

September 5, 2017

Dear Evaluation Committee:

It is my great pleasure to nominate **myself, Nevin ERGUN**, for consideration for the **Executive Board position of IFSP**.

Since the establishment date of *IFSP*, as a founding member, I have believed the **structure strong power and mission of the Federation**.

The principles of sports physiotherapy in Turkey have been commenced with my thesis "Physiotherapy and Rehabilitation of Soft Tissue Injuries of Sportsmen" completed in 1978-81 at Hacettepe University School of Physical Therapy and Rehabilitation. Endeavors for sports physiotherapy after the year 1981 have continued as the unit of Cardiopulmonary Rehabilitation and Sports Medicine Unit. Between the years 1981-1986, I gained experience on the evaluation performance and exercise tests of athletes. Afterwards, I established **first specialized Sports Physiotherapy Unit in Turkey** in 1986. Since then, the unit has been serving as a university physiotherapy department, specialized in sports injury prevention and treatment. Many national and international, professional and recreational athletes and different clients have been getting treated. The unit has been one of the **most-popular and most-visited department** within years not only by our clients but also physiotherapists and physiotherapy students all over the country and nationwide lately. I believe the functioning and evaluation of the unit inspired and sometimes enchanted many of the patients, students and colleagues.

The corporation started in 1983 with General Directorate of Youth and Sports helped the recognition of sports physiotherapist and also these works played a great role for finding jobs and participating as sports physiotherapist in organizations such as Federations Medical Committees, Sports Medical Centers. After the works of "Sports Council" in 1990, "Sports Federation for Disabled" was founded and with this the sports PT participated in disabled sports teams and classifications. I have been the **first international classifier** and trained many colleagues.

I have **established the Association of Turkish Sports Physiotherapists** in 1999. Turkish Association of Sports Physiotherapists has achieved the recognition of sports PT and in the same year participated in the foundations works of IFSP and became founding member.

## CURRICULUM VITAE



*Saray Color 58704*

**NAME** : NEVİN ERGUN,  
**DATE OF BIRTH** : 3<sup>rd</sup> January, 1953  
**NATIONALITY** : Turkish  
**SEX** : Female  
**PLACE OF BIRTH** : Ankara, TURKEY  
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<u>DEGREE</u>	<u>MAJOR</u>	<u>INSTUTION</u>	<u>YEAR</u>
Professor	SPORTS SCIENCE PHYSICAL THERAPY AND REHABILITATION	HACETTEPE UNIVERSITY SCHOOL OF PHYSICAL THERAPY AND REHABILITATION	1996
Assoc. Prof.	SPORTS SCIENCE PHYSICAL THERAPY AND REHABILITATION	HACETTEPE UNIVERSITY SCHOOL OF PHYSICAL THERAPY AND REHABILITATION	1989
Ph. D	SPORTS INJURIES, PHYSIOLOGY AND PHYSICAL THERAPY	HACETTEPE UNIVERSITY HEALTH SCIENCES INSTITUTE	1986
MS	SPORTS INJURIES REHABILITATION	HACETTEPE UNIVERSITY FACULTY OF HEALTH SCIENCE	1981
PT	PHYSICAL THERAPY AND REHABILITATION	HACETTEPE UNIVERSITY SCHOOL OF PHYSICAL THERAPY AND REHABILITATION	1975

## PROFESSIONAL EXPERIENCE

<u>POSITION/TITLE</u>	<u>INSTUTION</u>	<u>EMPLOYER</u>	<u>YEAR</u>
HEAD OF SPORTS MEDICINE UNIT	SCHOOL OF PHYSICAL THERAPY AND REHABILITATION	HACETTEPE UNIVERSITY	1989-
ACADEMIC COORDİNATOR	SPORTS PHYSIOTHERAPY POST GRADUATE MASTER & Ph.D PROGRAMS	HACETTEPE UNIVERSITY	1998-

**NEVİN ERGUN, PT, Ph.D, Professor**

**Formerly, Professor of Hacettepe University, Faculty of Health Sciences, Department of Physical Therapy and Rehabilitation .**

**Nevin ERGUN conducted and attended courses/seminar and lecture national and international respectively from 1992-2007, Cyriax Technique in orthopedics (Turkey-England 1993) Health Related Fitness, (Finland 1994), Mulligan concept (Ankara 2006), Kinesiotaping (Ankara 2006-2007), Thera-Band Academy course (Ankara 2007).**

**She is married and has a one child.**

## Research Interests

Sports physiotherapy and rehabilitation, Disabled athletes & sports, Physical Fitness, Health promotion

## Recent and Noteworthy Publications

Karakaya Ç. İ, Akı. E, Ergun N; “ Physical Fitness of Visually Impaired Adolescent Gollball Players “ Perceptual and Motor Skills, 2009, 108,129-136 (SSCI )

Yılmaz İ, Ergun N,Konukman F,Ağbuğa B,Zorba E,Cimen Z.;"The Effects of Water Exercises and Swimming on Physical Fitness of Children with Mental Retardation “ J Hum Kinet,2009,21:105-11 ( SCI EX )

Bayrakçı Tunay, V., Akbayrak, T., Bakar, Y., Kayıhan, H., Ergun, N. “Effects of mechanical massage, manual lymphatic drainage and connective tissue manipulation techniques on fat mass in women with cellulite”. Journal of the European Academy of Dermatology and Venereology, DOI: 10.1111/j.1468-3083.2009.03355.x (2009), (SCI EXP).

