

CURRICULUM VITAE

Name and Surname: Gülsena UTKU UMUT
Academic Title: Assistant Professor
Work Address:
Email: gumut@biruni.edu.tr
Foreign Languages Known (Score and Year): English, B2 Upper Intermediate, 2024
Area of Expertise: Health Sciences

| Degree | Department/Program | University | Year |
|-------------------|--------------------------------------|---------------------|------|
| Doctorate | | Biruni University | 2024 |
| Master's Degree | GELİŞİM NÖROLOJİSİ (YL) (TEZLİ) | İstanbul University | 2020 |
| Bachelor's Degree | FİZYOTERAPİ VE REHABİLİTASYON BÖLÜMÜ | Yeditepe University | 2017 |

Master's Thesis Title (abstract attached) and Thesis Supervisor(s):
Neurodevelopmental assessment of infants and toddlers undergoing therapeutic hypothermia in the neonatal period

Doctoral Thesis/Proficiency Study/Medical Specialization Thesis Title (abstract attached) and Supervisor(s):
Investigation of the Effects of Motor Imagery on Gait and Balance Functions in Children with Duchenne Muscular Dystrophy

| Position Title | Workplace | Year |
|---------------------|-------------------|----------------|
| Assistant Professor | Biruni University | 2024-Continues |
| Research Assistant | Haliç University | 2021-2024 |

Roles in Projects:

- Comparison of the Effects of Balance Exercises Performed with Different Visual Stimuli in Individuals with Multiple Sclerosis*, TUBITAK Project, Utku Umut G., 2025-Continues.
- Investigation of the Effects of Pelvic Floor Muscle Training Applied with Action Observation Method Accompanied by Metaphorical Images on Urinary Incontinence in Geriatric Women*, TUBITAK Project, Utku Umut G., 2025-Continues.
- Comparison of Two Different Exercise Methods in Geriatrics*, TUBITAK Project, Özdiñçler A. (Executive), Yiğit Ş., Utku Umut G., Ülker Ekşi B., 2023-2024.

PUBLICATIONS

A. Articles published in international peer-reviewed journals:

A1. Utku Umut G., Özdiñçler A. R., Uluđ F., Güler S., Saltık S., "Effects of motor imagery adding to physiotherapy and rehabilitation program in children with Duchenne Muscular Dystrophy: does it make a difference?", *European Journal of Paediatric Neurology*, vol. 57, pp. 64-71, 2025.

A2. Utku Umut G., Dayıcan D. K., Özyürek B., Hoşbay Z., "Electromyographic Activity of the Transversus Abdominis and Erector Spinae Muscles During the Y-Balance Test Elektromyografische Aktivitäten der Muskeln Transversus Abdominis und Erector Spinae während des Y-Balance-Tests", *Sportverletzung-Sportschaden*, 2025.

A3. Hoşbay Z., Utku Umut G., Tanrıverdi M., Altaş O., Aydın A., "Effect of Muscle Strength on Functionality after Shoulder Tendon Transfer in Brachial Plexus Birth Injury: Is There a Relationship between Them?", *Children*, vol. 11, no. 9, 2024.

B. Papers presented at international scientific meetings and published in proceedings:

B1. Utku Umut G., Hoşbay Z., Pempegül Yıldız E., Aydınlı N., Which Parameter is Most Associated with Upper Extremity Muscle Strength in Ambulatory Children with Duchenne Muscular Dystrophy?: function, pain, or stiffness?, In: *The 37th Annual Meeting of the European Academy of Childhood Disability (EACD) & 4th Triennial Meeting of the International Alliance of Academies of Childhood Disability (IAACD)*, HEIDELBERG, Germany, 2025.

B2. Özdiñçler A., Yiđit Ő., Utku Umut G., Ülker EkŐi B., Güney İ., Modified Otago vs. Structured LSVT-BIG: Which Exercise Program Better Improves Balance in Elderly?, In: *PHYSAGENET & EGRAPA Conference 2025*, Trabzon, Turkey, 2025.

