

CURRICULUM VITAE

Pelin PİŞİRİCİ

Physical Therapist, Ph.D. Assistant Professor
Bahçeşehir University Health Sciences Faculty
Physical Therapy and Rehabilitation Department Istanbul/Türkiye

Mobile : +90-212-3819198

E-Mail : pepin.pisirici@bau.edu.tr

Education	University	Years
Bachelor's degree	İstanbul University Physical Therapy and Rehabilitation Faculty	2003-2007
Master of Science	Marmara University Health Sciences Institute	2008-2010
Doctor of Philosophy	Medipol University Health Sciences Institute	2016-2020

Working Place	Status	Years
Therapy Art Physical Therapy Center	Observer	2007-2007
Anne Şefkati Private Rehabilitation Center	Clinician	2007-2010
Private Pendik Bölge Hospital	Clinician	2010-2018
Bahçeşehir University Health Sciences Faculty Physical Therapy and Rehabilitation Department	Instructor	2018-2021
Bahçeşehir University Health Sciences Faculty Physical Therapy and Rehabilitation Department	Assistant Professor	2021- ...
Bahçeşehir University Health Sciences Faculty	Vice Dean	2022-...

Num.	Thesis	
1.	Master of Science	Investigation of the Efficacy of Low-Dose Laser Therapy in Patients with Patellofemoral Pain Syndrome
2.	Doctorate Thesis	Investigation the Functional and Biomechanical effect of the Graston Technique on individuals with asymptomatic dynamic knee valgus with the support of anatomy dissection

Num.	Original Articles
1.	Pişirici, P., Ekiz, M. B., & İlhan, C. A. (2020). Investigation of the acute effect of myofascial release techniques and dynamic stretch on vertical jump performance in recreationally active individuals. <i>Journal of Physical Education and Sport</i> .
2.	Pişirici, P., Cil, E. T., Coskunsu, D. K., Saylı, U., & Subasi, F. (2022). Extracorporeal Shockwave Therapy Versus Graston Instrument-Assisted Soft-Tissue Mobilization in Chronic Plantar Heel Pain: A Randomized Controlled Trial. <i>Journal of the American Podiatric Medical Association</i> , 112(6).

3.	Öztürk, Ö., Aydođdu, O., Kutlutürk Yıkılmaz, S., Feyziođlu, Ö., & Piřirici, P. (2023). Physical literacy as a determinant of physical activity level among late adolescents. <i>Plos one</i> , 18(4), e0285032.
4.	Polat, S., Aslan, F. E., Yalin, H., Kenger, E. B., & Piřirici, P. (2023). Examination of Stress and Coping Methods among Esports Players: A Qualitative Study. <i>International Journal of Caring Sciences</i> , 16(1), 457-463.
5.	Piřirici, P. , Sakul, B. U. (2024). Investigation of the functional and biomechanical effect of instrument-assisted soft tissue mobilization technique in individuals with asymptomatic dynamic knee valgus -Randomized controlled trial. <i>Journal of Bodywork & Movement Therapies</i> . 39, 263-269.
6.	Sarıtař, D., Piřirici, P. (2024). Investigation of the effect of Pilates combined exercise program with mat and equipment on fatigue and physical self-perception in sedentary women: A randomized controlled study. <i>Turkish Journal of Kinesiology</i> . 10(2), 110-118.
7.	Unal, B., Piřirici, P. , Kurt, A. K., & Tugtepe, H. (2024). Comparison of the efficiency of transcutaneous electrical nerve stimulation and manual therapy in children with cerebral palsy with lower urinary system dysfunction-a randomized prospective trial. <i>Journal of Pediatric Urology</i> .

Num.	Original Book Chapters
1.	Algun, Z. C., Mutluay, F., & Bayram, Ö. (2023). Rehabilitasyonda Özel Konular (IV)., Piřirici P. , Bölüm 1: Dinamik Diz Valgusunun Biyomekanik Ve Fonksiyonel Deđerlendirilmesi. sf:17-26.
2.	Piřirici, P. , Saygi, E.K. (2021). Investigation the effectiveness of low-dose laser treatment in patellofemoral pain syndrome-randomized controlled study, <i>Scientific Researches in Health Sciences II</i> , 155–173
3.	Piřirici, P. , Balci, L.A., Akkoyun, S. (2021). The effect of instrument-assisted soft tissue mobilization technique on proprioception and balance in individuals with non-specific neck pain-pilot study, <i>Scientific Researches in Health Sciences II</i> , 175–189
	Piřirici P. , Karahan M. (2018). Rehabilitation after anterior cruciate ligament & medial meniscus surgery, <i>Orthopedic Rehabilitation with Cases</i> , 145-150
4.	Piřirici, P. , Çađlayan, A., Karahan, M., & Hantes, M. (2018). On Field Testing After Anterior Cruciate Ligament Reconstruction. <i>Return to Play in Football: An Evidence-based Approach</i> , 559-567.
5.	Göksoy T., Piřirici P. (2017). Cerebral Palsy Rehabilitation. <i>Neurorehabilitation</i> , 283-300