Yıldırım Ün N, Erbahçeci F, Ergun N, Pitetti K H, Beets M W.;"The Effect of Physical Fitness Training on Reaction Time in Youth with Intellectual Disabilities” Perceptual and Motor Skills,2010, 111(1):178-186 (SSCI)

Aytar A,Pekyavaş ÖN, Ergun N,Karataş M; “Is there a relationship between core stability, balance and strength in amputee soccer players? A pilot study” Prosthetics and Orthotics International, 2012, 36(3)332-338 (SCI )

Özer KD, Ergun N,Hayran M, “Effects of different segmental spinal stabilization exercise protocols on postural stability in asymptomatic subjects: Randomized controlled trial” Journal of Back and Musculoskeletal Rehabilitation,25(2012) 109-116,DOI 10,3233/BMR -2012-0318 IOS Press ( SCI-EXP)

Başar S,Ergun N,“ Isokinetik Training of the Shoulder Rotator Musculature in Wheelchair Basketball Athletes”Int.Journal Athletic Therapy&Training,2012,17(6):23-26 (SCI EXP)

Özkan A,Kayıhan G,Köklü Y,Ergun N,Koz M,Ersöz G,Dellal A”The Relationship Between Body Composition,Anaerobic Performance and sprint Ability of Amputee Soccer Players”Journal of Human Kinetics,2012,35:89-94 (SCI EXP)

Tuncer BA, Ergun N,Tuncer AH,Karahan S,“Effectiveness of manual therapy and home physical therapy in patients with temporomandibular disorders:A randomized controlled trial” Journal of Bodywork and Movement Therapies,2012

Altun B,Bayramlar K,Ergun N,“An Evaluation of the Effect of Participation in Sporting Activities on Quality of Life and Anxiety in Physically Disabled Persons Living in Turkey: Pilot Study, Polish Journal of Rehabilitation Reseach, 2013.2.17–24

Başar S, Ergun N,Bayramlar YK,“Genç Milli ve A Milli Tekerlekli Sandalye Basketbol Sporcularında Kuvvet ve Anaerobik Gücün Karşılaştırmalı çalışması”Turk J Phys Med Rehab, 2013,59(4):325–9,doi:10,4274/tftr.26594 (SCI EXP)

Harput G, Soylu AR, Ertan H, Ergun N,Activation of Selected Ankle Muscles during Exercises Performed on Rigid and Compliant Balance Platforms J Orthop Sports Phys Ther, 2013, 43(8):555-559 (SCI)

-Harput G, Soylu AR, Ertan H, Ergun N,Mattacola C.G,“Effect of Gender on the Quadriceps-to-Hamstrings Coactivation Ratio During Different Exercise”

**Journal of Sport Rehabilitation, 2014, 23,36–43 (SCI EXP)**

**Aytar A, Zeybek A, Pekiavas ON, Aytar TA, Ergun N;”Scapular resting position, shoulder pain and function in disabled athletes” Prosthet Orthot Int, 30 May 2014,1–7, DOI: 10.1177/0309364614534295 (SCI)**

**Irmak R,Baltaci G and Ergun N, Long term test-retest reliability of Oswestry Disability Index in male office workers ,Work 53 (2016) 639–642, DOI:10.3233/WOR-152234**

**Demirel A,Uyan A,Ergun N, Effect of International Paralympics Summer Youth Camp on self-esteem, Journal of Exercise Therapy and Rehabilitation.2016;3(1):9-14**

**Gürcan Z,Bayramlar K,Ergun N, Determination of the effects of playing soccer on physical fitness in individuals with transtibial amputation· Apr 2016 · The Journal of sports medicine and physical fitness 2017;57:\_\_\_\_\_. doi: 10.23736/S0022-4707.16.06336-2) (SCI-EXP)**

**Ergun N, Demirel A, Yörübulut M, Low Back Injury ACSM 63rd Annual Meeting May 31-June 4 2016 Boston, USA, Medicine and Science in sports and exercise, May 2016, Volume 48-Issue 5S, p 55(SCI)**

**Harput G, Tok D, Ulusoy B, Eraslan L, Yildiz TI, Turgut E, Demirci S, Duzgun I, Tunay VB, Baltaci G, Ergun N. Translation and cross-cultural adaptation of the anterior cruciate ligament-return to sport after injury (ACL-RSI) scale into Turkish. Knee Surg Sports Traumatol Arthrosc. 2016 Aug 18. (SCI)**

