1. **EDUCATION**

1.Middle East Technical University

Graduate School of Natural and Applied Sciences, Department of Engineering Sciences, Ankara-Turkey.

Doctor of Philosophy in Biomechanics.

2005-2012.

2.Ministry of Health Ankara Training and Research Hospital.

1 st Physical Therapy and Rehabilitation Clinic, Ankara-Turkey.

Physical Therapy and Rehabilitation Specialist.

2001-2005.

3.Hacettepe University, Faculty of Medicine, Ankara-Turkey. Doctor of medicine.

1992-1999.

1. **ACADEMIC CAREER**

1. Associate Professor, Pamukkale University, Faculty of Medicine.

Department of Physical Medicine and Rehabilitation

28th March, 2016 -

2. Assistant Professor, Pamukkale University, Faculty of Medicine.

Department of Physical Medicine and Rehabilitation

5th December 2008-28th March 2016

3.Lecturer, Pamukkale University, Faculty of Medicine

Department of Physical Medicine and Rehabilitation

15th October 2007- 5th December 2008

4.Specialist Doctor, Çankırı State Hospital

Physical Therapy and Rehabilitation Clinic

21st November 2005 – 15th October 2007

5.Assistant Doctor, Ministry of Health Ankara Training and Research Hospital

1st Physical Therapy and Rehabilitation Clinic, Ankara-Turkey

13th November 2001- 21st November 2005

Head of Department: Dr. Rezan Yorgancioglu

1. **ACADEMIC CERTIFICATES**
2. Certificate for “Educational Comission for Foreign Medical Graduates (ECFMG)”
3. Certificate for “European Board of Physical  and Rehabilitation Medicine”
4. “Certificate for Use of Experimental Animals”. Pamukkale University, Animal Experiments Local Ethics Committee.
5. **INTERNATIONAL PROFESSIONAL EXPERIENCES**
6. Orthopedic Surgery Internship.

St. James Hospital, University of Leeds-England, June 1997

1. Physical Therapy and Rehabilitation Observer Assistant.

Mayo Clinic, Rochester-USA, December 2003-January 2004

1. Rotation Specialist.

PMR Cardiac Rehabilitation Unit, PMR department

Gazi University, Ankara-Turkey, November 2007- May 2008

1. 3rd Euro-Mediterranean PRM School “Heim Ring”

20th -24 October 2008, Syracuse-Italy

1. **ARTICLES PUBLISHED IN JOURNALS INDEXED IN SCI, SCI EXPANDED, SSCI AHCI AND ESCI.**

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

2. 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 randomized controlled study. J Cardiopulm Rehabil Prev. 2020;40(4):268-275. doi: 0.1097/HCR.0000000000000519.

3. Yildiz BS, Findikoglu G, Alihanoglu YI, Kilic ID, Evrengul H, Senol H. How Do Patients Understand Safety for Cardiac Implantable Devices? Importance of Postintervention Education. Rehabilitation Research and Practice. Research Article (9 pages), Article ID 5689353, Volume 2018 (2018). (ESCI)

4. Gungen Odemis G, 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. 2016;29(3):429–438. doi:10.3233/BMR-150629.

5. Yapici A, Findikoglu G, Dundar U. Do iskonetic angular velocity and contraction types effect predictors of different anaerobic power tests? J Sports Med Phys Fitness 2016;56(4):383-91.

6. Findikoglu G, Yildiz BS, Sanlıalp M, Alihanoglu YI, Kilic ID, Evregul H, Senol H. Limitation of motion and shoulder disabilities in patients with cardiac implantable electronic devices. Int J Rehabil Res 2015;38(4):287-93 doi: 10.1097/MRR.0000000000000122.

7. Aksoy S, Findikoglu G, Ardic F, Rota S, Dursunoglu D. The Effect of 10-week supervised moderate intensity intermittent vs. continuous aerobik exercise programs on vascular adhesion molecules in patients with heart failure. Am J Phys Med Rehabil. 2015;94(10 Suppl 1):898-911 doi: 10.1097/PHM.0000000000000306

8. Kilic ID, Findikoglu G, Alihanoglu YI, Yildiz BS, Uslu S, Rota S, Evrengul H. Circulating adhesion molecules and arterial stiffness. Cardiovascular J Afr. 2015;26(1):21-4. doi: 10.5830/CVJA-2014-060

9. Yaylali YT, Findikoglu G, Yurtdas M, Konukcu S, Senol H. The effects of baseline heart rate recovery normality and exercise training protocol on heart rate recovery in patients with heart failure. Anatol J Cardiology. 2015; 15(9): 727-734 doi: 10.5152/akd.2014.5710

10. 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 and Hyperbaric Medicine. 2015;42(1) :65-73.

