**NECMETTİN YILDIZ, M.D.**

Physiatrist

Department of Physical Medicine and Rehabilitation

University of Pamukkale Denizli-Turkey

**CURRICULUM VITAE**

Personal information:

**Place of Birth:** Denizli

**Date of birth:** 29-07-1974

**Marital Status:** Single

**Foreign Language:** English

**Address:** Office: Pamukkale University Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli, Turkey

**Tel: Office:** -90-258-2964996

**Fax:** -90-258-2964710

**e mail:** [necmi74tr@hotmail.com](mailto:necmi74tr@hotmail.com)

**ORCID No**: 0000-0002-1947-4375

**Experience:**

**2004-2004** Specialist (Sorgun State Hospital, Yozgat)

**2004- 2007** Specialist (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**2007-2012** Assistant Professor (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**2012-2017** Associate Professor (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**2017-Present** Professor (Pamukkale University, Faculty of Medicine, Department of Physical Medicine and Rehabilitation, Denizli)

**Education:**

**1980-1985:** Hamdi Bulgurlu Primary School, Ankara

**1985-1991:** Kurtulus High School, Ankara

**1991-1998:** Ankara University Faculty of Medicine, Ankara

**1998-2000:** Gazi University Faculty of Medicine, Department of [Histology and Embryology, Ankara](https://tip.beykent.edu.tr/en/departments/department-of-basic-medical-sciences/department-of-histology-and-embryology)

**2001-2004:** Ankara Physical Medicine and Rehabilitation Training and Research Hospital of Ministry of Health, Ankara

**2005-Present:** Post-graduate Training Pamukkale University, Department of Physical Medicine and Rehabilitation, Denizli

**PUBLICATION:**

1. Alaca R, Goktepe AS, **Yildiz N**, Yilmaz B, Gunduz S. Effect of penile vibratory stimulation on spasticity in men with spinal cord injury. Am J Phys Med Rehabil 2005;84:875-79.

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11. 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.

12. **Yildiz N**, Alkan H, Ardic F, Topuz O. Successful treatment with adalimumab in a patient with coexisting Behçet's disease and ankylosing spondylitis. Rheumatol Int 2010;30(11):1511-4.

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16. 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 J Geriatrics 2011;14(1):26-34.

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18. **Yildiz N**, Sutbeyaz ST, Koseoglu F. Coexisting Ankylosing spondylitis and Gouty arthritis. Turk J Phys Med Rehab 2011;57:111-13.

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22. **Yildiz N**, Alkan H, Akkaya N, Catalbas N, Ardic F. Relationship between level and severity of the lesion and bladder behavior in patients with spinal cord injury. Turk J Phys Med Rehab 2011;57.206-211.

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24. Akkoc Y, Ersoz M, **Yildiz N**, Erhan B, Alaca R, Gok H, Zınnuroglu M, Ozcete ZA, Tunc H, Kaya K, Alemdaroglu E, Sarıgul M, Konukcu S, Gunduz B, Bardak AN, Ozcan S, Demir Y, Gunes S, Uygunol K; Neurogenic Bladder Turkish Research Group. [Effects of different bladder management methods on the quality of life in patients with traumatic spinal cord injury.](http://www.ncbi.nlm.nih.gov/pubmed/23147134) Spinal Cord. 2013 Mar;51(3):226-31.

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28. Alkan H, **Yildiz N**, Sarsan A, Atalay NS, Sevinc O, Topuz O, Ardic F. Fall risk in patients with Ankylosing Spondylitis. Turk J Rheumatol 2013;28(2):109-116.

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43. [Yeşil](https://pubmed.ncbi.nlm.nih.gov/?term=Ye%C5%9Fil+H&cauthor_id=32222882) H, [Akkoc](https://pubmed.ncbi.nlm.nih.gov/?term=Akkoc+Y&cauthor_id=32222882)Y, [**Yildiz**](https://pubmed.ncbi.nlm.nih.gov/?term=Y%C4%B1ld%C4%B1z+N&cauthor_id=32222882) **N**, [Calıs](https://pubmed.ncbi.nlm.nih.gov/?term=Cal%C4%B1s+FA&cauthor_id=32222882) FA, [Inceoglu](https://pubmed.ncbi.nlm.nih.gov/?term=%C4%B0nceo%C4%9Flu+A&cauthor_id=32222882) A, [Isık](https://pubmed.ncbi.nlm.nih.gov/?term=Is%C4%B1k+R&cauthor_id=32222882) R, [Yildiz](https://pubmed.ncbi.nlm.nih.gov/?term=Y%C4%B1ld%C4%B1z+EF&cauthor_id=32222882) EF. Reliability and validity of the Turkish version of the intermittent self-catheterization questionnaire in patients with spinal cord injury. Int Urol Nephrol 2020:52(8);1437-1442 DOI: 10.1007/s11255-020-02445-7

