

JOURNAL OF EXERCISE THERAPY AND REHABILITATION

Cilt / Volume 8 Sayı / No 1 Nisan / April 2021



Zigana zambagi,
Lilium monadelphum armenum
(Türkiye endemik bitkisi / Endemic plant of Turkey)

Dergi hakkında (www.jetr.org.tr)

- Journal of Exercise Therapy and Rehabilitation (JETR), fizyoterapi ve rehabilitasyon, spor ve egzersiz, odysoloji, konuşma terapisi, iş-uğraşı terapisini içeren diğer sağlık disiplinlerinin yanı sıra egzersiz fizyolojisi, beslenme ve çocuk gelişimi alanlarında İngilizce ve Türkçe vaka çalışmaları ile birlikte araştırma ve derleme makalelerini yayımlamaktadır.
- Journal of Exercise Therapy and Rehabilitation (JETR), aynı zamanda, başyazilar, editöre mektup, ulusal ve uluslararası kongreler, panel toplantıları, konferans ve sempozyumlardaki özetleri yayınlar ve güncel ilgi alanlarının önemli konuları üzerine açık bir tartışma forumu olarak işlev görebilir.
- Journal of Exercise Therapy and Rehabilitation (JETR), yılda üç kez, Nisan, Ağustos ve Aralık aylarında yayınlanmaktadır.
- Journal of Exercise Therapy and Rehabilitation (JETR), EBSCOhost, ULAKBİM TR Dizin, Google Scholar and Directory of Research Journal Indexing isimli indekslerde yer almaktadır.
- Journal of Exercise Therapy and Rehabilitation "J Exerc Ther Rehabil" olarak kısaltılmaktadır.
- Tüm hakları saklıdır ©.

About JETR (www.jetr.org.tr)

- *Journal of Exercise Therapy and Rehabilitation (JETR) publishes research and review articles together with case studies in the fields of physiotherapy and rehabilitation, sports and exercise, and other health disciplines including audiology, speech therapy, occupational therapy as well as exercise physiology, nutrition, and child development in English and Turkish.*
- *Journal of Exercise Therapy and Rehabilitation (JETR) is published three times yearly, in April, August and December.*
- *Journal of Exercise Therapy and Rehabilitation (JETR) also publishes editorials, a letter to editor section, abstracts from international and national congresses, panel meetings, conference and symposia, and can function as an open discussion forum on significant issues of current interests.*
- *Journal of Exercise Therapy and Rehabilitation (JETR) indexed in EBSCOhost, ULAKBİM TR Index, Google Scholar and Directory of Research Journal Indexing.*
- *Journal of Exercise Therapy and Rehabilitation is abbreviated as "J Exerc Ther Rehabil".*
- *All rights reserved ©.*

Editor in Chef

Prof. Yavuz YAKUT, Hasan Kalyoncu University, Gaziantep, Turkey

Editors

Prof. Kezban BAYRAMLAR, Hasan Kalyoncu University, Gaziantep, Turkey
Prof. Volga BAYRAKCI TUNAY, Hacettepe University, Ankara, Turkey
Asst. Prof. Özgen ARAS, Kütahya Health Sciences University, Kütahya, Turkey
Prof. Mintaze KEREM GÜNEL, Hacettepe University, Ankara, Turkey

Prof. Tülin DÜGER, Hacettepe University, Ankara, Turkey
Prof. Zafer ERDEN, Hacettepe University, Ankara, Turkey
Asst. Prof. Aydın MERİÇ, Lefke European University, North Cyprus

Associate Editors

Prof. Songül ATASAVUN UYSAL, Hacettepe University, Ankara, Turkey
Assoc. Prof. Çiğdem AYHAN, Hacettepe University, Ankara, Turkey
Assoc. Prof. Aydan AYTAR, Başkent University, Ankara, Turkey
Assoc. Prof. Sevil BİLGİN, Hacettepe University, Ankara, Turkey
Prof. Meral BOŞNAK GÜÇLÜ, Gazi University, Ankara, Turkey
Assoc. Prof. İlkşan DEMİRBUKEN, Marmara University, İstanbul, Turkey

Assoc. Prof. Ceren GÜRŞEN, Hacettepe University, Ankara, Turkey
Assoc. Prof. Gizem İrem KINIKLI, Hacettepe University, Ankara, Turkey
Assoc. Prof. Nursen ÖZDEMİR İLÇİN, Dokuz Eylül University, İzmir, Turkey
Assoc. Prof. Serap ÖZGÜL, Hacettepe University, Ankara, Turkey
Prof. Engin ŞİMŞEK, Dokuz Eylül University, İzmir, Turkey
Assoc. Prof. Naciye VARDAR YAĞLI, Hacettepe University, Ankara, Turkey

English Editors

Prof. Fatma UYGUR, Cyprus International University, North Cyprus
Prof. Buket ERKAL, Yıldız Technical University, North Cyprus
Prof. Meral BOŞNAK GÜÇLÜ, Gazi University, Ankara, Turkey

Prof. Engin ŞİMŞEK, Dokuz Eylül University, İzmir, Turkey
Assoc. Prof. Gizem İrem KINIKLI, Hacettepe University, Ankara, Turkey