B3. Utku Umut G., Özdiñçler A., Uluđ F., Güler S., Saltık S., Evaluation of motor imagery ability in children with DMD and examination of it's relationship with childrens' cognitive status., In: *36th Annual Meeting of the European Academy of Childhood Disability (EACD)*, BRUGES, Belgium, 2024.

B4. Utku Umut G., Özdiñçler A., Uluđ F., Güler S., Saltık S., Is the fear of falling related to functional levels and balance in children with Duchenne Muscular Dystrophy?, In: *36th Annual Meeting of the European Academy of Childhood Disability (EACD)*, BRUGES, Belgium, 2024.

B5. Korkmaz Dayıcan D., Özyürek B., Utku Umut G., Hoşbay Z., Investigation of the relationship between pelvic floor symptoms of mothers who have children with cerebral palsy and the children's demographic & clinical characteristics, In: *10th International Congress on Woman and Child Health and Education*, Turkey, 2022.

B6. Korkmaz Dayıcan D., Yiđit Ő., Utku Umut G., Ülker EkŐi B., Özyürek B., Yılmaz H. E., Akıncı B., Investigation of the Relationship Between Demographic Characteristics and Rectus Femoris Muscle Activity and Muscle Performance in Healthy Young Adults, In: *8th International Symposium Of Academic Studies In Health And Sports Sciences*, 2022.

B7. Utku Umut G., Korkmaz Dayıcan D., Ülker EkŐi B., Yiđit Ő., Yıldırım A., Demir G., Özdiñçler A., Sağlık alanında eğitim gören öğrencilerin medya okuryazarlığının incelenmesi, In: *Gazi Uluslararası Sağlık Bilimleri Kongresi*, Turkey, 2022.

B8. Karakuş E., Yavuzer M. G., Bozgan D., Utku Umut G., Social Participation in Home-Living Elders: Rural and Urban Differences, In: *Uluslararası Gazi Sağlık Bilimleri Kongresi*, 2021.

B9. Utku Umut G., Korkmaz Dayıcan D., Ülker EkŐi B., Yiđit Ő., Özdiñçler A., Investigation of Media Literacy of Students Studying in the Field of Health, In: *Uluslararası Gazi Sağlık Bilimleri Kongresi*, 2021.

B10. Yılmaz H. E., Akıncı B., Utku Umut G., Gürlek E. N., Atmaca İ., Erdiñç E., An Online Functional Assessment Experience In Individuals Over 65+ During Covid 19 Pandemics: Physiotherapist Opinion & Participant Opinion, In: *EuroHeartCare – ACNAP Congress*, 2021.

B11. Utku Umut G., Akıncı B., Özdiñçler A., Erdiñç E., Gürlek E. N., Atmaca İ., Does Coronavirus Anxiety Related With Physical Activity Level Among Elderly Who Underwent Particular Home Quarantine During Covid-19 Pandemics, In: *IV. International Health Science and Life Congress (IHSLC 2021)*, 2021.

B12. Utku Umut G., Akıncı B., Yılmaz H. E., Erdiñç E., Atmaca İ., Gürlek E. N., Özdiñçler A., The Frailty And Falling In Related With Functional Performance, Balance And Physical Activity In Elderly During Covid-19 Pandemics, In: *EuroHeartCare – ACNAP Congress*, İstanbul, Turkey, 2020.

C. National/international books written or chapters in books:

C2. Chapters in national/international books written:

C2.1. Utku Umut G., Akıncı B., "ERİŐKİNLERDE FİZİKSEL AKTİVİTE", *SAĞLIKLI YAŐAM VE FİZİKSEL AKTİVİTE*, EĐİTEN KİTAP YAYINCILIK ORG. TİC.LTD. ŐTİ., İstanbul, 2021.

D. Articles published in national peer-reviewed journals:

D1. Baysal B., Utku Umut G., Saka S., "Farklı Alanlarda Çalışan Fizyoterapistlerde Mesleđe Bađlı Kas İskelet Sistemi Yaralanmaları, Yorgunluk ve Tükenmişlik Düzeyleri Arasındaki İlişkinin İncelenmesi", *Hacettepe University Faculty of Health Sciences Journal*, vol. 10, 2023.

