



# CURRICULUM VITAE

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Name Surname: Emel Şahin (Sönmezer)

Date of Birth: 08.07.1982

Title: Professor, PhD

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## Education

Degree	Department/Program	University	Year
Bachelor's Degree	Physical Therapy and Rehabilitation	Başkent University	2000–2005
Master's Degree	Physical Therapy and Rehabilitation	Başkent University	2005–2007
PhD	Physiotherapy and Rehabilitation	Hacettepe University	2011–2014

Master's Thesis Title and Supervisors:

The effectiveness of cervical mobilization in addition to classical physiotherapy methods in myofascial pain syndrome

Supervisor: Assoc. Prof. Emine Handan Tüzün

Co-Supervisor: Prof. İnci Yüksel

PhD Thesis Title and Supervisor:

Comparison of the effects of connective tissue massage and kinesioteaping on pain and quality of life in primary dysmenorrhea

Supervisor: Prof. Tülin Düger

## Academic Titles

Date of First Appointment as Assistant Professor: 13.10.2014

Date of Promotion to Associate Professor: 21.06.2019

Date of Promotion to Professor: 24.12.2024

## Academic Positions

Title	Institution	Year
Physiotherapist	Başkent University, Department of Physical Medicine and Rehabilitation	2005–2008
Specialist	Başkent University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2008–2011
Lecturer	Başkent University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2011–2014
Assistant Professor	Başkent University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2014–2018
Assistant Professor	Başkent University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2018–2019
Visiting Lecturer	Ankara University, Faculty of Medicine, Dept. of Obstetrics and Gynecology	2017–2020
Associate Professor	Başkent University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2019–2021
Associate Professor	Ankara University, Institute of Health Sciences, Dept. of Obstetrics and Gynecology, Urogynecology Doctoral	2021–present

	Program	
Associate Professor	Atilim University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2021–2023
Associate Professor	Cyprus Science University, Faculty of Health Sciences, Dept. of Physiotherapy and Rehabilitation	2023–present

### Administrative Duties

Title	Institution	Year
Promotion Coordinator, Faculty of Health Sciences	Başkent University	2011–2021
Vice Dean, Faculty of Health Sciences	Atilim University	2021–2022
Head of Department, Physiotherapy and Rehabilitation	Atilim University, Faculty of Health Sciences	2021–2023
Head of Department, Physiotherapy and Rehabilitation	Cyprus Science University, Institute of Graduate Studies	2023–present

### Publications

A. Articles published in international peer-reviewed journals (SCI, SSCI & AHCI)

1. Yosmaoglu HB, Doğan D, Sonmezer E. The reliability and validity of the Turkish version of the Oxford Elbow Score. *Journal of Orthopaedic Surgery and Research*, 2016;11(1):95.
2. Yosmaoglu HB, Baltacı G, Sonmezer E, Özer H, Doğan D. Do peak torque angles of muscles change following anterior cruciate ligament reconstruction using hamstring or patellar tendon graft? *Joint Diseases & Related Surgery*, 2018;28(3),182-187.
3. Sonmezer E, Yosmaoglu HB, Doğan CD. The reliability and validity of the Turkish version of the Oxford Shoulder Instability Score. *Disability and Rehabilitation*, 2018;1-6.

