

Associate  
Professor  
Serap  
TOMRUK  
SÜTBEYAZ  
Physical therapy and  
rehabilitation

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## FIRST NAME

Serap

## LAST NAME

TOMRUK SÜTBEYAZ

## EDUCATION

Residency in Physical Medicine and Rehabilitation, Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Ankara, Turkey

University of Ankara, Faculty of Medicine, Ankara, Turkey, M.D.

## KEY SKILLS, QUALIFICATIONS AND EXPERIENCE

- Specialist Registration in Physical Medicine and Rehabilitation since 1/4/2001
- Approved Clinician
- Excellent clinical and research skills.
- More than 10 years' experience in Rehabilitation Medicine in Turkey as a consultant Physiatrist.
- Academic title is assoc. prof. since 2008
  
- Special interest in neurologic rehabilitation (stroke, spinal cord injury and cerebral palsy), spasticity management (e.g. botulinum toxin treatment), cardiopulmonary rehabilitation and rheumatologic rehabilitation and chronic pain disorders, and training and experience in assessment and treatment.

## MEMBERSHIP

Turkish Physical Medicine and Rehabilitation Association  
Turkish Society of Physical Medicine and Rehabilitation Specialist  
Turkish League Against Rheumatism (member of EURLAR)  
Turkish Medical Association  
International Stroke Society  
International Association for the Study of Pain  
International Continence Society

## CAREER HISTORY

### May 2018- Current

Clinic Education Manager in Physical Medicine and Rehabilitation clinic, Kayseri Education and Research Hospital, Kayseri, Turkey

### 2011-2018

Medical Director in Physical Medicine and Rehabilitation clinic, Kayseri Education and Research Hospital, Kayseri, Turkey

April 2001 – 2011

Specialist in Physical Medicine and Rehabilitation, Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Ankara, Turkey

October 1997 – March 2001

Physical Medicine and Rehabilitation Resident, Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Ankara, Turkey

September 1996 - September 1997

Biochemistry Resident, University of Uludag, Faculty of Medicine, Bursa, Turkey

**September 1994 – Augusts 1996**

**General Practices in Ministry of Health, Public health centre, Bartın, Turkey**

## **PROFESSIONAL EXPERIENCE**

September 2012- October 2012

Cardiac Rehabilitation, Bern University Hospital, Switzerland

January 2001- April 2001

Ankara Numune Training and Research Hospital, Department of Orthopaedics

January 2000- December 2000

Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Inpatient Unit

January 1999- December 1999

Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Outpatient Unit

September 1998- December 1998

Ministry of Health, Ankara training Hospital, Department of Neurology

June 1998- August 1998

Ankara Numune Training and Research Hospital, Department of Internal Medicine

October 1997- May 1998

Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Inpatient Unit

## DISSERTATION

Baclofen and TENS efficiency in treatment of spasticity evolutions clinic and electro physiologic parameters in spinal cord injury patients. Speciality Thesis supervised by Fusun Koseoglu M.D. Ankara Physical Medicine and Rehabilitation Education and Research Hospital, Ankara, Turkey

## PUBLICATIONS

1. Uysal G, Cagli F, Akkaya H, Nazik H, Karakukcu C, **Sutbeyaz S**, Yilmaz ES. Hyperemesis gravidarum is not a negative contributing factor for postpartum bone mineral density. J Chin Med Assoc. 2018 Feb 1. pii: S1726-4901(17)30379-9.

2. Koçak FA, Tunç H, **Sütbeyaz ST**, Akkuş S, Köseoğlu BF, Yılmaz E. Comparison of the short-term effects of the conventional motorized traction with non-surgical spinal decompression performed with a DRX9000TM device on pain, functionality, depression, and quality of life in patients with low back pain associated with lumbar disc herniation: A single-blind randomized-controlled trial. Turk J Phys Med Rehab 2018;64(1):17-27

3. Cebicci MA, **Sutbeyaz ST**, Goksu SS, Hocaoglu S, Oguz A, Atilabey A. Extracorporeal Shock Wave Therapy for Breast Cancer-Related Lymphedema: A Pilot Study. Arch Phys Med Rehabil. 2016 Sep;97(9):1520-5. doi:10.1016/j.apmr.2016.02.019. PubMed PMID: 26987620.

