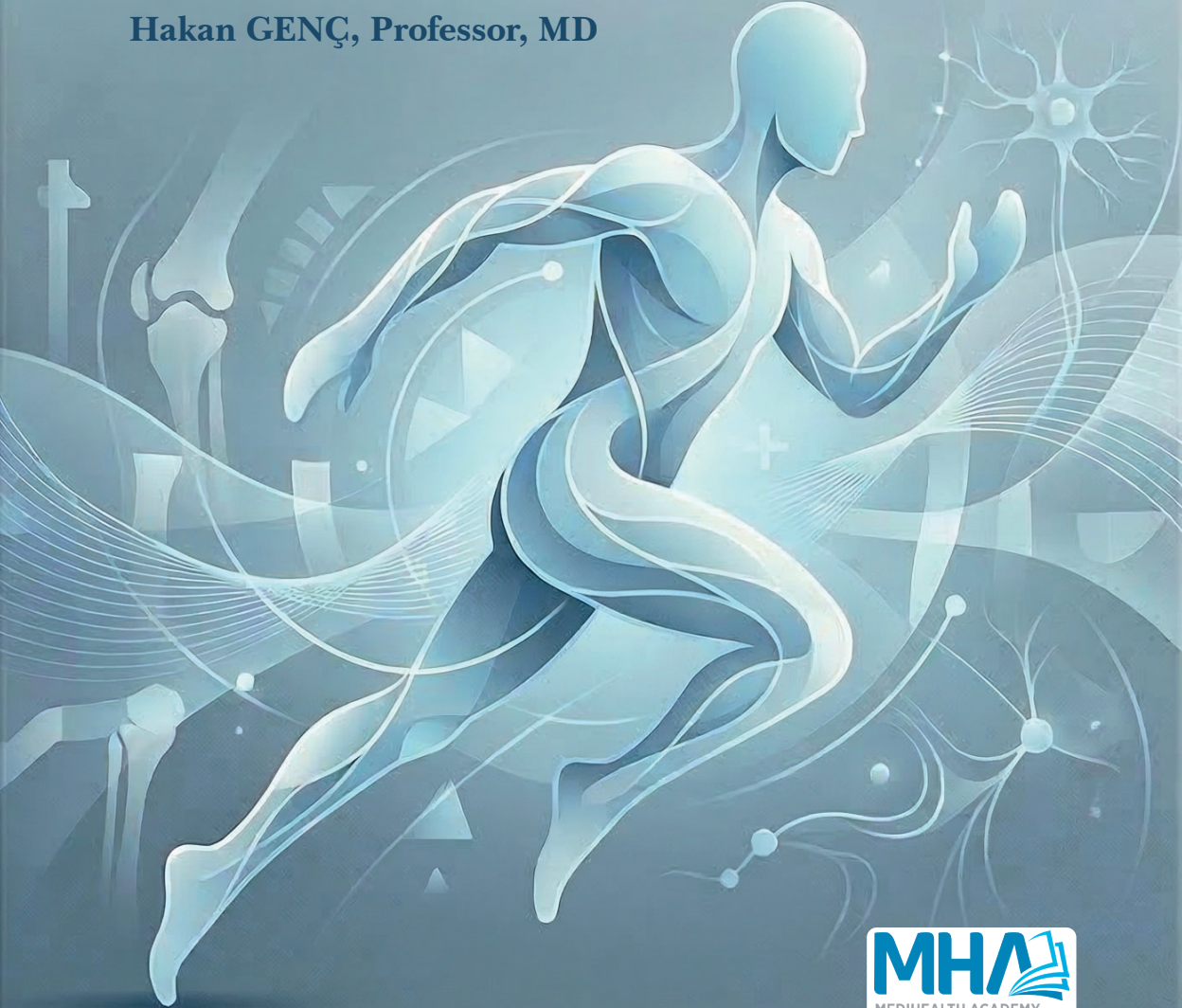


Comprehensive Physical Therapy and Rehabilitation

EDITORS

Burcu DUYUR ÇAKIT, Professor, MD

Hakan GENÇ, Professor, MD



Comprehensive Physical Therapy and Rehabilitation

EDITORS

Burcu DUYUR AKIT, Professor, MD

Hakan GEN, Professor, MD

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Editors

Burcu DUYUR ÇAKIT, Professor, MD

Hakan GENÇ, Professor, MD

Publisher

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Project Coordinator

Aydın ÇİFCİ, Professor, MD

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Emrah Mah. General Dr. Tefik Sağlam Cad. No: 2/67, İç Kapı No: 105
Keçiören/Ankara, Türkiye

mha@medihealthacademy.com

www.medihealthacademy.com



Editor List

EDITORS IN-CHIEF

Burcu Duyur akıt, MD

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, University of Health Sciences, Ankara, Turkiye

[0000-0003-1219-2356](tel:0000-0003-1219-2356)

Hakan Genç, MD

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, University of Health Sciences, Ankara, Turkiye

[0000-0003-2573-4564](tel:0000-0003-2573-4564)

SECTION EDITORS

Barıř Nacı, MD

Department of Physical Therapy and Rehabilitation, Ankara Training and Research Hospital, University of Health Sciences, Ankara, Turkiye

[0000-0002-9163-2569](tel:0000-0002-9163-2569)

Cevriye Mülkođlu, MD

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, University of Health Sciences, Ankara, Turkiye

[0000-0001-9113-3885](tel:0000-0001-9113-3885)

Evrım Cořkun, MD

Department of Physical Medicine and Rehabilitation, Hamidiye Faculty of Medicine, University of Health Sciences, İstanbul, Turkiye

[0000-0003-3738-7627](tel:0000-0003-3738-7627)

Hasan Fatih ay, MD

Department of Physical Therapy and Rehabilitation, Antalya Training and Research Hospital, Health Sciences University, Antalya, Turkiye