Num.	Book Translation
1.	Alptekin H. K., Çalı A., Piřirici P. (2019). <i>Anatomy Trains, Myofascial Meridians</i> , 3 rd Edition, Ed: Thomas W. Myers.
2.	Piřirici P. (2024). <i>Assessment and Treatment of Muscle Imbalance, The Janda Approach</i>

Num.	Oral Presentations
1.	Unal, B. Pişirici P. , Köseoğlu Kurt, A. Tugtepe, H. (2023) Examination of Lower Urinary Tract System Symptoms According to Functional Levels of Children With Serebral Paly. 7. Pediatric Rehabilitation Congress (17-19 Mart 2023), Ankara https://www.jetr.org.tr/files/ugd/12ceff_cdc298dd48454d8fb50104ec69082ba3.pdf
2.	Unal, B. Pişirici P. , Köseoğlu Kurt, A. Tugtepe, H. (2023) Comparison of Transcutaneous Electric Nerve Stimulation and Manual Therapy Techniques in Children with Cerebral Palsy with Lower Urinary System Dysfunction. International Children Continence Society (ICCS) Congress (16-18 November 2023), Salvador, Brazil.
3.	Coban, B., Pişirici P. , Özmen Gür S., Vargel S. (2023). Assessment Of Neuropsychological State and Hand-Eye Coordination in University Esport Players After Progressive Aerobic Training. World Physiotherapy Congress (2-4 June 2023), Dubai
4.	Unal, B., Pişirici P. , Köseoğlu Kurt, A. Tugtepe, H. (2023) Alt Üriner Sistem Disfonksiyonu Olan Serebral Palsili Çocuklarda Transkutanöz Elektrik Sinir Stimülasyonu ve Manuel Terapi Tekniklerinin Etkinliklerinin Karşılaştırılması. 9. Ulusal Fizyoterapi ve Rehabilitasyon Kongresi (26-28 Ekim 2023) Denizli chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://dergipark.org.tr/tr/download/issue-file/77553
5.	Coban, B., Pişirici P. , Özmen Gür S., Vargel S. (2023). Üniversite E-Spor Takım Oyuncularına Verilen Aerobik Egzersiz Eğitiminin Reaksiyon Zamanı ve Bilişsel Fonksiyonlara Olan Etkisi. 9. Ulusal Fizyoterapi ve Rehabilitasyon Kongresi (26-28 Ekim 2023) Denizli chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://dergipark.org.tr/tr/download/issue-file/77553
6.	Bayıroğlu G., Pişirici, P. , Feyzioğlu Ö. (2023) Sağlıklı Bireylerde Farklı Subtalar Eklem Pronasyon Miktarının Postural Stabilite ve Alt Ekstremitte Dizilimlerine Etkisi. XII. Uluslararası Katılımlı Spor Fizyoterapistleri Kongresi (16-19 Kasım 2023), İstanbul chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.jetr.org.tr/files/ugd/12ceff_9845a342796245c0b8a8ec84e6c82319.pdf
7.	Pişirici, P. (2023). Üniversite Spor Takımı Oyuncularında Farklı Oturma Postürlerinin Tepki Süresi Üzerindeki Etkisi. XII. Uluslararası Katılımlı Spor Fizyoterapistleri Kongresi (16-19 Kasım 2023), İstanbul chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.jetr.org.tr/files/ugd/12ceff_9845a342796245c0b8a8ec84e6c82319.pdf
8.	Zümre, A., M., Pisirici, P., Uzlasır, S. (2023) Ayak Bileği İnstabilitesi Olan Sporcularda Duyusal Hedefli Ayak Bileği Rehabilitasyon Stratejilerini Takiben Verilen Denge Eğitiminin Postural Kontrol, Eklem Hareket Açıklığı, Fonksiyon ve Kinezyofobi Üzerine Etkisinin İncelenmesi. XII. Uluslararası Katılımlı Spor Fizyoterapistleri Kongresi (16-19 Kasım 2023), İstanbul chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.jetr.org.tr/files/ugd/12ceff_9845a342796245c0b8a8ec84e6c82319.pdf
9.	Pişirici, P. (2022). The Effect of Instrument-Assisted Soft Tissue Mobilization Through the Superficial Backline on Static Plantar Load Distribution in a Child with Unilateral Pes Equinovarus– Case Report. 27. International Maldia Health Sciences Congress (14-16 October 2022), Malatya, Türkiye.
10.	Pişirici, P. , Şakul, B. U. (2020). Investigation the effect of the Graston Technique on strength and postural stabilization in individuals with asymptomatic dynamic knee valgus. Gait & Posture, 81, 279-280. (Virtual ESMAC 17 September 2020)
11.	Pişirici P. , Karagözoğlu Coskunsu D., Ekiz M.B., Kulak İ.C. (2019). Investigation of the acute effect of instrument-assisted soft tissue mobilization, foam roller, and dynamic stretch on vertical jump performance in recreationally active individuals. Journal of Exercise and Rehabilitation, Sup (2), S40 (10th InternatioSportsport Physiotherapists Congress (6-9 November 2019, Gaziantep)
12.	Pişirici P. Karagözoğlu Coskunsu D., Koçak C., Çil E.T., Sönmez M. (2019). Investigation of the acute effects of Graston technique and integrated myofascial therapy methods on static plantar pressure distribution and hamstring flexibility in individuals with tight hamstrings Journal of Exercise and Rehabilitation, Sup (2), S68. (10th International Sports Physiotherapists Congress (6-9 November 2019, Gaziantep)
13.	Şaylı U., Çil E. T., Pişirici P. , Karagözoğlu Coskunsu D., Subaşı F. (2019) Clinical ve Functional Characteristics of Patients with Plantar Fasciitis. Karagözoğlu Coskunsu D. Acta Orthopædica et Traumatologica Turcica, 29th National Turkish Orthopedics Traumatology Congress, Cilt (Vol.) 53 Suppl. 1, Ekim (October) 2019 Acta Orthop Traumatol Turc ISSN 1017-995x, sf:109 (29. National