D2. Bakkalođlu Z. T., Utku Umut G., Saka S., "Serebral Palsi'li Çocuklarda Gövde Kontrolü ile Fonksiyonel Kapasite ve Fonksiyonel Bađımsızlık Arasındaki İlişki", *Haliç Üniversitesi Sağlık Bilimleri Dergisi*, vol. 6, 2023.

E. Papers presented at national scientific meetings and published in proceedings:

- E1.** Özdiñler A., Utku Umut G., Yiđit Ő., Ülker EkŐi B., Güney İ., Geriatrik Bireylerde BiliŐsel Fonksiyonlar, Düşme Riski ve Denge Güveni Arasındaki İliŐki, In: *19. Uluslararası Fizyoterapide GeliŐmeler Kongresi*, Ankara, Turkey, 2025.
- E2.** Utku Umut G., HoŐbay Z., Duman Kayar Ç., Pempegül Yıldız E., Aydınlı N., Duchenne Musküler Distrofili Çocuklarda Üst Ekstremitte Kas Kuvveti ile Fonksiyonellik Arasındaki İliŐki, In: *VII. Nöromusküler Hastalıklar Kongresi*, NevŐehir, Turkey, 2024.
- E3.** Utku Umut G., Özdiñler A., Saltık S., Duchenne Musküler Distrofili Çocuklarda Düşme Korkusu ile Denge Arasındaki İliŐki, In: *9. Ulusal Fizyoterapi ve Rehabilitasyon Kongresi.*, Denizli, Turkey, 2023.
- E4.** Altun G. P., Utku Umut G., GeliŐim Geriliđi Olan Bebeklerde Duyusal İşleme Bozukluđu ile Motor GeliŐim Arasındaki İliŐkinin İncelenmesi, In: *9. Ulusal Fizyoterapi ve Rehabilitasyon Kongresi.*, Denizli, Turkey, 2023.
- E5.** Sarıgöl S., Saka S., Utku Umut G., Serebral Palsili Çocukların Motor Fonksiyon Düzeyleri İle Uyku Bozuklukları ve YaŐam Kalitesi Arasındaki İliŐkinin İncelenmesi, In: *7. Pediatric Rehabilitasyon Kongresi*, Ankara, Turkey, 2023.
- E6.** Utku Umut G., Yıldırım A., Yılmaz H. E., Uyanık S., YekteuŐaklar N., HoŐbay Z., Serebral Palsili Çocukların Ebeveynlerinin Ortez BakıŐ Açılarının Deđerlendirilmesi, In: *6. Pediatric Rehabilitasyon Kongresi*, İstanbul, Turkey, 2021, pp. 78-78.
- E7.** Yıldırım A., Yılmaz H. E., Uyanık S., Utku Umut G., YekteuŐaklar N., HoŐbay Z., Serebral Palsili Çocukların Fonksiyonel Seviyeleri İle Ebeveynlerinin YaŐam Kalitesi Arasındaki İliŐkinin İncelenmesi, In: *6. Pediatric Rehabilitasyon Kongresi*, İstanbul, Turkey, 2021, pp. 52-52.
- E8.** Utku Umut G., ÇalıŐkan M. M., Yenidođan Döneminde Terapötik Hipotermi Uygulanan Bebeklerin NörogeliŐimsel Deđerlendirmesi, In: *6. Pediatric Rehabilitasyon Kongresi*, Turkey, 2021.
- E9.** Yıldırım A., Utku Umut G., Yılmaz H. E., Uyanık S., YekteuŐaklar N., Akıncı B., FİZYOTERAPİSTLERİN ÖĐRENME BİÇİMLERİNİN İNCELENMESİ, In: *8. ULUSAL FİZYOTERAPİ ve REHABİLİTASYON KONGRESİ*, İstanbul, Turkey, 2021, pp. 196-196.