ÖZGEÇMİŞ

1. **KİMLİK BİLGİLERİ**

|  |
| --- |
| ADI, SOYADI: Füsun Ardıç |
| ÇALIŞTIĞI KURUM ve BİRİMİ: PAÜ Tıp Fakültesi, Fiziksel Tıp ve Rehabilitasyon ADAKADEMİK ÜNVANI: Prof. Dr.YAZIŞMA ADRESİ: PAÜ Fiziksel Tıp ve Rehabilitasyon AD, Kınıklı 20070 DenizliTELEFON: 0 258 296 49 99E-MAIL: fardic@pau.edu.tr |

2. **EĞİTİM** (Mezun olduğu üniversite ve sonrası)

|  |  |  |  |
| --- | --- | --- | --- |
| YILI | DERECESİ | ÜNİVERSİTE | ÖĞRENİM ALANI |
| 1989 |  | Ege Üniversitesi | Tıp Fakültesi |
| 1994 |  | Dokuz Eylül Üniversitesi | Tıp Fakültesi / Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı (Tıpta uzmanlık)  |
| 2011 |  | Pamukkale Üniversitesi | Algoloji Yan dal uzmanlığı |

3. **AKADEMİK DENEYİM**

|  |  |  |  |
| --- | --- | --- | --- |
| GÖREV DÖNEMİ | ÜNVAN | BÖLÜM | ÜNİVERSİTE |
| 1989-1994 | Araş. Gör. Dr. | Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı | Dokuz Eylül Üniversitesi |
| 1994-1995 | Öğr. Gör. Dr. | Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı | Pamukkale Üniversitesi |
| 1995-1996 | Yar. Doç. Dr. | Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı | Pamukkale Üniversitesi |
|  1997-1998 | Visiting Scholar | Division of Physical Medicine and Rehabilitation | University of Pittsburgh  |
| 1996-2002 | Doç. Dr. | Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı | Pamukkale Üniversitesi |
| 2002- | Prof. Dr. | Fiziksel Tıp ve Rehabilitasyon Anabilim Dalı | Pamukkale Üniversitesi |

4. **İLGİ ALANLARI**

|  |  |
| --- | --- |
| ÇALIŞMA ALANI | ANAHTAR SÖZCÜKLER |
| Rehabilitasyon (ortopedik ve spor), Obezite, ağrı tedavisi, egzersiz, balneoterapi | Rehabilitasyon, ağrı, egzersiz, obezite |

**5. BİLİMSEL ÇALIŞMALAR**

5.1 : Bilimsel Yayınları

5.1.1 : SCI-expanded, SSCI dergilerde yayımlanan yayınlar

5. SON BEŞ YILDAKİ ÖNEMLİ YAYINLARI

: SCI-expanded, SSCI dergilerde yayımlanan yayınlar

1. Ardıç FN**, Ardıç F**, Topaloğlu İ, Öncel S, Uğuz MZ, Topaloğlu D. Electroneurography in the late period of Bell’s palsy. Acta Otolaryngologica (Stockh), 1997; 117: 325-8.

2. ArdıçFN, Topaloğlu İ, Öncel S, **Ardıç F**, Uğuz MZ. Does the stapes reflex remain same after Bell`s palsy? The American Journal of Otology, 1997; 18: 761-5.

3. **Ardıç F,** Toraman F. Psychological dimensions in patient with rheumatoid arthritis, fibromyalgia syndrome and chronic low back pain. Journal of Musculoskeletal Pain. 2002; 10 (4): 19-29.

4. **Ardıç F,** Sarhuş M., Topuz O. Comparison of two different techniques of electrotherapy on myofascial pain. Journal of Back and Musculoskeletal Rehabilitation. 2002; 16 (1): 11-16.

 5.Topuz O, Topuz B, Ardic FN, Sarhus M, Ogmen G, **Ardic F.** Efficacy of vestibular rehabilitation on chronic unilateral vestibular dysfunction. Clinical Rehabilitation.2004; 18 (1): 76-83.