	<i>Türkiye Orthopedia Orthopedics and Traumatology Congress (22-27 October, Antalya)</i>
14.	Piştirici P. , Karadağ Saygı E. (2018). Investigation of the Efficacy of Low-Dose Laser Therapy in Patients with Patellofemoral Pain Syndrome. Acta Orthopædica et Traumatologica Turcica, 28 th National Turkish Orthopedics Traumatology Congress, 4 th International Symposium of Orthopedics and Traumatology with International Participation Supplementum-I Congress Abstracts Special Supplement, Vol. Suppl., October 1, 2018 Turc ISSN1017-995x Pg: 211. <i>(28th National Turkish Orthopedics Traumatology Congress, 30 October-4 November 2018, Antalya)</i>
15.	Piştirici P. (2018). Positive and Negative Aspects of Robotic Rehabilitation for Physiotherapist. Proceedings and Abstracts Ed: Prof. Dr. Bilsen Sirmen e-ISBN: 978-605-4827-57-2 İstanbul Gelişim University Publication Nu: 65. <i>(1st International Congress on Robotic Technology and Rehabilitation, April 9-11, 2018, Istanbul)</i>
16.	Balci L.A., Oksuz H., Piştirici P. , Tekin D (2018). Effects of Virtual Reality Training Program and Functional Balance Training Program on Balance in Healthy Young Adults. Proceedings and Abstracts Ed: Prof. Dr. Bilsen Sirmen e-ISBN: 978-605-4827-57-2 İstanbul Gelişim University Publication Nu: 65. <i>(1st International Congress on Robotic Technology and Rehabilitation, April 9-11, 2018, Istanbul)</i>
17.	Inal H.S., ..., Piştirici P (2018). Improving Children's Habit of Physical Activity by Using Technology-Supported Games. Proceedings and Abstracts Ed: Prof. Dr. Bilsen Sirmen e-ISBN: 978-605-4827-57-2 İstanbul Gelişim University Publication Nu: 65. <i>(1st International Congress on Robotic Technology and Rehabilitation, April 9-11, 2018, Istanbul)</i>
18.	Oksuz H., ..., Piştirici P. (2018). Acute Effects of Nerve Mobilization on Balance and Muscle Strength in Healthy Young Sedentary People. Proceedings and Abstracts Ed: Prof. Dr. Bilsen Sirmen e-ISBN: 978-605-4827-57-2 İstanbul Gelişim University Publication Nu: 65. <i>(1st International Congress on Robotic Technology and Rehabilitation, April 9-11, 2018, Istanbul)</i>
19.	Duman C., ..., Piştirici P. (2018). Effects of Exercises via Smart Phone Applications on Balance, Muscle Strength and Exercise Perception- Pilot Study. Proceedings and Abstracts Ed: Prof. Dr. Bilsen Sirmen e-ISBN: 978-605-4827-57-2 İstanbul Gelişim University Publication Nu: 65. <i>(1st International Congress on Robotic Technology and Rehabilitation, April 9-11, 2018, Istanbul)</i>