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46. Sonmez R, **Yildiz N**, Alkan H. [Efficacy of percutaneous and transcutaneous tibial nerve stimulation in women with idiopathic overactive bladder: A prospective randomised controlled trial.](https://pubmed.ncbi.nlm.nih.gov/33429090/) Ann Phys Rehabil Med. 2021 Jan 8:101486. doi: 10.1016/j.rehab.2021.101486.

**H Index:** 15

**PUBLICATIONS IN NATIONAL JOURNALS**

1. Sütbeyaz ST, Öken Ö, Köseoğlu F, Sezer N, **Yıldız N**. Serebral Palsi ile Klippel-Trenaunay-Weber sendromu birlikteliği: Olgu sunumu. Romatol Tıp Rehab 2003;14(2):106-9.

2. **Yıldız N**, Gökkaya Ordu NK, Köseoglu F. Hemiplejide görülen üst ekstremite problemleri. Fiziksel Tıp 2003;6(1):39-45.

3. **Yıldız N**, Uysal H, Aras MD, Orbay B, Köseoğlu F. İyi prognozlu ataksik hemipareziye yol açan dev pons hemorajisi. Türk Nöroloji Dergisi 2005;11(2):171-74.

4. Sütbeyaz ST, **Yıldız N**, Sezer N, Köseoğlu F. Metafizyal Kondrodisplazi (Schmid tip): Olgu sunumu. FTR Bil Der 2006;9(1):35-8.

5. Gökkaya Ordu NK, **Yıldız N**, Yeşiltepe E, Köseoglu F. Spinal kord yaralanmalı hastaların demografik, klinik özellikleri ve istirahat solunum fonksiyon testi sonuçları ile ilişkisi. Romatol Tıp Rehab 2007;18(3):106-11.

6. **Yıldız N**, Ercidoğan Ö, Ardıç F. Hemiplejide heterotopik ossifikasyon gelişimi: İki olgu sunumu ve literatür incelemesi. Pamukkale Tıp Dergisi 2008;1(2):98-101.

7. **Yıldız N**, Sarsan A, Ardıç F. Kadınlarda stres üriner inkontinans ve konservatif tedavi yaklaşımları. FTR Bil Der 2009;12:42-50.

8. **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.

9. **Yıldız N**, Alkan H, Topuz O, Ardıç F. Omuzun kalsifik tendinitinin tedavisinde asetik asit iyontoforezi: olgu sunumu ve literatür derlemesi. Anatol J Clin Investig 2010;4(2):118-20.

10. **Yıldız N**, Çatalbaş N, Akkaya N, Fındıkoğlu G, Topuz O. Omurilik yaralanmalı hastalarda idrar yolu enfeksiyonu ile ilişkili faktörler. FTR Bil Derg 2010;13:41-7.

11. **Yıldız N**, Gökkaya NKO, Gökkaya S, Köseoğlu F. Paraplejik erkeklerde cinsel fonksiyon bozuklukları. FTR Bil Derg 2010;13:86-92.

12. **Yıldız N**, Çatalbaş N, Alkan H, Akkaya N, Ardıç F. Omurilik yaralanmalı hastalarda temiz aralıklı kateterizasyona uyum ile ilişkili faktörler. Pamukkale Tıp Dergisi 2010;3(3):115-23.

13. Akkaya N, Akkaya S, Atalay NS, **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.

14. Akkaya S, Akkaya N, **Yıldız N**, Atalay NS, 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.

15. **Yıldız N**. Cinsel disfonksiyon ve tedavisi. Turkiye Klinikleri (J PM&R-Special Topics) Fiziksel Tıp ve Rehabilitasyon Ürolojik Rehabilitasyon Özel Sayısı 2013;6(2):51-66.

16. Alkan H, Ercidoğan Ö, **Yıldız N**, Akkaya N, Ardıç F. Progression of ankylosing spondylitis in spinal cord injured patient. Can spinal cord injury alters the course of ankylosing spondylitis? Romatol Tıp Rehab 2013;24(2):38-42.