4. Sahin HG, Kunduracilar Z, Sonmezer E, Ayas S. Effects of two different aquatic exercise trainings on cardiopulmonary endurance and emotional status in patients with knee osteoarthritis. *Journal of Back and Musculoskeletal Rehabilitation*, 2018;1-10.
5. Kunduracilar Z, Sahin HG, Sonmezer E, Sozay S. The effects of two different water exercise trainings on pain, functional status and balance in patients with knee osteoarthritis. *Complementary Therapies in Clinical Practice*, 2018;31:374-378.
6. Yosmaoglu HB, Selfe J, Sonmezer E, Sahin İE, Duygu Çerezci S, Ozkoslu M, Richards J, Jansen J. Targeted Treatment Protocol in Patellofemoral Pain (TIPPs): Does Treatment Designed According to Subgroups Improve Clinical Outcomes in Patients Unresponsive to Multimodal Treatment? *Sports Health*, 2020;12(2):170-180.
7. Janssen J, Selfe J, Gichuru P, Richards J, Yosmaoglu HB, Sönmezer E, Dey P. Hot and cold knees: exploring differences in patella skin temperature in patients with patellofemoral pain. *Physiotherapy*, 2020.
8. Koyuncu K, Sakin O, Akalın EE, Akalın M, Anğın AD, Aboalhasan Y, Sönmezer E. Translation, cultural adaptation, and validation and reliability of assessment of pelvic floor disorders and their risk factors during pregnancy and postpartum questionnaire in Turkish population. *Ginekologia Polska*, 2020;91(7):394-405.
9. Sönmezer E, Özköslü Acar M, Yosmaoglu HB. The Effects of Clinical Pilates Exercises on Functional Disability, Pain, Quality of Life and Lumbopelvic Stabilization in Pregnant Women with Low Back Pain: A Randomized Controlled Study. *Journal of Back and Musculoskeletal Rehabilitation*, 2020;34(1):66-79.
10. Celik MS, Sönmezer E, Acar M. Effectiveness of proprioceptive neuromuscular facilitation and myofascial release techniques in patients with subacromial impingement syndrome. *Somatosensory & Motor Research*, 2022;39(2-4):97-105.
11. Acar M, Sönmezer E, Yosmaoğlu HB. Factors Associated with Kinesiophobia in Patients with Knee Osteoarthritis. *Aktuelle Rheumatologie*, 2022;37.
12. Sahin E, Brand A, Cetindag EN, Messelink B, Yosmaoglu HB. Pelvic physical therapy for male sexual disorders: a narrative review. *International Journal of Impotence Research*, 2025;1-9.

#### B. Articles published in national peer-reviewed journals

1. Sonmezer E, Yosmaoglu HB. Changes in attitudes towards menstruation and perceived stress in women with dysmenorrhea. *Turkish Journal of Physiotherapy and Rehabilitation*, 2014;25(2).

2. Anaforođlu B, Bahçeci F, Tüzün E.H., Sönmezer E. The effect of an exercise program applied to unilateral above-knee amputees on the level of satisfaction with the prosthesis. Turkish Journal of Physiotherapy and Rehabilitation, 2014;25:2.
3. Sönmezer E, Tüzün EH, Eker L, Yüksel İ. Effectiveness of mobilization therapy for treating cervical myofascial pain syndrome. Journal of Exercise Therapy and Rehabilitation, 2018;5(1):25-32.
4. Sönmezer E. The comparison of physical activity, disability, and quality of life of pregnant women in different trimesters. JCOG, 2018;28(3):89-94.
5. Acar Özköslü M, Sönmezer E, Arıkan H, Bayraktar N. The effects of different exercise models on inflammatory markers and metabolic parameters in an experimentally induced type 2 diabetes model. Journal of Exercise Therapy and Rehabilitation, 2019;6(1):10-18.
6. Tüfekçi B, Şahin E, Bayrak Ö, Tüfekçi A. The examination of variations in the pain characteristics of women with overactive bladder syndrome. Grand Journal of Urology, 2024;4(3):89-97.

