

## JOURNAL OF EXERCISE THERAPY AND REHABILITATION

Cilt / Volume 9      Sayı / No 1      Nisan / April 2022



Eksî yonca,  
*Oxalis pes-caprae*  
(Türkiye endemik bitkisi / Endemic plant of Turkey)

### Dergi hakkında ([www.jetr.org.tr](http://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](http://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

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

Prof. Zafer ERDEN, Hacettepe University, Ankara, Turkey  
Prof. Mintaze KEREM GÜNEL, Hacettepe University, Ankara, Turkey  
Asst. Prof. Aydin 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 AYTAR, Health Sciences University, Ankara, Turkey  
Assoc. Prof. Sevil BILGIN, 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. Meral BOŞNAK GÜÇLÜ, Gazi University, Ankara, Turkey  
Prof. Buket ERKAL, Yakın Doğu University, North Cyprus  
Assoc. Prof. Gizem İrem KINIKLI, Hacettepe University, Ankara, Turkey

Prof. Engin ŞİMŞEK, Dokuz Eylül University, İzmir, Turkey  
Prof. Fatma UYGUR, Cyprus International University, North Cyprus

## Technical Editor

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

## Associate Technical Editors

Mehmet Alphan ÇAKIROĞLU, MSc, Dokuz Eylül University, İzmir, Turkey  
Dilara KARA, MSc, Hacettepe University, Ankara, Turkey  
Aykut ÖZÇADIRCI, MSc, Hacettepe University, Ankara, Turkey

Kübra SEYHAN BIYIK, PhD, Hacettepe University, Ankara, Turkey  
Burak ULUSOY, MSc, Çankırı Karatekin University, Çankırı, Turkey  
Sefa ÜNEŞ, 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 KİTİŞ, Pamukkale University, Denizli, Turkey  
Prof. Ayşe LİVANELİOĞLU, Hacettepe University, Ankara, Turkey  
Prof. Baran YOSMAOĞLU, Başkent University, Ankara, Turkey  
Prof. Derya ÖZER KAYA, İzmir Katip Çelebi University, İzmir, Turkey  
Prof. Didem KARADİBAK, Dokuz Eylül University, İzmir, Turkey  
Prof. Edibe ÜNAL, Hacettepe University, Ankara, Turkey  
Prof. Ekin AKALAN, İstanbul Kültür University, İstanbul, Turkey  
Prof. Ela TARAKÇI, İstanbul University, Cerrahpaşa, İstanbul, Turkey  
Prof. Fatih ERBAHÇECİ, Hacettepe University, Ankara, Turkey  
Prof. Fatma UYGUR, Cyprus International University, North Cyprus  
Prof. Ferdi BAŞKURT, Süleyman Demirel University, Isparta, Turkey  
Prof. Funda DEMİRTÜRK, Gaziosmanpaşa University, Tokat, Turkey  
Prof. Gül BALTACI, Cyprus Health and Social Sciences University, Ankara, Turkey  
Prof. Hasan HALLAÇELİ, Mustafa Kemal University, Hatay, Turkey  
Prof. İlker YILMAZ, 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. Külcihan BAYAR, Muğla University, Muğla, Turkey  
Prof. Mine Gülden POLAT, Marmara University, İstanbul, Turkey  
Prof. Mithat KOZ, Eastern Mediterranean University, North Cyprus  
Prof. Muzaffer COLAKOĞLU, Ege University, İzmir, Turkey  
Prof. Necmiye ÜN YILDIRIM, Health Sciences University, Ankara, Turkey  
Prof. Nevin ERGUN, SANKA 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 ANGIN, 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, Lokman Hekim University, Ankara, Turkey  
Prof. Türkhan AKBAYRAK, Hacettepe University, Ankara, Turkey  
Prof. Yeşim BAKAR, Bakırçay University, İzmir, Turkey  
Prof. Yeşim GÖKÇE KUTSAL, Hacettepe University, Ankara, Turkey  
Prof. Zuhal KUNDURACILAR, Health Sciences University, İstanbul, Turkey  
Assoc. Prof. Ferruh TAŞPINAR, İzmir Demokrasi University, İzmir, Turkey  
Assoc. Prof. Gözde YAĞCI, Hacettepe University, Ankara, Turkey  
Assoc. Prof. Hülya YÜCEL, Health Sciences University, İstanbul, Turkey  
Assoc. Prof. Ümit UĞURLU, Bilim University, İstanbul, Turkey  
Assoc. Prof. Devrim TARAKÇI, Medipol University, İstanbul, Turkey  
Assoc. Prof. Serkan TAŞ, Alanya Alaaddin Keykubat, Antalya, Turkey  
Asst. Prof. Burcu DİLEK, Trakya University, Edirne, Turkey  
Asst. Prof. Duygu TÜRKER, Health Sciences University, Ankara, Turkey  
Asst. Prof. Hülya ŞİSLİ, 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