6. Topuz O, Özfidan E, Özgen M, **Ardic F.** Efficacy of transcutaneous electrical nerve stimulation and percutaneous neuromodulation therapy in chronic low back pain. Journal of Back and Musculoskeletal Rehabilitation. 2004; 17 (3-4): 127-133.

 7. Cubukcu D, **Ardic F,** Karabulut N, Topuz O.Hylan G-F 20 efficacy on articular cartilage quality in patients with knee osteoarthritis: clinical and MRI assessment.Clin Rheumatol. 2005; 24 (4): 336-41.

8. Topuz O, Akaya N, **Ardıç F**, Sarsan A, Çubukçu D, Gökgöz A. Bone resorption marker and ultrasound measurements in adults residing in an endemic fluorosis area of Turkey. Fluoride, 2006; 39(2): 138-144.

9. Sarsan A, **Ardıç F,** Özgen M, Topuz O, Sermez Y. The effectsof aerobic and resistance exercises in obese women. Clinical Rehabilitation, 2006; 20(9): 773-782.

10. Fenkçi S, Sarsan A, Rota S, **Ardıç F**. Effects of resistance or aerobic exercises on metabolic parameters in obese women who are not on a diet. Advances In Therapy, 2006; 23(3): 404-13.

11. **Ardic F**, Ozgen M, Aybek H, Rota S, Cubukcu D, Gokgoz A. Effects of balneotherapy on serum IL-1, PGE2 and LTB4 levels in fibromyalgia patients. Rheumatol Int. 2007; 27(5): 441-446.

12. Yildiz N, **Ardic F**. A rare cause of forearm pain: anterior branch of the medial antebrachial cutaneous nerve injury: a case report. J Brachial Plex Peripher Nerve Inj. 2008; 3(1):10.

13. Yildiz N, **Ardic F.**  Bilateral sacroiliitis in a patient with acromegaly: a case report. J Endocrinol Invest. 2008; 31(7):681.