C. Papers presented at international scientific meetings and published in proceedings

1. Sönmezer E, Tüzün E.H., Eker L., Yüksel İ. Effectiveness of Two Combined Physiotherapeutic Approaches for Treating Cervical Myofascial Pain Syndrome. Myopain 2010 – 8th World Congress on Myofascial Pain and Fibromyalgia, Toledo-Spain, 2010.
2. Sönmezer E, Yosmaoglu HB. The Effects of Physiotherapy on Sexual Dysfunction in Female Patients with Fibromyalgia. EULAR Annual European Congress of Rheumatology, Paris-France, 2014.
3. Sönmezer E, Yosmaoglu HB. The effects of physiotherapy on sexual dysfunction in female patients with impingement syndrome. 26th SECEC-ESSSE European Society for Surgery of the Shoulder and the Elbow, Milan-Italy, 2015 (Poster).
4. Yosmaoglu HB, Sönmezer E, Dogan D. Reliability and validity of the Turkish version of Oxford Shoulder Instability Score. 26th SECEC-ESSSE European Society for Surgery of the Shoulder and the Elbow, Milan-Italy, 2015 (Poster).
5. Güvenir Şahin H, Kunduracılar Z, Sönmezer E, Akman N. Effects Of Two Different Aquatic Exercises Training On Cardiopulmonary Endurance And Anxiety & Depression Scores With Knee Osteoarthritis Patients. ACSM Annual Meeting, Boston-USA, 2016.
6. Selfe J, Jansen J, Sonmezer E, Yosmaoglu HB. Patellofemoral skin temperature: evidence of a bimodal distribution. 5th International Patellofemoral Pain Research Retreat, Australia, 2017.
7. Sonmezer E, Duger T., Yosmaoglu HB, Akbayrak T. Comparison of effectiveness of connective tissue massage and kinesiotaping applications on pain and quality of life in

primary dysmenorrhea. 31st Kinesio Taping Research Symposium, Honolulu-Hawaii-USA, 2017.

8. Sönmezer E. The relationship among balance, mobility and functional disability in patients with knee osteoarthritis. International Congress on Multidisciplinary Approach to Elderly Health and Care, Ankara-Turkey, 2018.

9. Seval MM, Çetinkaya ŞE, Çetindağ Aydın EN, Sönmezer E. Therapeutic effects of transvaginal electromyography triggered electrical stimulation in women with urinary incontinence. Mediterranean Incontinence and Pelvic Floor Society 5th Annual Meeting, Rome-Italy, 2018.

10. Sönmezer E, Yosmaoğlu HB. Sexual function and quality of life in women with urinary incontinence. Mediterranean Incontinence and Pelvic Floor Society 5th Annual Meeting, Rome-Italy, 2018.

11. Sönmezer E. The effects of additional pelvic floor exercise on sexual function, quality of life and pain intensity in female patients with fibromyalgia. Mediterranean Incontinence and Pelvic Floor Society 5th Annual Meeting, Rome-Italy, 2018.

12. Sönmezer E, Yosmaoğlu HB. Effects of additional pelvic floor exercise on sexual function, quality of life and pain intensity in subjects with chronic low back pain. 20th International Conference on Physical Therapy and Rehabilitation Sciences, Amsterdam-Netherlands, 2018.

13. Yosmaoglu HB, Sönmezer E. Comparison of Acute Effects between Rigid Taping and Kinesio Taping on Activity. 20th International Conference on Physical Therapy and Rehabilitation Sciences, Amsterdam-Netherlands, 2018.

14. Sönmezer E, Dökmeci F, Seval MM, Çetinkaya ŞE. Connective Tissue Manipulation; Does It Have a Role in the Management of Women with Severe Urodynamic Urgency Urinary Incontinence? (Case Series). Mediterranean Incontinence and Pelvic Floor Society 6th Annual Meeting, Spain, 2019.

15. Sönmezer E, Dökmeci F, Seval MM, Çetinkaya ŞE. Effects of conventional physiotherapy on sexual function in women with chronic musculoskeletal pain. Mediterranean Incontinence and Pelvic Floor Society 6th Annual Meeting, Spain, 2019.

16. Gichuru P, Janssen J, Yosmaoğlu HB, Selfe J, Dey P, Sonmezer E. Validation of presence of three main subgroups identified within a UK patellofemoral pain population (PFP) using a Turkish data set. Physiotherapy, 2020.

17. Sönmezer E, Bayram T. Investigation the Effectiveness of Exercise and Ergonomic Modifications Training Programme on Depression, Disability and Quality of Life in Postpartum Women Delivered by Cesarean Section. IUGA Exchange Meeting, Istanbul-Turkey, 2019.

