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Department of Physical Medicine and Rehabilitation

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**CURRICULUM VITAE**

Personal information:

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**Experience:**

**2003-2006** Specialist (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**2006-2019** Assistant Professor (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**2019-Present** Associate Professor (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**Education:**

**1971-1976:** Kemer Baraji Primary School, Aydin

**1976-1979:** Buca High School, İzmir (middle School)

**1979-1982:** Bozdogan High School, Aydin

 **1982-1988**: Erciyes University Faculty of Medicine, Kayseri

 **1999-2003:** Post-graduate Training Pamukkale University, Department of Physical Medicine and Rehabilitation, Denizli

**PUBLICATION:**

1. **Sarsan A,** Ardiç F, Ozgen M, Topuz O, Sermez Y. The effects of aerobic and resistance exercises in obese women. Clin Rehabil. 2006 Sep;20(9):773-82.
2. Fenkci S, **Sarsan A,** Rota S, Ardic F. Effects of resistance or aerobic exercises on metabolic parameters in obese women who are not on a diet. Adv Ther. 2006 May-Jun;23(3):404-13.
3. Topuz O, Akkaya N, Ardic F, **Sarsan A,** Cubukcu D, Gokgoz A. Bone resorption marker and ultrasound measurements in adults residing in an endemic fluorosis area of Turkey. Fluoride April-June 2006; 39 (2): 138-44.
4. Duygu Çubukçu, **Ayşe Sarsan.** Rehabilitation of Patellofemoral Pain Syndrome. Rheumatism 2008; 23: 18-23.
5. Yıldız N, Alkan H, **Sarsan A**, Özgen M, Topuz O, Ardıç F. Comparison of the differences

between traumatic and non-traumatic spinal cord injury, Turk J Phys Med Rehab 2009;55:50-54.