1. Yildiz N, **Ardic F**, Sabir N, Ercidogan O. Pellegrini-Stieda disease in traumatic brain injury rehabilitation. Am J Phys Med Rehabil. 2008; 87(6):514.
2. Yildiz N, **Ardic F.**  Deniz S. Very Early Onset Steroid-Induced Avascular Necrosis of the Hip and Knee in a Patient with Idiopathic Thrombocytopenic Purpura. Intern. Med. **47**: 1989-1992, 2008
3. Yildiz N**, Ardic F**, Ercidogan O, Coban S Acute pseudogout arthritis in a patient with chronic renal failure: a case report. Clin Nephrol 2008; 70: 424-426.
4. Deniz S, Topuz O, Atalay NŞ, Sarsan A, Yildiz N, Findikoglu G, Karaca O, **Ardic F**. Comparison of the effectiveness of pulsed and continuous diclofenac phonophoresis in treatment of knee osteoarthritis. J Phys Ther Sci (JPTS) 2009; 21 (4): 331-336.
5. Yildiz N, Alkan H, Sarsan A, Ozgen M, Topuz O, **Ardic F**. Comparison of the differences between traumatic and non-traumatic spinal cord injury. Turk J Phys Med Rehab 2009;55: 50-54.
6. Yildiz N**,** Alkan H**, Ardic F**, Topuz O. Successful treatment with Adalimumab in a patient with coexisting Behçet's Disease and ankylosing spondylitis. Rheumatology International (Clinical and Experimental Investigations) 2010; 30: 1511–1514.
7. Goren A, Yildiz N, Topuz O, Findikoglu G, **Ardic F.** Effıcacy of exercise and ultrasound in patients with lumbar spinal stenosis: a prospective randomized controlled trial. Clin Rehabil 2010; 24(7): 623-31.
8. Yildiz N**, Ardic F.** Pathophysiology and etiology in neurogenic heterotopic ossification. Turk J Phys Med Rehab 2010; 56: 81-7.
9. Yildiz N, Topuz O, Gungen GO, Deniz S, Alkan H, **Ardic F**. Health related quality of life (Nottingham health profile) in knee osteoarthritis: correlation with clinical variables and self reported-disability Rheumatology International (Clinical and Experimental Investigations) 2010; 30: 1595-1600.
10. Yildiz N., Kilinc B, **Ardic F**. A soldier with lateral antebrachial cutaneous neuropathy: Malingering or fact? Lateral antebrakial kutanoz noropatili bir asker: Temaruz ya da gerçek? Turk J Phys Med Rehab 2010; 56: 145-7.
11. 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. Turk J Geriatrics 2011; 14 (1) 26-34
12. Yildiz N, Gungen GO, Yaylali O, **Ardic F**. Bilateral complex regional pain syndrome associated with lumbar disc herniation. Turk J Rheumatol 2011; 26(1): 66-70.
13. Özgen M, Güngen G, Sarsan A, **Ardıç F**, Çalışkan Ş, 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. Rheumatology International 2011; 31: 1031-1036.
14. [Akkaya N](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Akkaya%20N%22%5BAuthor%5D), [Atalay NS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Atalay%20NS%22%5BAuthor%5D), [Selcuk ST](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Selcuk%20ST%22%5BAuthor%5D), [Akkaya S](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Akkaya%20S%22%5BAuthor%5D), [**Ardic F**](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Ardic%20F%22%5BAuthor%5D). Impact of body image on quality of life and mood in mastectomized patients and amputees in Turkey. [Asian Pac J Cancer Prev.](http://www.ncbi.nlm.nih.gov/pubmed/22320972##) 2011;12(10):2669-73.
15. Yıldız N, Alkan H, Akkaya N, Çatalbaş N, **Ardıç F**. Omurilik Yaralanmalı Hastalarda Lezyon Seviyesi ve Ciddiyeti ile Mesane Davranışı Arasındaki İlişki. Turk J Phys Med Rehab 2011; 57: 206-11.
16. G Findikoglu, B Gunduz, H Uzun, B Erhan, S Rota, **F Ardic**.Investigation of Cartilage Destruction by CTX-II in Patients with Spinal Cord Injury. Spinal Cord, 2012; 50; 136-140.
17. 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; 32(1):137-44.
18. Gungen G, **ArdicF**, Findikoglu G, Rota S. The effect of mud pack therapy on serum YKL-40 and hsCRP levels in patients with knee osteoarthritis. Rheumatology International (Clinical and Experimental Investigations) 2012; 32(5): 1235-1244.
19. Akkaya N, **Ardic F**, Ozgen M, Akkaya S, Sahin F, Kilic A. Efficacy of electromyographic biofeedback and electrical stimulation following arthroscopic partial meniscectomy: A randomised controlled trial. Clinical Rehabilitation, 2012; 26(3): 224-36.
20. Akkaya S, Akkaya N, Kıter E, Kılıç A, **Ardıç F**. Functional status, patient satisfaction and quality of life in patients with arthroscopic partial meniscectomy. Eklem Hastalik Cerrahisi. 2012;23(1):9-14.