[0000-0001-5466-7482](tel:0000-0001-5466-7482)

Pınar Borman, MD

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Ankara Medipol University, Ankara, Turkiye

[0000-0003-1212-6797](tel:0000-0003-1212-6797)

Comprehensive Physical Therapy and Rehabilitation

Seçil Pervane, MD

Department of Physical Medicine and Rehabilitation, LÖSANTE Children and Adult Hospital, Ankara, Türkiye

[0000-0001-7736-7802](tel:0000-0001-7736-7802)

Seher Kocaoğlu, MD

Department of Physical Therapy and Rehabilitation, Ankara Training and Research Hospital, University of Health Sciences, Ankara, Türkiye

[0000-0003-3212-1221](tel:0000-0003-3212-1221)

Selda Sarıkaya, MD

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Zonguldak Bülent Ecevit University, Zonguldak, Türkiye

[0000-0002-8015-0513](tel:0000-0002-8015-0513)

Sibel Ünsal Delialioğlu, MD

Department of Physical Therapy and Rehabilitation, Ankara Bilkent Health Practice and Research Center, Health Sciences University, Ankara, Türkiye

[0000-0001-6584-400X](tel:0000-0001-6584-400X)

Tülay Tiftik, MD

Department of Physical Therapy and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0000-0001-8748-1561](tel:0000-0001-8748-1561)

Zuhal Özişler, MD

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, University of Health Sciences, Ankara, Türkiye

[0000-0002-0332-2270](tel:0000-0002-0332-2270)



List of Authors

Ahmet Tezce, MD

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Karabük University, Karabük, Türkiye

[0000-0002-4802-1594](tel:0000-0002-4802-1594)

Ahmet Cemal Kaya

Department of Pain Medicine, Şanlıurfa Mehmet Akif İnan Training and Research Hospital, Şanlıurfa, Türkiye

[0009-0007-7614-6419](tel:0009-0007-7614-6419)

Ahmet Tarık Canbulat

Department of Physical Medicine and Rehabilitation, Gülhane Training and Research Hospital, Ankara, Türkiye