1. Deniz S, Topuz O, Atalay NŞ, **Sarsan A,** Yıldız N, Fındıkoğlu G, Karaca O, Ardic F. Comparison of the Effectiveness of Pulsed and Continuous Diclofenac Phonophoresis in Treatment of Knee Osteoarthritis. Journal of Physical Therapy Science 2009; 21 (4): 331-6.
2. Atalay NS, **Sarsan A,** Akkaya N, Yildiz N, Topuz O.The impact of disease severity in carpal tunnel syndrome on grip strength, pinch strength, fine motor skill and depression. Phys Ther Sci 2011;23:115-8.
3. Alkan H, Topuz O, Yildiz N, Alkan S, **Sarsan A,** Ardic F. Efficacy of home-based exercise programme and postural biofeedback therapy on fall risk among osteoporotic women over 65 years of age. Turkish Journal of Geriatrics 2011;14:26-34
4. Ozgen M, Güngen G, **Sarsan A**, Ardıç F, Calışkan S, Sabir N, Taşdelen G, Baydemir C. Determination of the position on which the median nerve compression is at the lowest in carpal tunnel syndrome and clinical effectiveness of custom splint application. Rheumatol Int. 2011 Aug;31(8):1031-6.
5. Atalay NŞ, Selçuk ST, Ercidoğan O, Akkaya N, **Sarsan A,** Yaren A, Şahin F. The Presence of Upper Extremity Problems and the Effect on Quality of Life in Breast Cancer Patients who Undergone Breast Surgery and Axillary Dissection. Turk J Phys Med Rehab 2011;57:186-92.
6. Alkan S, **Sarsan A,** Alkan H, Yildiz N, Topuz O, Ardic F. Yaşlılarda Vitamin D Düzeyleri ile Denge Yaşlılarda Vitamin D Düzeyleri İle Denge, Fiziksel Performans Ve Yaşam Kalitesi Arasındaki İlişki. Turkish Journal of Geriatrics 2012;15:156-163
7. Ozgen M, Fırat S**, Sarsan A,** Topuz O, Ardıç F, Baydemir C. Short- and long-term results of clinical effectiveness of sodium hyaluronate injection in supraspinatus tendinitis. Rheumatol Int. 2012 Jan;32(1):137-44.
8. Cubukcu D, **Sarsan A,** Alkan H. Relationships between Pain, Function and Radiographic Findings in Osteoarthritis of the Knee: A Cross-Sectional Study. Arthritis V 2012, Article ID 984060, doi:10.1155/2012/984060
9. **Sarsan A,** Akkaya N, Ozgen M, Yildiz N, Atalay NS, Ardic F. Comparing the efficacy of mature mud pack and hot pack treatments for knee osteoarthritis. J Back Musculoskelet Rehabil. 2012;25(3):193-9.
10. **Sarsan A,** Alkan H, Başer S, Yıldız N, Özgen M, Ardic F. The effect of aerobic exercise program on pulmonary function and cardiorespiratory capacity in obese women. Turk J Phys Med Rehab 2013;59:140-144.
11. Alkan H, Yıldız N, **Sarsan A,** Simsir Atalay N, Sevinc O, Topuz O, Ardic F. Fall Risk in Patients with Ankylosing Spondylitis. Turk J Rheumatol 2013;28:109-116
12. Boyaci A, Topuz O, Alkan H, Ozgen M, **Sarsan A,** Yildiz N, Ardic F. Comparison of the effectiveness of active and passive neuromuscular electrical stimulation of hemiplegic upper extremities: a randomized, controlled trial. Int J Rehabil Res. 2013;36:315-322.
13. Alkan H, Ardic F, Erdogan C, Sahin F, **Sarsan A,** Findikoglu G. Turkish Version of the painDETECT Questionnaire in the Assessment of Neuropathic Pain: A Validity and Reliability Study. Pain Med 2013;14:1933-1943.
14. Alkan H, Yıldız N, **Sarsan A,** Akkaya N, Fındıkoglu G, Sevinc O, Topuz O, Ardıç F. The relationship between posturographic fall risk and clinical balance tests among community-dwelling older adults. Turkish J Geriatrics 2014;17:242-248.
15. Sumen A, **Sarsan A,** Alkan H, Yıldız N, Ardic F. Efficacy of low level laser therapy and intramuscular electrical stimulation on myofascial pain syndrome. J Back Musculoskelet Rehabil 2015;28:153-158.
16. Yıldız N, Alkan H, **Sarsan A,** Alkan S. The effects of repeated filling cystometries on cystometric variables in spinal cord-injured patients with overactive detrusor, who utilize different type of urine drainage methods. Spinal Cord. 2015;53(8):625‐629.
17. Findikoglu G, Cetin EN, **Sarsan A,** Senol H, Yildirim C, Ardic F. Arterial and intraocular pressure changes after a single-session hot-water immersion. Undersea Hyperb Med. 2015 Jan-Feb;42(1):65-73.
18. Çergel Y, Topuz O, Alkan H, **Sarsan A,** Sabir Akkoyunlu N. The effects of short-term back extensor strength training in postmenopausal osteoporotic women with vertebral fractures: comparison of supervised and home exercise program. Arch Osteoporos. 2019;14(1):82.
19. Yildiz N, Alkan H, **Sarsan A.** Efficacy of intravaginal electrical stimulation added to bladder training in women with idiopathic overactive bladder: A prospective randomized controlled trial. Int Braz J Urol. 2021 Nov-Dec;47(6):1150-1159. doi: 10.1590/S1677-5538.IBJU.2021.0161. PMID: 34469668; PMCID: PMC8486445.