Academic year	Bachelor courses (Last 3 years)	Language
2020-2021	Neurological Rehabilitation	Turkish
	Pediatric Rehabilitation	Turkish
	Heat Light Hydrotherapy	English
	Biomechanics and Kinesiology- I	English/Turkish
	Biomechanics and Kinesiology- II	English/Turkish
	Exercise and Physical Fitness	Turkish
2021-2022	Sportive Rehabilitation	English
	Neurological Rehabilitation	English
	Exercise and Physical Fitness	Turkish
	Biomechanics and Kinesiology-I	English/Turkish
2022-2023	Biomechanics and Kinesiology- II	English/Turkish
	Exercise and Physical Fitness	Turkish
	Biomechanics and Kinesiology-I	English/Turkish
2022-2023	Sportive Rehabilitation	English
	Biomechanics and Kinesiology-I	English/Turkish

2023-2024	Exercise and Physical Fitness	Turkish
	Biomechanics and Kinesiology-I	Turkish
	Biomechanics and Kinesiology-I	English

Academic year	Master of Sciences courses (Last 3 years)	Language
2020-2021	Rehabilitation in Cerebrovascular Diseases	Turkish
	Wellness and Exercise	Turkish
2022-2023	Rehabilitation in Orthopedic Disease	Turkish
2023-2024	Advanced Therapeutic Exercises	English

Academic year	Doctoral courses (Last 3 years)	Language
2021-2022	Special Topics in Orthopedic Rehabilitation	Turkish
2022-2023	Special Topics in Orthopedic Rehabilitation	Turkish
2023-2024	Special Topics in Orthopedic Rehabilitation	Turkish

Supervised Master of Science Thesis	Current Situation
The Effect of Balance Training Following STARS on Postural Control and Function in Athletes with Chronic Ankle Instability	Completed (NCT05602233)
The Effect of Aerobic Exercise Training in Collegiate eSport Team Players on Reaction Time and Cognitive Functions- A Randomized, Single-Blind, Controlled Trial	Completed (NCT05317104)
The Effect of Subtalar Joint Pronation on Postural Stability and Lower Extremity Alignment	Completed (NCT05606835)
Comparison of Transcutaneous Electrical Nerve Stimulation and Manual Therapy in Children with Cerebral Palsy	Completed (NCT05351138)
Investigation on the Effect of Combined Pilates on Physical Self Perception, Spinal Appearance and Fatigue in Women	Completed
Comparison of Proprioception, Balance, and Kinesiophobia Parameters in Active and Sedentary Office Workers with Non-Specific Chronic Low Back Pain	Completed

The Effect of Training with Combined Verbal Attentional Focus Instructions and Video Instructions On Landing Technique And Proprioception In Semi-Professional Female Athletes	Completed (NCT06424886)
The Effect of Different Talocrural Joint Mobilization Techniques on Jump Performance and Kinesiophobia in Elite Basketball Players with Lateral Ankle Sprain	Completed (NCT06295198)

* The articles of the related theses are in the writing process.

Personal Scientific Research	Current Situation
The Effect of Subtalar Joint Pronation Amount on Lower Extremity Alignment and Performance	NCT06300671
Relationship Between Pelvic Angle, Femoral Anteversion, and Hip Muscle Strength Ratios in Children with Bladder-Bowel Dysfunction	NCT05182671
Comparison of the Effectiveness of Face-to-Face and Telerehabilitation Exercise Training on Body Awareness, Proprioception and Lower Extremity Alignment in Individuals with Asymptomatic Dynamic Knee Valgus- Randomized Controlled Double-Blind Trial	Clinical Trial Registration Process

Num.	Skills	Dates
1.	Kinesio Tape Deutschland, "Basic course about issue Kinesio taping according to Dr. Kenzo Kase", Ankara, Türkiye	2007
2.	International Academy of Oral Medicine and Toxicology, 2 nd Manuel Therapy and Osteopathy Days, Istanbul, Türkiye	2007
3.	International Osteopathy and Manual Therapy Academy-Active Wellness Center, Complex Patient Management, Istanbul, Türkiye	2007
4.	Reha Technology - Certified user for G-EO System, Istanbul, Türkiye	2014
5.	Tyro Motion - Certified user for Amadeo System, Istanbul, Türkiye	2014
6.	Tyro Motion - Certified user for Pablo System, Istanbul, Türkiye	2014
7.	Ekso Bionics - Certified user of Ekso System, Istanbul, Türkiye	2014
8.	VIII. National Sports Physiotherapists Congress, Istanbul, Türkiye	2015
9.	Soft Tissue Mobilization, Myofascial Trigger Point, Foam Roller Course, Ankara, Türkiye	2016
10.	Graston Technique® M1 Basic Training, Garden City, NY/USA.	2018