Technical Editor

Vesile YILDIZ KABAK, PhD, Hacettepe University, Ankara, Turkey

Associate Technical Editors

Mehmet Alphan ÇAKIROĞLU, MSc, Dokuz Eylül University, İzmir, Turkey
Kübra SEYHAN BIYIK, PhD, Hacettepe University, Ankara, Turkey
Dilara KARA, MSc, Hacettepe University, Ankara, Turkey

Sefa ÜNES, MSc, Hacettepe University, Ankara, Turkey
Aykut ÖZÇADIRCI, MSc, Hacettepe University, Ankara, Turkey

Statistical Advisor

Prof. Mutlu Hayran, Hacettepe University, Ankara, Turkey

Ethic Advisor

Prof. Nükhet Örnek Büken, Hacettepe University, Ankara, Turkey

Advisory Board

Prof. Ali Kitiş, Pamukkale University, Denizli, Turkey
Prof. Ayşe Livanelioğlu, Hacettepe University, Ankara, Turkey
Prof. Baran Yosmaoğlu, Başkent University, Ankara, Turkey
Prof. Derya Özer Kara, İzmir Katip Çelebi University, İzmir, Turkey
Prof. Didem Karadibak, Dokuz Eylül University, İzmir, Turkey
Prof. Edibe Ünal, Hacettepe University, Ankara, Turkey
Prof. Ekin Akalan, İstanbul Kültür University, İstanbul, Turkey
Prof. Ela Taraklı, İstanbul University, Cerrahpaşa, İstanbul, Turkey
Prof. Fatih Erbahçeci, Hacettepe University, Ankara, Turkey
Prof. Fatma Uygur, Cyprus International University, North Cyprus
Prof. Ferdi Başkurt, Süleyman Demirel University, Isparta, Turkey
Prof. Funda Demirtürk, Gaziosmanpaşa University, Tokat, Turkey
Prof. Gül Baltacı, Güven Hospital, Ankara, Turkey
Prof. Gülfem Ersöz, Ankara University, Ankara, Turkey
Prof. Hasan Hallaçel, Mustafa Kemal University, Hatay, Turkey
Prof. İlker Yılmaz, Eskişehir Technical University, Eskişehir, Turkey
Prof. İnci Yüksel, Eastern Mediterranean University, North Cyprus
Prof. İpek Yeldan, İstanbul University, Cerrahpaşa, İstanbul, Turkey
Prof. Joseph Balogun, Illinois, Chicago State University, USA
Prof. Kadriye Armutlu, Hacettepe University, Ankara, Turkey
Prof. Kılıçhan Bayar, Muğla University, Muğla, Turkey
Prof. Mine Gülden Polat, Marmara University, İstanbul, Turkey
Prof. Mithat Koz, Ankara University, Ankara, Turkey
Prof. Muzaffer Çolakoğlu, Ege University, İzmir, Turkey
Prof. Necmiye Ün Yıldırım, Health Sciences University, Ankara, Turkey
Prof. Nevin Ergun, Sanko University, Gaziantep, Turkey

Prof. Nur Tunali, Haliç University, İstanbul, Turkey
Prof. Pınar Bayhan, Hacettepe University, Ankara, Turkey
Prof. Saadet Otman, Biruni University, İstanbul, Turkey
Prof. Salih Angın, Cyprus International University, North Cyprus
Prof. Selmur Narin, Dokuz Eylül University, İzmir, Turkey
Prof. Servet Tunay, Ankara, Turkey
Prof. Seyit Çitaker, Gazi University, Ankara, Turkey
Prof. Songül Aksoy, Hacettepe University, Ankara, Turkey
Prof. Türkhan Akbayrak, Hacettepe University, Ankara, Turkey
Prof. Ufuk Yurdalan, Marmara University, İstanbul, Turkey
Prof. Yeşim Bakar, Bakırçay University, İzmir, Turkey
Prof. Yeşim Gölcə Kutsal, Hacettepe University, Ankara, Turkey
Prof. Zuhal Kunduracılar, Health Sciences University, İstanbul, Turkey
Assoc. Prof. Ferruh Taşpinar, İzmir Demokrasi University, İzmir, Turkey
Assoc. Prof. Gözde Yağıç, Hacettepe University, Ankara, Turkey
Assoc. Prof. Hülya Yücel, Health Sciences University, İstanbul, Turkey
Assoc. Prof. Ümit Uğurlu, Bilim University, İstanbul, Turkey
Assoc. Prof. Devrim Taraklı, Medipol University, İstanbul, Turkey
Assoc. Prof. Serkan Taş, Alanya Alaaddin Keykubat, Antalya, Turkey
Asst. Prof. Burcu Dilek, Trakya University, Edirne, Turkey
Asst. Prof. Duygu Türker, Health Sciences University, Ankara, Turkey
Asst. Prof. Hakan Uysal, Osmangazi University, Eskişehir, Turkey
Asst. Prof. Hülya Şişli, Bilgi University, İstanbul, Turkey
Asst. Prof. Özge Özalp, Cyprus International University, North Cyprus
Asst. Prof. Yasın Yurt, Eastern Mediterranean University, North Cyprus
Asst. Prof. Yıldız Erdoğanoğlu, Antalya Bilim University, Antalya, Turkey