

## Res. Asst. Umut İslam TAYBOĞA

### Personal Information

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### International Researcher IDs

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### Education

Postgraduate, Marmara University, Institute Of Health Sciences, Department Of Physical Therapy And Rehabilitation, Turkey 2021 - 2024

Undergraduate, Yeditepe University, Sağlık Bilimleri Fakültesi, Fizyoterapi Ve Rehabilitasyon Bölümü, Turkey 2015 - 2020

### Dissertations

Postgraduate, Servikal radikülopatide stabilizasyon egzersizlerinin interlaminar epidural steroid enjeksiyonuna etkisinin değerlendirilmesi, Marmara University, Institute Of Health Sciences, Department Of Physical Therapy And Rehabilitation, 2024

### Research Areas

Physical therapy and rehabilitation

### Academic Positions

Research Assistant, Istanbul Medipol University, Sağlık Bilimleri Fakültesi, Fizyoterapi Ve Rehabilitasyon Bölümü, 2022 - Continues

### Journal articles indexed in SCI, SSCI, and AHCI

- I. Comparison of the impacts of percussion massage therapy, dynamic stretching, and kinesiology taping techniques on functional performance, muscular strength, and proprioception in the shoulder.**  
Menek B., Tayboga U. İ.  
Work (Reading, Mass.), 2025 (SSCI)
- II. Are Stabilisation Exercises Effective After Epidural Steroid Injection in Patients With Cervical Radiculopathy? A Prospective Randomised Controlled Trial.**

Tayboga U. İ., Olgun Y., Gunduz O. H., Sencan S.

European journal of pain (London, England), vol.29, no.2, 2025 (SCI-Expanded)

III. **Effect of Local Vibration Therapy on Pain, Joint Position Sense, Kinesiophobia, and Disability in Cervical Disc Herniation: A Randomized Controlled Trial**

YILMAZ MENEK M., DANSUK E., TAYBOĞA U. İ.

Journal of Clinical Medicine, vol.13, no.15, 2024 (SCI-Expanded)

## Articles Published in Other Journals

I. **EXAMINING ACUTE IMPACTS OF SOFT TISSUE MOBILIZATION, PERCUSSION MASSAGE, AND DYNAMIC STRETCHING ON HAMSTRING TIGHTNESS**

MENEK B., TAYBOĞA U. İ.

GAZZETTA MEDICA ITALIANA ARCHIVIO PER LE SCIENZE MEDICHE, 2023 (ESCI)

## Papers Presented at Peer-Reviewed Scientific Conferences

I. **Wingate Testinin Sanal Gerçeklik Tabanlı Sistem Entegrasyonu**

ARAS BAYRAM G., ERGEZEN ŞAHİN G., TAYBOĞA U. İ., YILMAZ G., GÜNEŞ ÇELİK A., KAYA SARIBAŞ P., TARAKCI D.  
19. Uluslararası Fizyoterapide Gelişmeler Kongresi, Ankara, Turkey, 9 - 11 April 2025, (Summary Text)

II. **The Effect Of Stabilization Exercises On Cervical Interlaminar Epidural Steroid Injection Treatment Results; Prospective Randomized Single-Blind Controlled Trial; Pilot Study**

TAYBOĞA U. İ., OLGUN Y., GÜNDÜZ O. H., ŞENCAN S.

BEYKENT 4TH INTERNATIONAL HEALTH SCIENCES RESEARCH DAYS CONGRESS, İstanbul, Turkey, 22 - 24 February 2024, (Summary Text)

III. **Amatör Futbolcularda Alt Vücut Kadran Nöral Mobilizasyonu, Dinamik Germe ve Statik Germenin Anlık Etkilerinin Araştırılması: Pilot Çalışma**

Ergezen G., Ceylan A., Yılmaz G., Tayboğa U. İ., Savaş G.

XII. Uluslararası Katılımlı Spor Fizyoterapistleri Kongresi, İstanbul, Turkey, 16 - 19 November 2023, vol.10, pp.61, (Summary Text)

IV. **Investigation of the Relationship Between Executive Functions and Reaction Time in Amateur Female Football Players - Pilot Study**

Ceylan A., Tayboğa U. İ., Aras Bayram G.

1st International Health and Physiotherapy Congress, İstanbul, Turkey, 31 October - 02 November 2023, pp.5, (Summary Text)

V. **Examination of the Correlation Between Hand Grip Strength, Core Stabilization and Balance in Healthy Adults: A Pilot Study**

YILMAZ G., TAYBOĞA U. İ., ÖZDEMİR GÖRGÜ S.

1st International Health and Physiotherapy Congress, İstanbul, Turkey, 31 October - 02 November 2023, (Summary Text)

VI. **Does Kinesiotaping Intervention Instantaneously Affect Shoulder Joint Position Sense?**

TAYBOĞA U. İ., MENEK B.

1 St International Health and Physiotherapy Congress, İstanbul, Turkey, 31 October - 02 November 2023, (Summary Text)

VII. **Investigation of Acute Effect of Dynamic Stretching and Instrument-Assisted Soft Tissue Mobilization on Flexibility and Performance**

TAYBOĞA U. İ., MENEK B.

INTERNATIONAL CONFERENCE ON PHYSIOTHERAPY, PHYSICAL ACTIVITY AND HEALTH, Turkey, 14 October 2022, (Summary Text)

## **Funded Projects**

Aras Bayram G., Tarakcı D., Kaya P., Ergezen G., Güneş Çelik A., Tayboğa U. İ., Yılmaz G., TUBITAK Project, Wingate Testinin Sanal Gerçeklik Temelli Giyilebilir Teknolojiye Uyarlanması, 2023 - 2024