

## Res. Asst. Umut İslam TAYBOĞA

### Personal Information

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### International Researcher IDs

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Publons / Web Of Science ResearcherID: HLH-0238-2023

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### Education Information

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 Titles / Tasks

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

### Published journal articles indexed by SCI, SSCI, and AHCI

- 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)

## **Refereed Congress / Symposium Publications in Proceedings**

- I. **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
- II. **Amatör Futbolcularda Alt Vücut Kadran Nöral Mobilizasyonu, Dinamik Germe ve Statik Germenin Anlık Etkilerinin Araştırılması: Pilot Çalışma**  
CEYLAN A., ERGEZEN G., YILMAZ G., TAYBOĞA U. İ., SAVAŞ G.  
XII. Uluslararası Katılımlı Spor Fizyoterapistleri Kongresi, İstanbul, Turkey, 16 - 19 November 2023, vol.10, pp.61
- III. **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
- IV. **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
- 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
- VI. **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

## **Supported 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