[0009-0003-8765-7223](tel:0009-0003-8765-7223)

Aslı Turan

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Türkiye

[0009-0005-1057-0546](tel:0009-0005-1057-0546)

Ayça Ayşe Yücel

Division of Rheumatology, Department of Physical Medicine and Rehabilitation, Antalya Training and Research Hospital, Antalya, Türkiye

[0000-0003-3178-4226](tel:0000-0003-3178-4226)

Ayşe Güliz Kırıköz

Department of Physical Medicine and Rehabilitation, Ankara Mamak State Hospital, Ankara, Türkiye

[0000-0002-8029-0751](tel:0000-0002-8029-0751)

Ayşe Naz Kalem Özgen

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital, Ankara, Türkiye

[0000-0003-2642-201X](tel:0000-0003-2642-201X)

Ayşegül Yaman

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital, University of Health Sciences, Ankara, Türkiye

[0000-0001-8097-4208](tel:0000-0001-8097-4208)

Comprehensive Physical Therapy and Rehabilitation

Ayşegül Tombak Demirçakan

Department of Physical Medicine and Rehabilitation, Meram State Hospital, Konya, Türkiye

[0000-0002-5203-5518](tel:0000-0002-5203-5518)

Ayşenur Baş

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0000-0001-6379-714X](tel:0000-0001-6379-714X)

Ayşenur Mert Kurt

Department of Physical Medicine and Rehabilitation, Sungurlu State Hospital, Çorum, Türkiye

[0009-0006-3062-2355](tel:0009-0006-3062-2355)

Berna Orhan

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Türkiye

[0009-0007-2055-5563](tel:0009-0007-2055-5563)

Beyza Doğan

Department of Physical Medicine and Rehabilitation, Anamur State Hospital, Mersin, Türkiye

[0009-0004-3498-9838](tel:0009-0004-3498-9838)

Bilge Nur Muşmal Kılınç

Department of Physical Medicine and Rehabilitation, Ankara Pursaklar State Hospital, Ankara, Türkiye

[0000-0003-4280-3840](tel:0000-0003-4280-3840)

Busem Atar

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0000-0002-5173-7788](tel:0000-0002-5173-7788)

Ceyhun Bıçılıoğlu

Department of Rheumatology, İzmir City Hospital, İzmir, Türkiye

[0000-0002-5572-532X](tel:0000-0002-5572-532X)

Derya Karacıf

Department of Physical Medicine and Rehabilitation, Çorum Erol Olçok Training and Research Hospital, Çorum, Türkiye

[0000-0002-5877-6480](tel:0000-0002-5877-6480)

Dilek Sayar Memiş

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0009-0007-7004-2774](tel:0009-0007-7004-2774)

Dilrüba Akbaş

Department of Physical Medicine and Rehabilitation, Kastamonu Physical Therapy and Rehabilitation Hospital, Kastamonu, Türkiye

[0000-0002-2355-1361](tel:0000-0002-2355-1361)

Ebru Kübra Taşpolat

Department of Physical Medicine and Rehabilitation, Elbistan State Hospital, Kahramanmaraş, Türkiye

[0000-0003-0686-0653](tel:0000-0003-0686-0653)

Emine Esra Bilir

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Türkiye

[0000-0002-0671-1335](tel:0000-0002-0671-1335)

Esra Şahingöz Bakırcı

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Yozgat Bozok University, Yozgat, Türkiye

[0000-0002-4610-0440](tel:0000-0002-4610-0440)

Faruk Erdoğan

Department of Physical Medicine and Rehabilitation, Erzurum City, Hospital, Erzurum, Türkiye

[0000-0002-3372-8589](tel:0000-0002-3372-8589)

Fatma Ballı Uz

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital, Ankara, Türkiye

[0000-0001-8666-1034](tel:0000-0001-8666-1034)

Fatma Kumbara

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Türkiye

[0009-0007-3131-6162](tel:0009-0007-3131-6162)