18. Özköslü M, Sönmezer E, Varlı B, Dökmeci F, Çetinkaya E, Seval M. Is there a relationship between pelvic floor muscle strength and pulmonary function in middle age women without pelvic organ prolapse? IUGA Exchange Meeting, Istanbul-Turkey, 2019.
19. Koyuncu K, Varlı B, Sönmezer E, Seval M, Çetinkaya E, Dökmeci F. Correlation of pelvic floor muscle strength with clinical findings. IUGA Exchange Meeting, Istanbul-Turkey, 2019.
20. Tufekci B, Sonmezer E, Bayrak O, Tufekci A. Does overactive bladder syndrome change the pain characteristics in women? ICS Annual Meeting, Melbourne-Australia, 2021.
21. Sonmezer E, Karakaya G, Begen SN, Siyah T. Effects of Clinical Pilates on Menstrual Symptoms in Young Women with Dysmenorrhea. 10th National Urogynecology Congress, Istanbul-Turkey, 2022.
22. Acar A, Sonmezer E, Karakaya G, Begen SN, Siyah T, Guzel I. Turkish Version of Sexually Transmitted Diseases Knowledge Questionnaire; Validity Study. 10th National Urogynecology Congress, Istanbul-Turkey, 2022.
23. Sonmezer E, Oztoprak E, Dokmeci F. Investigation of the effectiveness of a pelvic floor muscle training mobile application in women with stress urinary incontinence: Randomized controlled trial. IUGA Annual Meeting, Austin-Texas-USA, 2022.

#### D. International Book Chapters

1. Sonmezer E, Yosmaoglu HB. The role of proprioception in rehabilitation of musculoskeletal system disorders. In: G. Angin, T. Croft, J. Selfe, eds. Proprioception in Orthopaedics, Sports Medicine and Rehabilitation. Springer, Cham, 2018.
2. Sonmezer E. Physiotherapy in female sexual dysfunction. In: A. Padoa, C. Rosenbaum, eds. Insights Into Incontinence and the Pelvic Floor. Springer, Cham, 2022.

#### E. National Book Chapters

1. Sonmezer E. Physiotherapy in dysmenorrhea. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2015.
2. Sonmezer E. Physiotherapy in pregnancy and postpartum period. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2015.
3. Sonmezer E. Physiotherapy in urinary incontinence. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2015.
4. Sonmezer E. Physiotherapy in gynecological cancers. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2015.

5. Sonmezer E. Physiotherapy in osteoporosis. In: I. Yuksel, ed. Physiotherapy Approaches in Orthopedic Rehabilitation. Turkey, 2016.
6. Sonmezer E. Physiotherapy in pelvic organ prolapse. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2017.
7. Sonmezer E. Physiotherapy in endometriosis. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2019.
8. Sonmezer E. Physiotherapy in sexual dysfunction. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2020.
9. Sonmezer E. Physiotherapy in obstetric complications. In: T. Duger, ed. Women's Health and Physiotherapy. Turkey, 2021.

### Research Projects

- *Targeted Treatment in Patellofemoral Pain Syndrome (TÜBİTAK 1001)*
- *Connective Tissue Massage and Kinesiotaping in Primary Dysmenorrhea*
- *Exercise interventions in Type 2 Diabetes model*
- *Telerehabilitation for postmenopausal women*
- *Mobile exercise app for urinary incontinence*

### Memberships

- **International Urogynecology Association (IUGA)** – Member, Special Interest Group-Pelvic Floor Rehabilitation
- **Mediterranean Incontinence and Pelvic Floor Society** – Member, Rehabilitation Committee
- **Turkish Urogynecology and Pelvic Reconstructive Surgery Society-** Member
- **Turkish Physiotherapy Association-** Member

### Awards

- **Best Oral Presentation Award**, 20th International Conference on Physical Therapy and Rehabilitation Sciences, Amsterdam (2018)

## Teaching Activities

- **Undergraduate Courses:** Clinical practice, problem solving in physiotherapy, evidence-based approaches, exercise principles, rehabilitation in rheumatologic diseases
- **Graduate Courses (MSc/PhD):** Women's health in physiotherapy, urogynecology, sexual dysfunction rehabilitation, manual therapy approaches, obstetric rehabilitation, research ethics