11. Findikoglu G, Kilic-Toprak E, Kilic-Erkek O, Senol H, Bor-Kucukatay M. Acute effects of continuous and intermittent aerobic exercises on hemorheological parameters: A pilot study. Biorheology. 2014;51(4):293-303. doi: 10.3233/BIR-14012

12. Alkan H, Yildiz N, Sarsan A, Akkaya N, Findikoglu G, Sevinç O, Topuz O, Ardic 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.

13. Alemdaroglu U, Dündar U, Köklü Y, Aşci A, Findikoğlu G. The effect of exercise order incorporating plyometric and resistance training on isokinetic leg strength and vertical jump performance: A comparative study. Isokinetics and Exercise Science. 2013;21(3):211–217. doi: 10.3233/IES-130509

14. 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(12):1933-43. doi: 10.1111/pme.12222

15. Findikoglu G, Gunduz B, Uzun H, Erhan B, Rota S, Ardic F. Investigation of cartilage degradation in patients with spinal cord injury by CTX-II. Spinal Cord. 2012;50(2):136-40. doi:10.1038/sc.2011.102

16. Günkut G, Ardic F, Fındıkoğlu G, Rota S.The effect of mud pack therapy on serum YKL-40 and hsCRP levels in patients with knee osteoarthritis. Rheumatol Int. 2012;32(5):1235-44. doi: 10.1007/s00296-010-1727-4

17. Köklü Y, Alemdaroğlu U, Ünver Koçak F, Emre EA, Fındıkoğlu G. Comparison of chosen physical characteristics of Turkish Professional basketball players by division and playing position. Journal of Human Kinetics. 2011;(30):99-106. doi:10.2478/v10078-011-0077-y

18. Goren A, Yildiz N, Topuz O, Findikoglu G, Ardic F. Efficacy of exercise and ultrasound in patients with lumbar spinal stenosis: a prospective randomized controlled trial. Clin Rehabil. 2010;24(7):623-31. doi:10.1177/0269215510367539

19. Deniz S, Topuz O, Atalay NS, 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. 2009;21(4): 331-336.

20. Ardic F, Kahraman Y, Kacar M, Kahraman MC, Findikoglu G, Yorgancioglu ZR. Shoulder impingement syndrome: Relationships between clinical, functional and radiologic findings. Am J Phys Med Rehabil. 2006;85(1):53-60.

21. Gökoğlu F, Fındıkoğlu G, Yorgancıoglu Z, Okumuş M, Ceceli E, Kocaoğlu S. Evaluation of iontophoresis and local corticosteroid injection in treatment of carpal tunnel syndrome. Am J Phys Med Rehabil. 2005;84(2):92-6.

1. **CASE-REPORTS PUBLISHED IN JOURNALS INDEXED IN SCI, SCI EXPANDED, SSCI, AHCI AND ESCI.**

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

2. Akkaya N, Fındıkoğlu G, Akkaya S, Alemdaroğlu BU. Postürografi ile yüksek düşme riski saptanan Marfan Sendromlu Basketbol Oyuncusu. Türk Fiz Rehab Derg 2011;57(2):354-357. doi: 10.4274/tftr.44365