**Külünkoğlu B, Akkubak Y, Ergun N. “The profile of upper extremity muscular strength in female wheelchair basketball players: a pilot study. J Sports Med Phys Fitness. 2017, Feb 14. doi: 10.23736/S0022-4707.17.06862-1. (SCI-EXP)**

**Demirel, A, Yörübulut M , Ergun N. "Regression of lumbar disc herniation by physiotherapy. Does non-surgical spinal decompression therapy make difference? Double-blind randomized controlled trial." Journal of Back and Musculoskeletal Rehabilitation Preprint (2017): 1-8.(SCI)**

**Pekiavaş Ö N,Ergun N, Comparison of virtual reality exergaming and home exercise programs in patients with subacromial impingement syndrome and scapular dyskinesis: Short term effect,Acta Orthopaedica et Traumatologica Turcica,Volume 51, Issue 3, May 2017, Pages 238-242 (SCI-EXP)**

## **BOOKS**

**Ergun, N. Taping Applications and Methods in Sports Injuries Başaran Pub., Ankara,1992.**

**Ergun, N. "Goals of Physiotherapy and Rehabilitation Applications After Sports Injuries” Muzaffer Ögütveren MD.(Ed.) Principles of Prevention Ways and Rehabilitation of the Sports Injuries. Anadolu University Pub.No: 279, 1993**

**Ergun,N. Der Platz und die Bedeutung von Sport und Freizeitaktivitäten für Hörgeschandigte.Werner Richtberg,Klaus Verch(Ed.)Schwerhörige Gehörlose Ertaubte,Wege und Hilfen zur Selbstverwirklichung. Academia Verlag,Sankt Augustin,1996**

**Ergun N., Baltacı G.: Principles of Physiotherapy and Rehabilitation in Sports Injuries (ISBN 975-94738-0-1) Ofset Fotomat Pub. Ankara ,1997.( 2nd 2006,3rd 2011)**

**Baltacı G, Tunay B V, Tuncer A, Ergun N: Key for Your Back : Exercise , ( ISBN 975-97177-0-0 )Alf Ofset Fotomat Pub.,Ankara , 2000**

**Baltacı G,Bayrakçı Tunay V,Beşler A,Ergun N.: Exercise Therapy for Sports Injuries, ( ISBN 975-6674-10-5 )ALP Pub. Ankara, 2003 ( 2nd 2006)**

**Ergun N (Ed ) Prime Minister Administration for Disabled People.  
Education for Parents Books: Physically Disabled Children , Ankara , 2006**

**Ergun N,Bayramlar K, Exercise and Sports for life without Disability  
(Engelsiz Bir Yaşam İçin Egzersiz ve Spor,)(ISBN 978-605-88096-0-4) Merdiven Tanıtım, Ankara, 2011**

## **MEMBERSHIPS**

**President of Turkish Association of Sports Physiotherapists,**

**Founder Member of International Federation of Sports Physiotherapists/ IFSPT**

**IFSPT Chairman of Paralympic Committee 2004-2011, Executive Board member 2013-**

**Fellow of American College of Sports Medicine.**

**Chairman of Medical Committee of Turkish Sports Federation for The Physically Disabled,**

**Executive Board Member of Turkish Doping Control Center,**

**Founder member and Director of Hacettepe University "HÜSYAM"( "Research and Implementation Center for Activity and Healthier Life for Community") Research Center.**

**International Wheelchair Basketball Federation (IWBF) Gold Level International Classifier**

**IWBF Development Commission Member and chairman of Women**

**Medical Committee Member of Turkish Football Federation.**

**Medical Committee Member of Turkish Volleyball Federation.**

**First Sports Physiotherapy MSc and PhD Programs** were also established besides the Physical Therapy and Rehabilitation in 1997 with the great efforts of myself.

Sports physiotherapy is a growing and wonderful area within the field of physiotherapy. I have been leading the Sports Physiotherapy Unit, Turkish Association of Sports Physiotherapists, Turkish Sports Federation for Physically Disabled, Vice president of Turkish Paralympics' Committee. *I have deeply committed to "Sports Physiotherapy" and "disabled sport"*. The recognition of the outstanding leadership, tireless efforts and the gained experience for more than 30 years have made me willing to share it.

I would like to take the attention of the Executive Committee to the **"Disabled Sports, Parasports and Paralympics"**. The efforts have been gaining momentum for disability problems and their resolution in all countries of the world. Sport has been the main focus. Particularly the increasing number of athletes participating in disability sports and Paralympic games might be considered as an indication of this. The services and role of sports physiotherapists in such a popular field are also growing and becoming utmost important. I would love to serve and help the IFSP for collaborative work, research, education, organization and mentorship especially for **"Disabled Sports, Parasports and Paralympics"**.

The vision of the IFSP might be **more spectacular and remarkable with the contribution and raising awareness to Disabled Sports**. Let us work for the future of Sports Physiotherapy profession in any aspects with the accumulation of experience, unity and cooperation.

Yours sincerely,

**Nevin ERGUN, PT, PhD, Prof.**

**President of Association of Turkish Sports Physiotherapists**