21. Kilic-Toprak E, **Ardic F**, Erken G, Unver-Kocak F, Kucukatay V, Bor-Kucukatay M. Hemorheological responses to progressive resistance exercise training in healthy, young males. Med. Sci Monit. 2012; 18 (6): CR 351-360.
22. Alkan S, Sarsan A, Alkan H, Yıldız N, Topuz O, **Ardıç F.** Yaşlılarda Vitamin D düzeyleri ile denge, fiziksel performans ve yaşam kalitesi arasındaki ilişki. Turkish Journal of Geriatrics 2012, 15 (2): 156-163.
23. 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.
24. Güler S, Bir LS, Akdag B, **Ardiç F**. The effect of pramipexole therapy on balance disorder and fall risk in parkinson’s disease at early stage: clinical and posturographic assessment," ISRN Neurology 2012; 2012:320607.
25. Sanal E, **Ardic F**, Kirac S. Effects of aerobic or combined aerobic resistance exercise on body composition in overweight and obese adults: gender differences. a randomized intervention study. Eur J Phys Rehabil Med. 2013; 49(1):1-11.
26. Alkan H, Yıldız N, Sarsan A, Atalay NŞ, Sevinc O, Topuz O, **Ardic F.** Fall risk in patients with Ankylosing Spondylitis. Turk J Rheumatol 2013; 28(2): 109-116.
27. Sarsan A, Alkan H, Başer S, Yıldız N, Özgen M, **Ardıç** **F**. Obez Kadinlarda Aerobik Egzersiz Programinin Solunum Fonksiyonlari ve Kardiyorespiratuar Kapasite Uzerine Etkisi Türk Fiz Tip Rehab Derg 2013; 59: 140-4.
28. Akkaya S, Akkaya N, Ozcakar L, Kılıc A, Sahin F, Atalay NS, **Ardic F.** Ultrasonographic Evaluation of the Femoral Cartilage Thickness After Unilateral Arthroscopic Partial Meniscectomy. Knee Surg Sports Traumatol Arthrosc 2013; 21 (5): 1104-10.
29. Akkaya N, Akkaya S, Özçakar L, Demirkan F, Kiter E, Konukcu S, **Ardic F.** Ultrasonographic measurement of the distal femoral cartilage thickness in patients with unilateral transtibial amputation. Prosthet Orthot Int. 2013 Aug;37(4):268-74.
30. 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(4): 315-22.
31. Yesim Gokce Kutsal, Nurten Eskiyurt, Jale Irdesel, Vesile Sepici, Hatice Ugurlu, Yesim Kirazli, **Fusun Ardic**, et al. A candidate identification questionnaire for postmenopausal osteoporosis patients switched from daily or weekly bisphosphonate to once-monthly ibandronate: An open, prospective, multicenter study—BONCURE study. [Health](http://www.scirp.org/journal/Home.aspx?JournalID=65) 2013; [Vol.5 No.7A2,30-40.](http://www.scirp.org/journal/Home.aspx?IssueID=3322#34619) DOI: 10.4236/health.2013.57A2004 (July).
32. 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 Medicine. 2013; 14: 1933-1943.
33. Alkan H, Yıldız N, Ercidoğan O, Catalbas N, **Ardic F**. Very early detected asymptomatic syrinx in a patient with spinal cord injury. Journal of Scientific research and reports, ISSN: 2320-0227, 2014; Vol:3, Issue:4 (April)
34. Alkan H, Yıldız N, Sarsan A, Akkaya N, Fındıkoğlu G, Sevinç Ö, Topuz O, **Ardıç F.** The relationship between posturographic fall risk and clinical balance tests among community-dwelling older adults. Turkish Journal of Geriatrics 2014; 17 (3) 242-248.
35. **Füsun Ardıç.** [Egzersizin Sağlık Yararları.](http://www.ftrdergisi.com/tr/makale/3736/288/Tam-Metin) Türk Fiz Tıp Rehab Derg 2014; 60: 9-14.
36. [**Füsun Ardıç**.](http://www.ftrdergisi.com/tr/arama/yazar/7212/Yazarlar) [Egzersiz Reçetesi](http://www.ftrdergisi.com/tr/makale/3735/288/Tam-Metin). Türk Fiz Tıp Rehab Derg 2014; 60: 1-8.
37. 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](http://iospress.metapress.com/content/nw42016j438k/?sortorder=asc); 28(1): 153-158.
38. Fındıkoğlu G, Cetin EN, Sarsan A, Senol H, Yildirim C, **Ardic F.** Arterial and intraocular pressure changes after a single session hot water immersion. Undersea and Hyperbaric Medicine, 2015; 42(1): 65-73.
39. Aksoy S, Findikoglu G, **Ardic F**, Rota S, Dursunoglu D. Effect of 10-Week Supervised Moderate-Intensity Intermittent vs. Continuous Aerobic Exercise Programs on Vascular Adhesion Molecules in Patients with Heart Failure. Am J Phys Med Rehabil 2015 Oct; 94 (10 Suppl 1):898-911.
40. Gungen GO, **Ardic F**, Findikoglu G, Rota S. Effect of mud compress therapy on cartilage destruction detected by CTX-II in patients with knee osteoarthritis. J Back Musculoskelet Rehabil. J Back Musculoskelet Rehabil. 2016; 10: 29(3): 429-38.
41. **Ardic F**, Göcer E. Cadence feedback with ECE PEDO to monitor physical activity intensity: A Pilot Study. Medicine (Baltimore). 2016; 95 (10): e3025