Gonca Canan Doğan Tosun

Department of Physical Medicine and Rehabilitation, Kırşehir Training and Research Hospital, Kırşehir, Türkiye

[0009-0000-7826-5517](tel:0009-0000-7826-5517)

Gözde Yalçın

Department of Physical Medicine and Rehabilitation, Gaziler Physical Medicine and Rehabilitation Training and Research Hospital, Ankara, Türkiye

[0009-0004-5171-3251](tel:0009-0004-5171-3251)

Gülperi İ sazade Kası m zade

Department of Physical Medicine and Rehabilitation, Ankara Oncology Training and Research Hospital, Ankara, Türkiye

[0009-0008-1630-2464](tel:0009-0008-1630-2464)

Gülş ah Çelik

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Kastamonu University, Kastamonu, Türkiye

[0009-0002-1170-4110](tel:0009-0002-1170-4110)

Handan Elif Nur Bayraktar

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Samsun University, Samsun, Türkiye

[0000-0003-2462-5470](tel:0000-0003-2462-5470)

Comprehensive Physical Therapy and Rehabilitation

Hayriye Şimşek Özgüner

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Türkiye

[0009-0003-2347-1809](tel:0009-0003-2347-1809)

Hilal Büşra Ayciçek

Department of Physical Medicine and Rehabilitation, Gülhane Training and Research Hospital, Ankara, Türkiye

[0000-0003-2217-8013](tel:0000-0003-2217-8013)

İbrahim Taka

Department of Physical Medicine and Rehabilitation, Şanlıurfa Metrolife Hospital, Şanlıurfa, Türkiye

[0000-0003-2100-0723](tel:0000-0003-2100-0723)

Kerim Demirsöz

Department of Physical Medicine and Rehabilitation, Ankara Romatem Physical Therapy and Rehabilitation Center, Ankara, Türkiye

[0000-0003-3050-1191](tel:0000-0003-3050-1191)

Melek Aykut Selçuk

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital, Ankara, Türkiye

[0000-0002-9456-9155](tel:0000-0002-9456-9155)

Meltem Güneş Akıncı

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Pamukkale University, Denizli, Türkiye

[0000-0001-9421-6766](tel:0000-0001-9421-6766)

Muhammet Hüseyin Sarı

Department of Physical Medicine and Rehabilitation, Kadirli State Hospital, Osmaniye, Türkiye

[0000-0002-1325-8081](tel:0000-0002-1325-8081)

Mücahit Atasoy

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, İstanbul Medipol University, İstanbul, Türkiye

[0000-0002-7553-2410](tel:0000-0002-7553-2410)

Nadide Koca

Department of Physical Therapy and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0000-0002-0839-5700](tel:0000-0002-0839-5700)

Nida Koçer Nazlıgül

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Türkiye

[0009-0001-1004-3499](tel:0009-0001-1004-3499)

Nur Berna Gözel

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital, Ankara, Türkiye

[0009-0000-2818-4145](tel:0009-0000-2818-4145)

Nursel Dođanyigit Kuzan

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Turkiye

0000-0002-5313-5633

Özge Özpolat Bulut

Department of Physical Medicine and Rehabilitation, Kanuni Sultan Süleyman Training and Research Hospital, İstanbul, Turkiye

0009-0004-0921-1899

Öznur Kutluk

Department of Physical Medicine and Rehabilitation, Antalya Training and Research Hospital, Antalya, Turkiye

0000-0003-1037-7381

Refiye Önal

Department of Physical Medicine and Rehabilitation, Ankara Bilkent City Hospital, Ankara, Turkiye

0000-0002-0258-6442

Saadet Nur Sena Öztekin

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Ankara Medipol University, Ankara, Turkiye

0000-0002-9237-782X

Sefa Gümrük Aslan

Department of Physical Medicine and Rehabilitation, Ankara Gaziler Physical Medicine and Rehabilitation Training and Research, University of Health Sciences, Ankara, Turkiye