17. **Yıldız N.** Lomber disk hernilerinde tedavi. Actuel Medicine 2013;(Haz)sy:26-36.

18. **Yıldız N.** Stres tipi idrar kaçırması olan kadınlarda optimal pelvik taban kas eğitim programları. Kadın ve İşlevsel Üroloji Dergisi 2014;2:39-52.

19. Sarsan A, Alkan H, Deniz S, **Yıldız N**, Topuz O. Diz osteoartriti olan hastalarda diklofenak iyontoforezi ve fonoforezinin etkinliği. Romatol Tıp Rehab. 2014;25(3)45-52.

20. Alkan H, **Yıldız N**, Ardıç F. Hastalar ve doktorların romatoid artrit algıları ve ilişkili faktörler. FTR Bil Der 2015; 18: 102-106.

21. Alkan H, Sarsan A, **Yıldız N**, Öztekin SNS. Bilateral sakroileiti taklit eden multiple yetmezlik kırığı. Pam Tıp Derg 2020;13:817-821.

**Invited Book Chapter Author by Medical Societies**

1. Ardıç F. **Yıldız N**. Bölüm 144. Vaskülitler - Poliarteritis Nodoza ve Mikroskopik Polianjiit. Romatoloji, Ed. Tansu Arasıl, Ankara, Veri Medikal Yayıncılık. (Baskıda) ISBN: 978-0-323-03364-0, SAYFA: 1511-1519. (Bölüm Çevirmenliği)
2. **Yıldız N,** Ardıç F. Tıbbi Rehabilitasyonda Fonksiyonel Değerlendirme. Klinik Bilimlere Giriş, 2. Baskı, Ed. Attila Oğuzhanoğlu, Denizli, Pamukkale Üniversitesi Yayınları. (Baskıda) ISBN: 978-975-6992-38-8, SAYFA:327-335.(Bölüm Yazarlığı)
3. **Yıldız N**, Alkan H. Romatoid artrit tedavi ve değerlendirme. In Taşcıoglu F editor. Temel Romatizmal Hastalıklar (Primer on the Rheumatic Diseases) Ankara, Pelikan Yayınevi; 2014 p. 133-141.
4. **Yıldız N**, Alkan H. Juvenil idiopatik artrit önemli faktörler. In Taşcıoglu F editor. Temel Romatizmal Hastalıklar (Primer on the Rheumatic Diseases) Ankara, Pelikan Yayınevi; 2014 p.163-169.
5. **Yıldız N.** Pelvik taban disfonksiyonunda elektriksel stimulasyon tedavisi, Karan A. ed. Ürojinekolojide Fizik Tedavi ve Rehabilitasyon. İstanbul: Nobel Kitabevi, Mayıs 2016:71-80. ISBN: 978-605-335-196-2
6. **Yıldız N.** Pelvik tabanın genel klinik değerlendirilmesi, Karan A. ed. Ürojinekolojide Fizik Tedavi ve Rehabilitasyon. İstanbul: Nobel Kitabevi, Mayıs 2016:35-47. ISBN: 978-605-335-196-2
7. **Yıldız N.** Spinal kord yaralanması sonrası rehabilitasyon, Kıter E, Benli İT eds. Omurga Travmaları. Ankara: Rekmay Yayıncılık, 2016:643-670. ISBN: 978-975-6813-96-6
8. Denizli Termal Sağlık Turizm Çalıştay Kitabı, Sağlık Alt Komisyonu. BAŞKAN Prof. Dr. Hüseyin BAĞ (Rektör), EDİTÖRLER: Doç. Dr. Murat ZENGİN, Doç. Dr. Hakan ALKAN. e-ISBN: 978-975-6992-73-9, Pamukkale Üniversitesi Yayınları 2018 – Denizli.
9. **Yıldız N.** Omurilik yaralanması: Cinsel fonksiyonlar ve fertilite. Koyuncu E, Özgirgin N, editörler. Omurilik Yaralanması ve Rehabilitasyonu. 1. Baskı. Ankara: Türkiye Klinikleri; 2020. p.96- 102.

**International Congress Presentations**

Over 10 International Congress Presentations

**National Congress Presentations**

Over 50 National Congress Presentations

**DIDACTIC ACTIVITY**

**2006-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

**2006-present:** Responsible for all didactive activities for undergraduate medical students and residents in trainee at the Department of Physical Medicine and Rehabilitation