55. Göçer E, **Ardıç F**, Akkaya N, Herek D. Efficacy of moderate-intensity walking provided feedback by ECE PEDO on abdominal fat in overweight and obese women: A randomized, exercise study. Turk J Phys Med Rehab 2017; 63: 340-347.

56. Tuncer T, Gilgil E, Kaçar C, Kurtaiş Y, Kutlay Ş, Bütün B, Yalçin P, Akarirmak Ü, Altan L, **Ardic F**, et al. Prevalence of Rheumatoid Arthritis and Spondyloarthritis in Turkey: A Nationwide Study. DOI: 10.5606/ArchRheumatol.2018.6480 ArchRheumatol 2018; 33: 2.

57. Findikoglu G, **Ardic F,** Akkaya N, Sahin F, Sabir N, Cirak B. A case with rheumatod arthritis and atraumatic odontoid fracture: disappearence of bony landmarks. Int J Rheum Dis. 2018; 21(11):2041-2045. doi: 10.1111/1756-185X.12455.

58. Alkan H, Yildiz N, **Ardiç F**. The Correlations Between Disease Specific Quality of Life, Short Form-36 and Clinical Variables in Patients With Ankylosing Spondylitis. Arch Rheumatol. 2020; 35(4):468-476. doi:10.46497/ArchRheumatol.2020.7750

59. Ercin DOZ, Alkan H, Findikoglu G, Dursunoglu N, Evyapan F, **Ardic F**. Interval Versus Continuous Aerobic Exercise Training in Overweight and Obese Patients With Chronic Obstructive Pulmonary Disease: A randomızed controlled study. Journal of cardiopulmonary rehabilitation and prevention. 2020, 40: 4; 268-275. DOI: 10.1097/HCR.0000000000000519

60. Atigan A, **Ardic F**, Findiıkoglu G, Aybek H, Yaylali GF. Similar effects of three endurance exercise protocols in women with metabolic syndrome: Interest of moderate-intensity aerobic exercise training with a pedometer. Science & Sports 36(1); 2021: 68.e1-68.e10, <https://doi.org/10.1016/j.scispo.2020.03.008>

61. Ardic FN, Alkan H, Tümkaya F, **Ardıç F.** Effectiveness of Whole-body Vibration or Biofeedback Postural Training as an Add-on to Vestibular Exercises Rehabilitation Therapy in Chronic Unilateral Vestibular Weakness: A Randomized Controlled Study. J Vestib Res. 2021; 31(3):181-190. doi:10.3233/VES-19075

62. Ulutaş F, S N Öztekin S, **Ardıç F**. Role of rehabilitation in a COVID-19 survivor with intensive care unit-acquired weakness: A case report. Turk J Phys Med Rehabil. 2021;67(1):115-119. doi:10.5606/tftrd.2021.7457

63. Kanyılmaz T, Topuz O, Ardıc FN, Alkan H, Öztekin SNS, Topuz B, **Ardıc F.** Effectiveness of conventional versus virtual reality-based vestibular rehabilitation exercises in elderly patients with dizziness: a randomized controlled study with 6-month follow-up. Brazilian Journal of Otorhinolaryngology (BJORL), 1140; Pages 9. Available online 26 October 2021

**6. ORCİD NO:** 0000-0002-4708-9378

**7. H İNDEKSİ**

H indeksi, 21 (Google akademik), 17 (Web of Science)

**8. PATENT**

 Egzersiz şiddetinin ayarlandığı adımsayar TR 2014 06069 B