0000-0002-8276-9627

Sidar Burcu Ateş Demirođlu

Department of Physical Medicine and Rehabilitation, Gaziantep Medical Point Hospital, Gaziantep, Turkiye

0000-0002-3667-3528

Soner Demir

Department of Physical Medicine and Rehabilitation, Ankara Training and Research Hospital, Ankara, Turkiye

0000-0003-4086-1625

Sümevra Nur Tabanlı

Department of Physical Medicine and Rehabilitation, Siirt Training and Research Hospital, Siirt, Turkiye

0000-0001-5618-3721

Tuđba Alışık

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Bolu Abant İzzet Baysal University, Bolu, Turkiye

0000-0003-1856-9513

Tuđçe Köksal

Department of Physical Medicine and Rehabilitation, Faculty of Medicine, Zonguldak Bülent Ecevit University, Zonguldak, Turkiye

0000-0003-4541-6491

Comprehensive Physical Therapy and Rehabilitation

Ülkü Uçar

Division of Rheumatology, Department of Physical Medicine and Rehabilitation,
Faculty of Medicine, Akdeniz University, Antalya, Türkiye

[0000-0003-4838-1650](tel:0000-0003-4838-1650)

Yağmur Çağla Reis Altan

Department of Physical Medicine and Rehabilitation, Ankara Halil Şıvgın Çubuk State
Hospital, Ankara, Türkiye

[0000-0003-0605-4133](tel:0000-0003-0605-4133)

Yusuf Ziya Bükün

Department of Physical Medicine and Rehabilitation, Private Practice, Diyarbakır,
Türkiye

[0000-0002-7510-3472](tel:0000-0002-7510-3472)

Zeynep Alpoğuz Yılmaz

Department of Physical Medicine and Rehabilitation, Ankara Etlik City Hospital,
Ankara, Türkiye

[0000-0002-6186-2267](tel:0000-0002-6186-2267)



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Preface

Physical Medicine and Rehabilitation represents one of the most dynamic and multidisciplinary fields of modern medicine. This discipline encompasses not only the treatment of musculoskeletal disorders but also aims to enhance functional capacity, improve quality of life, and foster social participation across diverse patient populations. The present volume has been prepared to provide a comprehensive overview of the fundamental principles, contemporary clinical practices, and scientific advances in this domain.

Spanning approximately 1000 pages, this textbook is the product of intensive effort and dedication. It has been designed to address a broad readership, ranging from medical students to assistant doctors and specialists who have chosen this discipline as their professional path. The book seeks to deliver systematic coverage of foundational knowledge while simultaneously presenting up-to-date data that can be directly applied to clinical practice. In this respect, it should be regarded as a comprehensive reference work within the field of Physical Medicine and Rehabilitation.

One of the principal objectives of this book is to contribute sustainably to the education of rehabilitation medicine. Its content has been structured to facilitate the systematic acquisition of core concepts by students, to support assistant doctors in advancing confidently within clinical practice, and to enable specialists to integrate evidence-based knowledge into their daily work. Beyond theoretical exposition, the book incorporates clinical examples, assessment methods, and therapeutic protocols, thereby reinforcing the learning process. In this way, it serves both as a complement to academic curricula and as a resource for lifelong professional development.

The preparation of this volume has not been limited to the compilation of existing literature; methodological rigor, critical appraisal of current research, and synthesis of clinical experience have been prioritized throughout. During the editorial process, national and international sources were comparatively evaluated, and the content was structured in accordance with the principles of evidence-based medicine. We extend our sincere gratitude to the associate editors and contributing authors whose commitment and diligence made this work possible.

It is our hope that this textbook will enrich the knowledge base of our colleagues, serve as a guiding resource for students and young specialists, and inspire future research and clinical innovation in the field. Through the continuity of scientific production and the strength of academic collaboration, we aspire for this work to stimulate new contributions to rehabilitation medicine.

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Burcu DUYUR ÇAKIT, Professor, MD

Hakan GENÇ, Professor, MD