1. **ARTICLES PUBLISHED IN JOURNALS LISTED IN INDEXES EXCEPT FOR SCI, SCI EXPANDED, SSCI AHCI AND ESCI.**
2. Yildiz BS, Findikoglu G, Sanlıalp M, Alihanoglu YI, Kilic ID, Evregul H, Senol H. A survey of awareness for patients living with cardiac implantable devices. J Int Res Med Pharm Sci 2016;6(2):76-87
3. Yapıcı A, Maden B, Fındıkoğlu G. The effects of 6-week land and resistance training on lower extremity isokinetic strength performance and swimming degrees in 13-16 age group swimmers. International Journal of Human Sciences. 2016;13(3):5269-79. (Turkish)
4. Findikoglu G, Evis Z. Microhardness evaluation of non enzymatically glycated bovine femur cortical bone. J Muscoskel Res. 2015;18(1):1550004 (11 pages) doi: 10.1142/S0218957715500049
5. Fındıkoğlu G, Alemdaroğlu U, Köklü Y, Ünver Koçak, Erol AE. Isokinetic Analysis Of Hamstrings And Quadriceps Muscles In Turkish Second Division Basketball Player. Ovidıus University Annals, Series Physical Education And Sport Science, Movement And Health. 2011;11(1):5-7.
6. Akkaya N, Akkaya S, Şimşir Atalay N, Fındıkoğlu G, Alkan H, Ardıç F. Demographic and clinical characteristics of our lower extremity amputee patients. Journal of Rheumatology and Medical Rehabilitation. 2011;22(1):8-1 (Turkish)
7. Akkaya S, Akkaya N, Yıldız N, Şimşir Atalay N, Fındıkoğlu G, Sarsan A, Şahin F. Examination findings in plantar heel pain and the relationship between functional status and radiological and clinical variables. Journal of Rheumatology and Medical Rehabilitation. 2010;21(1):1-10. (Turkish)
8. Yıldız N, Çatalbaş N, Akkaya N, Fındıkoğlu G, Topuz O. Factors associated with urinary tract infection in patients with spinal cord injury. FTR Bil Der (J PMR Sci). 2010;13(2):41-7. (Turkish)
9. Akkaya N, Akkaya S, Atalay NŞ, Yıldız N, Fındıkoğlu G, Sarsan A, Şahin F. Retrospective analysis of the relationship between physical examination findings and magnetic resonance imaging findings and functional status in the diagnosis of meniscus lesion. Journal of Rheumatology and Medical Rehabilitation. 2009;20(4):126-131. (Turkish)
10. Gökoğlu F, Fındıkoğlu G, Üstün N, Yorgancıoğlu ZR. Comparison of sauna and stanger bath (hydroelectric bath) treatment in patients with generalized osteoarthritis. Journal of FTR Sciences (J PMR Sci). 2008;11(1):1-7. (Turkish)
11. Fındıkoğlu G, Ceceli E, Yorgancıoğlu ZR, Demir Y. Cardiac autonomic response to different types of exercises in geriatric and middle-aged women: Exercise physiology in the elderly. Turkish Journal of Geriatrics. 2006; 9(1):8-12. (Turkish)
12. **CHAPTER EDITOR IN BOOKS**
13. Chapter 2: “Biomechanical Basis of Posture and Gait”, G. Fındıkoğlu. "Vertigo". Editor: F.N. Juniper. US Academy publishing house, 2019. Pages:21-30. (ISBN: 978-605-9358-60-6) (Turkish)
14. “The relationship between 50 and 100m swimming degrees of swimmers and their repeated sprint performance”. Yapıcı A, Fındıkoğlu G, Atabaş EG. “Sports and Wellness Researches for All 2” Editor: Erdal Zorba. Academician Publishing House, 2019. Pages: 159-164. (ISBN: 978-605-258-782-9) (Turkish)
15. Chapter 3: “Meditation” by G. Fındıkoğlu. New Horizons in Physical Medicine and Rehabilitation “ALTERNATIVE MEDICINE”. Editor: T. Arasil, P.Borman, ZR Yorgancıoğlu. Güneş Medical Bookstore, 2010. Pages: 15-20. (ISBN:978-975-277-300-4) (Turkish)
16. **FINALIZED MEDICAL** **SPECIALIZATION THESIS**

1. “Comparison of the effectiveness of continuous and interval type aerobic exercises in patients with chronic heart failure” Resident Dr. Sibel Konukcu's Specialization Thesis in PMR.

2. “Acute effect of isokinetic exercises on cardiac autonomic activity and blood pressure.” Resident Dr. Özkan Urak's Specialization Thesis in PMR.