4. Cebicci MA, **Sutbeyaz ST**, Ibis N. Extracorporeal shock wave therapy for diabetic foot ulcers: A case report. Ankara Med J. 2016;16(2):250-4.

5. Ibis N, Hocaoglu S, Cebicci MA, **Sutbeyaz ST**, Calis HT. Palmoplantar pustular psoriasis induced by adalimumab: a case report and literature review. Immunotherapy. 2015;7(7):717-20. doi: 10.2217/imt.15.45. Review. PubMed PMID: 26250408.

6. Baktir AO, Sarli B, Cebicci MA, Saglam H, Dogan Y, Demirbaş M, **Sutbeyaz ST**, Arinc H. Preclinical impairment of myocardial function in rheumatoid arthritis patients. Detection of myocardial strain by speckle tracking echocardiography. Herz. 2015 Jun;40(4):669-74. doi: 10.1007/s00059-014-4068-3. PubMed PMID: 24595319.

7. Calis HT, **Sutbeyaz ST**, Guler E, Halici C, Sayan H, Koc A, Efficacy of intra-articular autologous platelet rich plasma application in knee osteoarthritis. *Turkish Journal of Rheumatology*, vol. 30, no. 3, 2015,198-204.

8. Ataş M, Yuvacı I, Demircan S, Güler E, Altunel O, Pangal E, Göktaş A, **Sütbeyaz S**, Zararsız G. Evaluation of the Macular, Peripapillary Nerve Fiber Layer and Choroid Thickness Changes in Behçet's Disease with Spectral-Domain OCT. *J Ophthalmol*. 2014;2014:865394. doi: 10.1155/2014/865394. PubMed PMID: 24868459;PubMed Central PMCID: PMC4020218.

9. Gürek S, Hocaoğlu Ş, Sütbeyaz ST, Cebiçi MA . Tumor Necrosis Factor- ? Treatment and Brucellosis: Case Report. *Journal of Physical Medicine and Rehabilitation Sciences*,2015; 18(1), 44-48.

10. Koseoglu BF, Sezer N, Öken Ö, **Sutbeyaz ST**, Kibar S. Validation of the comprehensive ICF core set for stroke in Turkish stroke patients. *Turkish Journal of Geriatrics* 2013;16(1):8-19.

11. Karapolat HU, Kurtaiş Y, Itur BS, Demirsoy N, Ozyemişçi Taşkıran O, Sarp U, Hafız M, Külcü DG, Sarıkaya S, Soyupek F, **Sütbeyaz ST**, Delialioğlu SU, Alemdaroğlu E, Ordu Gökçaya NK, Doğan A, Köseoğlu F, Ekşioğlu E, Duyur Çakit B,Dülgeroğlu Erdoğdu D, Tuncay F, Figen Ayhan F, Güzel R. What do patients really know about cardiopulmonary rehabilitation: a cross-sectional survey study. *Eur J Phys Rehabil Med*. 2012 Apr 17.

12. **Sutbeyaz ST**, Koseoglu F, Inan L, Coskun O. Respiratory muscle training improves cardiopulmonary function and exercise tolerance in subjects with subacute stroke: a randomized controlled trial. *Clin Rehabil*. 2010 Mar;24(3):240-50.

13. Sezer N, **Sutbeyaz ST**, Koseoglu F, Aras M, Akin C. Adult case of acrodysostosis with severe neurologic involvement. *J Back Musculoskeletal Rehabil*.2009;22(2):125-9.

14. Yavuzer G, Selles R, Sezer N, **Sütbeyaz S**, Bussmann JB, Köseoğlu F, Atay MB, Stam HJ. Mirror therapy improves hand function in subacute stroke: a randomized controlled trial. *Arch Phys Med Rehabil*. 2008 Mar;89(3):393-8.

