

JOURNAL OF EXERCISE THERAPY AND REHABILITATION

Cilt / Volume 8 Sayı / No 3 Aralık / December 2021



Muğla sıkلامeni,
Cyclamen trochopteranthum
(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, odyoloji, 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 yayınlamaktadır.
- Journal of Exercise Therapy and Rehabilitation (JETR), aynı zamanda, başyazılar, 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 DÜĞER, *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 KURU, *Hacettepe University, Ankara, Turkey*

Prof. Aydan AYTAZ, *Başkent University, Ankara, Turkey*

Assoc. Prof. Sevil BİLGİN, *Hacettepe University, Ankara, Turkey*

Prof. Meral BOŞNAK GÜÇLÜ, *Gazi University, Ankara, Turkey*

Assoc. Prof. İlkan DEMİRBÜKEN, *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, *Yakındoğu 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 ÜNEŞ, MSc, *Hacettepe University, Ankara, Turkey*

Aykut ÖZÇADIRCI, MSc, *Hacettepe University, Ankara, Turkey*

Burak ULUSOY, MSc, *Çankırı Karatekin University, Çankırı, Turkey*

Statistical Advisor

Prof. Mutlu Hayran, *Hacettepe University, Ankara, Turkey*

Ethic Advisor

Prof. Nükhet Ömek 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 Kaya, *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 Tarakçı, *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, *Cyprus Health and Social Sciences University, Ankara, Turkey*

Prof. Hasan Hallaçeli, *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, *Eastern Mediterranean 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 Tunalı, *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. Selnur Narin, *Dokuz Eylül University, İzmir, Turkey*

Prof. Servet Tunay, *Ankara, Turkey*

Prof. Seyit Çitaker, *Gazi University, Ankara, Turkey*

Prof. Songül Aksoy, *Lokman Hekim University, Ankara, Turkey*

Prof. Türkan Akbayrak, *Hacettepe University, Ankara, Turkey*

Prof. Yeşim Bakar, *Bakırçay University, İzmir, Turkey*

Prof. Yeşim Gökçe Kutsal, *Hacettepe University, Ankara, Turkey*

Prof. Zuhal Kunduracılar, *Health Sciences University, İstanbul, Turkey*

Assoc. Prof. Ferruh Taşpınar, *İzmir Demokrasi University, İzmir, Turkey*

Assoc. Prof. Gözde Yağcı, *Hacettepe University, Ankara, Turkey*

Assoc. Prof. Hülya Yücel, *Health Sciences University, İstanbul, Turkey*

Assoc. Prof. Ümit Uğurlu, *Bilim University, İstanbul, Turkey*

Assoc. Prof. Devrim Tarakçı, *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. Hülya Şişli, *Bilgi University, İstanbul, Turkey*

Asst. Prof. Özge Özalp, *Cyprus International University, North Cyprus*

Asst. Prof. Yasin Yurt, *Eastern Mediterranean University, North Cyprus*

Asst. Prof. Yıldız Erdoğanoğlu, *Antalya Bilim University, Antalya, Turkey*