1. “Physical and neuromuscular adaptations to exercise in patients with type 2 diabetes” Resident Dr. Abdurrahim Altunkapak's Specialization Thesis in PMR, 2020.
2. **H INDEX OF WEB OF SCINCE**

<https://www.webofscience.com/wos/woscc/citation-report/12aefc14-d3ed-43b8-b30e-cce664a1e10c-148d1989>

1. **PROJECTS SUPPORTED BY UNIVERSITY SCIENTIFIC RESEARCH PROJECTS COMMITTEE**
2. **PRIMARY PRESEARCHER IN PROJECTS SUPPORTED BY UNIVERSITY SCIENTIFIC RESEARCH PROJECTS COMMITTEE**
3. “Comparison of the effectiveness of continuous and interval type aerobic of exercises in patients with chronic heart failure” Project for Specialization in PMR. Primary researcher. BAP Project No: 2012TPF009. 2012-13
4. “Acute effect of isokinetic exercises on cardiac autonomic activity and blood pressure” Project for Specialization in PMR. Primary researcher. BAP Project No: 2015TPF008 2015-17
5. “The risk of developing osteoarthritis and cartilage damage detected by biomarkers in patients with inflammatory bowel disease”. BAP Project. Primary researcher. BAP project No: 2016HZDP027. 2016-17.
6. “Physical and neuromuscular adaptations to exercise in patients with type 2 diabetes”. Medical Specialization Project. Primary researcher. BAP project No: 2019TIPF003. 2019-21.
7. **OTHER DUTIES IN PROJECTS SUPPORTED BY UNIVERSITY SCIENTIFIC RESEARCH PROJECTS COMMITTEE**
8. “Balance and Quality of Life Research Laboratory”. Institutional Structuring Project. Researcher. BAP project No: 2010KRM012. 2010-13.
9. “Effectiveness of Pulmonary Rehabilitation by Continuous or Intermittent Cycling Ergometry in Overweight and Obese Individuals with Chronic Obstructive Pulmonary Disease”. Specialization Project in PMR. Researcher. BAP Project No: 2012TPF040. 2012-14
10. “Metabolic Hormonal Responses to Aerobic Exercises Applied in Different Intensities and Durations and the Period of Unconditioning in Patients with Metabolic Syndrome and Their Effect on Abdominal Obesity” Project for Specialization in PMR. Researcher. BAP Project No: 2015TPF037. 2016-18
11. “The effect of high-intensity interval training applied with or without ventilation mask and on blood parameters in football players” Master Thesis Project. Researcher. BAP Project No: 2018SABE042. 2018-19
12. “Comparison of the effects of speed-based and traditional strength training on some physiological and motoric properties” Ph.D. Thesis Project. Researcher. BAP project No: 2020SABE007. 2019-21.
13. **AWARDS**
14. Turkish Physical Medicine and Rehabilitation Association, 25. National Physical Therapy and Rehabilitation Congress, Scientific Research 3rd Prize. 22-26 April 2015, Antalya.

*“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(12):1933-43. doi: 10.1111/pme.12222”*

1. Turkish Physical Medicine and Rehabilitation Association, 2013 Ord Prof Dr Osman Cevdet Çubukçu Research Third Prize”. 10 December 2014, Istanbul.

*“Findikoglu G, Kilic-Toprak E, Kilic-Erkek O, Senol H, Bor-Kucukatay M.Acute effects of continuous and intermittent aerobic exercises on hemorheological parameters: A pilot study. Biorheology. 2014;51(4):293-303. doi: 10.3233/BIR-14012.”*

3. Turkish Physical Medicine and Rehabilitation Association “2011 Ord Prof Dr Osman

Cevdet Çubukçu Research First Prize”. 10 December 2011, Istanbul.

*“G Findikoglu, B Gunduz, H Uzun, B Erhan, S Rota and F Ardic. Investigation of cartilage degradation in patients with spinal cord injury by CTX-II. Spinal Cord 2012 Feb;50(2):136-40. ( doi:10.1038/sc.2011.102)”*

1. Turkish Osteoporosis Association “4. National Osteoporosis Congress Poster Award”. Antalya, 27-30 October 2011.

*“Ercidoğan Ö, Fındıkoğku G, Alkan H Akca H, Topuz O. Yaşlı osteoporozlu kadınlarda D vitamini eksikliğinin kas kuvveti üzerine etkisi. PP:36 4.Ulusal Osteoporoz Kongresi”*

1. **ORCHID NUMBER:** 0000-0002-7431-2918