

Spec.Yıldız Gonca Doğru,MD

Physical Therapy and Rehabilitation

Areas of Interest

- Ultrasound-guided musculoskeletal injections
- Regenerative injection therapies such as Prolotherapy, PRP, Exosome
- Ozone therapy
- Neural therapy
- Rehabilitation in rheumatic, orthopedic and neurological diseases
- Scoliosis rehabilitation
- Lymphedema rehabilitation
- Spine and joint pains
- Fibromyalgia
- Osteoporosis

Education:

- Erciyes University Faculty of Medicine 2010-2016
- Ahi Evran University Faculty of Medicine 2018-2022

Experience:

- Ürgüp Community Health Center (Head of Community Health Center) 2016-2018
- Ahi Evran University Physical Medicine and Rehabilitation Department (Research Assistant) 2018-2022
- Şişli Hamidiye Etfal Training and Research Hospital (Specialist Physician) 2022-2024

Studies:

- Ciftci YGD, Tuncay F, Kocak FA, Okcu M (2022). Is Low-Dose Dextrose Prolotherapy as Effective as High-Dose Dextrose Prolotherapy in the Treatment of Lateral Epicondylitis? A Double-Blind, Ultrasound Guided, Randomized Controlled Study. Arch Phys Med Rehabil. 2023 Feb;104(2):179-187. doi: 10.1016/j.apmr.2022.09.017. Epub 2022 Oct 13. PMID: 36243123

Publications:

- Ciftci YGD, Tuncay F, Kocak FA, Okcu M (2023): Response to Letter to the Editor: Low-Dose Dextrose Prolotherapy as Effective as High-Dose Dextrose Prolotherapy in the Treatment of Lateral Epicondylitis ? A Double-Blind, Ultrasound Guided, Randomized Controlled Study. Arch Phys Med Rehabil. 2023 Jul;104(7):1155-1156. doi: 10.1016/j.apmr.2023.03.007. Epub 2023 Mar 27. PMID:36990377.
- OKCU Mehmet, TUNCAY Figen, KOÇAK Fatmanur Aybala, DOGRU Yıldız Gonca, KARAKUZU GÜNGÖR Zeynep, KAYA Samet Sancar (2022). Factors Affecting Compliance with Lower and Upper Extremity Orthoses in Individuals with Disability Due to Neurological Diseases. Journal of Physical Medicine and Rehabilitation Sciences. J PMR Sci. 2022;25(2):240-7. doi: 10.31609/jpmrs.2021-86851
- OKCU Mehmet, TUNCAY Figen, KOÇAK Fatmanur Aybala, DOGRU Yıldız Gonca, KARAKUZU GÜNGÖR Zeynep, KAYA Samet Sancar (2022). The Effects of Hemoglobin, Folate, Vitamin B12 and 25 (OH) Vitamin D3 Levels on Function, Disability, Pain and Balance in Patients with Hemiplegia After Stroke. Journal of Physical Medicine and Rehabilitation Sciences. J PMR Sci. 2022;25(2):240-7. doi:10.31609/jpmrs.2021-87387
- KARABAŞ Çağlar, DOĞRU Yıldız Gonca (2022). Youtube as an Information Source for Pulmonary Rehabilitation in COVID-19 Patients: A Cross-Sectional Study. General Medicine Journal 2022;32(3):259-264. Doi: 10.54005 /geneltip. 1062922
- ARCHIVE Mehmet, ERDEN Yakup, TUNCAY Figen, KOÇAK Fatmanur Aybala, KAYA Samet Sancar, TRUE Yıldız Gonca (2023). Does Osteoporosis cause pain even without a fracture ? An observational study , Somatosensory & Motor Research , 40:3 , 110-115, Doi : 10.1080/089902220.2023.2188929

Awards:

- TRUE Yıldız Gonca, TUNCAY Figen, KOÇAK Fatmanur Aybala , OKCU Mehmet (2022). Lateral Is Low-Dose Dextrose Prolotherapy as Effective as High-Dose Dextrose Prolotherapy in the Treatment of Epicondylitis ? Double-Blind-Ultrasound-Guided -Randomized Controlled Study. Rheumatology Orthopedics Days, Ottoman Archives Kağıthane/Istanbul, 09/29/2022 -10/02/2022 Oral Presentation First-Prize
- European Prolotherapy Mission 2023 Most Improved Award , September 2023, Sofia/Bulgaria