15. **Sutbeyaz, S.T.**, N. Sezer, B.F. Koseoglu, F. Ibrahimoglu ve D. Tekin, "Influence of Knee Osteoarthritis on Exercise Capacity and Quality of Life in Obese Adults," *Obesity* 2007 Aug;15(8):2071-6.

16. **Sutbeyaz, S.**, G. Yavuzer, N. Sezer ve F. Koseoglu, "Mirror Therapy Enhances Lower Extremity Motor Recovery and Motor Functioning After Stroke: A Randomized Controlled Trial," *Arch Phys Med Rehabil*, *Arch Phys Med Rehabil*. 2007 May;88(5):555-9.

17. **Sutbeyaz, S. T.**, N. Sezer ve B.F. Koseoglu, "The Effect of Pulsed Electromagnetic Fields in The Treatment of Cervical Osteoarthritis: a

Randomized, Double-Blind, Sham-Controlled Trial," *Rheumatol Int*, **26**, 320-324 (2006).

18. **Sutbeyaz, S.T.**, B.F. Koseoglu ve E. Yesiltepe, "Simultaneous Upper and Lower Extremity Complex Regional Pain Syndrome Type I in Tetraplegia," *Spinal Cord*, **43**, 568-72 (2005).

19. **Sutbeyaz, S.T.**, B.F. Koseoglu ve N.K. Gokkaya, "The Combined Effects of Controlled Breathing Techniques and Ventilatory and Upper Extremity Muscle Exercise on Cardiopulmonary Responses in Patients with Spinal Cord Injury," *Int J Rehabil Res.*, **28**, 273-6 (2005).

20. Aydın, G., **S. Tomruk**, I. Keleş, S. O. Demir ve S. Orkun, "Clinical and Electrophysiological Comparison of the Efficacy of Transcutaneous Electrical Stimulation and the Efficacy of Baclofen on Spinal Spasticity," *Am. J. Phys. Med. Rehabil.*, **8**, 584-592 (2005).

21. Koseoglu, B.F., **S.T. Sutbeyaz**, N. Sezer, C. Hatipoglu ve D. Comert, "Efficacy and Safety of Ultrasound Guided Intraarticular Injections of Hylan G-F 20 in Patients with Hip Osteoarthritis," *Pain Clinic*, **17**, 390-395 (2005).

22. Sezer, N., N.K. Ordu, **S.T. Sutbeyaz** ve B.F. Koseoglu, "Cardiopulmonary and Metabolic Responses to Maximum Exercise and Aerobic Capacity in Hemiplegic Patients," *Functional Neurology*, **19**, 233-238 (2004).

23. Koseoglu, F. ve **S. Tomruk**, "Rehabilitation of The Respiratory Dysfunctions in Parkinson's Disease," *Functional Neurology*, **16**, 267-276 (2001).

#### **B. Poster Presentations:**

**B1. Sütbeyaz ST**, Aras M, Sezer N, Özkurt B, Köseoğlu F, Tabak Y. "Comparison of intraarticular injection of corticosteroid and hyaluronic acid for treatment of basal joint osteoarthritis of the thumb", 5<sup>th</sup> World Congress of the International Society of Physical and Rehabilitation Medicine, P-0757, İstanbul, 13-17 Haziran, 2009.

**B2. Sütbeyaz ST**, Köseoğlu F, Inan L, Coskun O. "Respiratory muscle training improves cardiopulmonary function and exercise tolerance in subjects with subacute stroke: a randomized controlled trial", 5<sup>th</sup> World Congress of the International Society of Physical and Rehabilitation Medicine, P-0450, İstanbul, 13-17 Haziran, 2009.

**B3.** Aras M, **Sutbeyaz ST**, Köseoğlu F. "Exercise training in postmenopausal breast cancer survivors: Cardiopulmonary and quality of life outcomes: a pilot study", 5<sup>th</sup> World Congress of the International Society of Physical and Rehabilitation Medicine, P-0432, İstanbul, 13-17 Haziran, 2009.