**H Index: 12**

**PUBLICATIONS IN NATIONAL JOURNALS**

1. Sarhuş M., Topuz O., **Sarsan A.,** Ardıç F. Serebral Palsili Olgularımızın Epidemiyolojik Özellikleri Ege Fiziksel Tıp ve Rehabilitasyon Dergisi, 2003 Cilt: 9, Sayı:2
2. Çubukçu D, **Sarsan A,** Topuz O , Ardıç F. Patellofemoral Ağrı Sendromlu Hastalarda Açık ve Kapalı Kinetik Zincir Egzersizlerinin Etkinliği. Romatoloji ve Rehabilitasyon 2004;15(1):16-25.
3. Göktepe S, **Sarsan A,** Yılmaz B, Alaca R, Coşkun Ü. Nükslerle seyreden bir vertebral kist hidatik olgusu. T. Romatizma, 2004; cilt;19, sayı:1.
4. Alkan H, **Sarsan A,** Topuz O, Özkurt S, Moral A, Ateşçi F, Ardıç F**.** Kronik obstrüktif akciğer hastalığında ev rehabilitasyon programının etkinliği. Türkiye Fiziksel Tıp ve Rehabilitasyon Dergisi 2006;52:51-54.
5. Yıldız N, Şanal E, **Sarsan A,** Topuz O, Ardıç F. İnmeli hastaların özellikleri ve fonksiyonel sonuçlarını etkileyen faktörler.. FTR Bil Derg 2009;12:59-66.
6. Yıldız N, **Sarsan A,** Ardıç F. Kadınlarda stres üriner inkontinans ve konservatif tedavi yaklaşımları. FTR Bil Der 2009;12:42-50.
7. Akkaya S, Akkaya N, Yıldız N, Atalay NŞ, Fındıkoğlu G, **Sarsan A,** Şahin F. Plantar topuk ağrısında muayene bulguları ve fonksiyonel durumun radyolojik ve klinik değişkenlerle ilişkisi. Romatol Tıp Rehab.2010;21(1):1-5
8. Akkaya N, Akkaya S, Şimşir Atalay N, Yıldız N, Fındıkoğlu G, **Sarsan A,** Şahin F. Menisküs lezyonu tanısında fizik muayene bulgularının manyetik rezonans görüntüleme bulguları ve fonksiyonel durum ile ilişkisinin retrospektif incelenmesi. Romatol Tıp Rehab. 2009;20(4):126-31.
9. **Sarsan A,** Alkan H, Deniz S, Yıldız N, Topuz O. Diz osteoartriti olan hastalarda diklofenak iyontoforezi ve fonoforezinin etkinliği. Romatol Tıp Rehab 2014;25:45-42.
10. Alkan H, **Sarsan A,** Yildiz N, Öztekin SNS. Multiple insufficiency fractures mimicking bilateral sacroiliitis. Pam Med J 2020;13:817-821. doi:https://dx.doi.org/10.31362/patd.746054.
11. Alkan H, **Sarsan A,** Yildiz N Güngör HR. Bilateral Synovial Chondromatosis of Knee Joint in a Patient with Rheumatoid Arthritis J PMR Sci. 2021;24(1):76-80. doi: 10.31609/jpmrs.2020-76435.
12. Öztekin S, Sönmez R, **Sarsan A,** Alkan H. A case of bilateral hip and knee osteonecrosis in a patient with ankylosing spondylitis who used steroids due to immune thrombocytopenic purpura. J Surg Med. 2021;5(6):651-653. doi:10.28982/josam.799391.
13. **Sarsan A.** The relationship between the clinical features of children with cerebral palsy and the moods of their parents. Pamukkale Tıp Dergisi Pamukkale Medical Journal 2019;12(1):107-114 doi:https://dx.doi.org/10.31362/patd.467812
14. **Sarsan A.** Awareness Level of the Healthcare Professionals about Cardiopulmonary Rehabilitation: A Cross-Sectional Study Osmangazi Tıp Dergisi Osmangazi Journal of Medicine 2020; 42 (1): 81-88

**Invited Book Chapter Author by Medical Societies**

**1.** **Ayşe Sarsan.** Romatoid Artrit A. Klinik ve Laboratuvar Bulgular (chapter 6). In Taşcıoğlu F editor. Temel Romatizmal Hastalıklar (Primer on the Rheumatic Diseases) Ankara, sayfa 114-121 Pelikan Kitabevi 2014 ISBN: 978-605-64741-2-5

 **2.** **Ayşe Sarsan.** Juvenil İdiyopatik Artrit B. Patoloji ve Patogenez (chapter 7) In Taşcıoğlu F editor. Temel Romatizmal Hastalıklar (Primer on the Rheumatic Diseases) Ankara, sayfa 149-153 Pelikan Kitabevi 2014 ISBN: 978-605-64741-2-5

**International Congress Presentations**

Over 10 International Congress Presentations

**National Congress Presentations**

Over 50 National Congress Presentations

**DIDACTIC ACTIVITY**

 **2003-present:** Didactic activity for medical students,

 Seminars at the Department of Physical Medicine and Rehabilitation

 Problem based learning sessions for medical students, at Pamukkale University, Faculty of Medicine, Denizli, Turkey

**2003-present:** Responsible for all didactive activities for undergraduate medical students and residents in trainee at the Department of Physical Medicine and Rehabilitation