankara, Turkey, 2024  
VII. Orthopedic Rehabilitation Symposium, Audience, İstanbul, Turkey, 2023  
9. Ulusal Fizyoterapi ve Rehabilitasyon Kongresi, Audience, Denizli, Turkey, 2023  
"6. Public Health Days: Geriatrics Symposium, Audience, Gaziantep, Turkey, 2022  
IV. Lymphedema Symposium, Audience, Ankara, Turkey, 2018  
V. Neurological Physiotherapy Symposium, Audience, İstanbul, Turkey, 2017