**B4.** Öken Ö, Meral A, **Sutbeyaz ST**, Köseoğlu F. "Relationship between D vitamin levels and mobilization in patients with spinal cord injury", 5<sup>th</sup> World Congress of the International Society of Physical and Rehabilitation Medicine, P-1234, İstanbul, 13-17 Haziran, 2009.

**B5.** **Sutbeyaz, S.T.**, N. Sezer, F. Koseoglu, Kibar S, "Low-Frequency Pulsed Electromagnetic Field Therapy in Fibromyalgia," 12th World Congress on Pain Abstract CD, PF-274, Glasgow, August 17-22, 2008.

**B6.** **Sutbeyaz, S.**, G. Yavuzer, N. Sezer ve B.F. Koseoglu, "Effect of Mirror Therapy on Lower Extremity Motor Recovery and Activity Level After Stroke," 15<sup>th</sup> European Congress of Physical and Rehabilitation Medicine Abstract Book, O-226, Madrid, May 16-20, 2006.

**B7.** **Sutbeyaz, S.T.**, N. Sezer, F. Koseoglu, C. Hatipoglu ve D. Comert, "The Effect of Pulsed Electromagnetic Fields in The Treatment of Cervical Osteoarthritis; a Double-blind, Sham-Controlled Trial," 5<sup>th</sup> Mediterranean Congress of Physical & Rehabilitation Medicine Abstract Book, OP-102, Antalya, Sep 30- Oct 04, 2004.

**B8.** Koseoglu, F., **S.T. Sutbeyaz**, N. Sezer, C. Hatipoglu ve D. Comert, "Efficacy and Safety of Ultrasound Guided Intraarticular Injections of Hylan G-F 20 In Patients with Hip Osteoarthritis: a Different Technique," 5<sup>th</sup> Mediterranean Congress of Physical & Rehabilitation Medicine Abstract Book, PP-137, Antalya, Sep 30- Oct 04, 2004.

**B9.** Alkan, B., S. Ozel, **S.T. Sutbeyaz** ve M. Kurt, "The Respiration Function Tests of The Patients with Primary Fibromyalgia Syndrome," 5<sup>th</sup> Mediterranean Congress of Physical & Rehabilitation Medicine Abstract Book, PP-191, Antalya, Sep 30- Oct 04, 2004.

**B10.** Ozel, S., B. Alkan, **S.T. Sutbeyaz** ve C. Aybay, "The Effects of The Aerobic Exercise Program on The Cardiopulmoner Capacity and Disease Symptoms of The Patients with Primary Fibromyalgia Syndrome," 5<sup>th</sup> Mediterranean Congress of Physical & Rehabilitation Medicine Abstract Book, PP-192, Antalya, Sep 30- Oct 04, 2004.

**B11. Sutbeyaz, S.T.**, F. Koseoglu ve K. O. Gokkaya, "Effects of Exercise Training Program on Cardiopulmonary Exercise Test Parameters and Exercise Tolerance in Patients with Paraplegia: Preliminary results," *Second World Congress of The International Society of Physical and Rehabilitation Medicine-ISPRM*, 142, Praha, May 18-22, 2003.

**B12.** Sezer, N., K. O. Gokkaya, **S. T. Sutbeyaz** ve F. Koseoglu, "Cardiopulmonary Exercise Test and Aerobic Capacity in Hemiparetic Patients," *Second World Congress of The International Society of Physical and Rehabilitation Medicine- ISPRM*, 256, Praha, May 18-22, 2003.

**B13. Sutbeyaz, S.T.**, H.F. Cay, F. Koseoglu, N. Sezer ve N. Albayrak, "Demographic Characteristics and Complications of Spinal Cord Injured Patients in Turkey: A Retrospective Study," *Second World Congress of The International Society of Physical and Rehabilitation Medicine- ISPRM*, 141, Praha, May 18-23, 2003.

**B14. Tomruk, S.**, O. Oken ve F. Koseoglu, "Klippel-Trenaunay-Weber Syndrome with Cerebral Palsy: a Case Report," *Proc. Eastern Mediterranean Cerebral Palsy and Developmental Medicine Congress*, Istanbul, Vol. 48, 61, Medtrend/RLS, Istanbul, 2002