

06th, Feb, 2015



MURAT DALKILINÇ, PT, PhD, Assoc. Prof.

CMP

(Certified Mulligan Practitioner/Musculoskeletal Manual Therapy)

Bobath Trained

(Adult Neurological Rehabilitation)

PNF Certified

Former V. President of Turkish Physiotherapy Assoc.

Contact Details:

Mobile : +971563199120

E-mail : ptmurat@hotmail.com

Twitter: www.twitter.com/muratdalkilinc

Educational&Academic Activities

A-) Degrees

2005-2011

PhD, Hacettepe University, Institute of Health Science, Physiotherapy Prg.

Research Thesis: Web based ergonomics training for work related musculoskeletal disorders

1998- 2001

MSc, Hacettepe University, Institute of Health Science, Physiotherapy Prg.

Research Thesis: Effectiveness of ergonomics training for musculoskeletal disorders

1994- 1998

BSc, Hacettepe University, School of Physiotherapy & Rehabilitation

B-) Courses, Conferences&Seminars

October 2015 The 4th Middle East Sports Medicine Conference

May 2015 World Physical Therapy Congress, Singapore

May 2014, 25th Certified Mulligan Practitioner Exam, Thessaloniki, Greece

Orthema Orthotic Insole Fitting, Miling Training Seminar 3 days, Abu Dhabi, UAE

October 2013 8th Interdisciplinary Congress of Low Back Pain, Dubai, UAE

Workshop: Functional Fascia Taping

September 2013 Dynamic Neuromuscular Stabilization-3 Days Course, Dubai, UAE

Zuzana Suzan, Czech Republic

April 2012, 14.th Advances in Physiotherapy National Congress, Nevsehir, Turkey

June 2011, World Physical Therapy Congress, Amsterdam, Netherlands

May 2011, Assessment and Management of the Cervical Spine and Upper Neural Tissue-2 days, Instructor: Gerard Greene, England

November 2010 Mc Kenzie Mechanical Diagnosis and Treatment, Lumbal Region 4 days, Grant Watson, England

November 2010 Mc Kenzie Mechanical Diagnosis and Treatment, Neck&Thoracic Region 4 days, Helen Clare, Australia

March 2010, Reflexology Course 2 days

The Central London College of Reflexology

Instructor: Michael Keet DPodM MAR PGCE, England

October 2008-2 days course

Mulligan Concept-Refresh Course, Netherlands, Instructor: Brian Mulligan, New Zealand

July 2008-2 days course

Body Balanced University, Pilates Matwork, Instructor: Taha Erpulat

April 2008 -IPNFA-Basic Course-10 days

Proprioceptive Neuromuscular Facilitation Techniques and Clinical Applications,

Instructor: Fred Smedes, Netherlands

April 2007 3 days course

Observational Gait Analysis and Lower Extremity Biomechanics,

Instructor: Vivian Alexander, USA

February 2007 3 days course

Normal Development, assessment and handling skills in pediatric rehabilitation

Instructor: Joan Day Mohr, USA

January 2007 2 days

GMFM Certification Course

May 2006 2 days

International Symposium of Robotic Rehabilitation, Switzerland

October 2006 4 days

Kinesiotaping and Clinical Applications

Instructors: Doris Dürschmid &Siggi Brietenbach, Germany

July 2006 6 days

Mulligan Concept, Manual Therapy, Instructor: Peter van Dalen, Netherlands

April-June 2006-IBITA The Bobath Concept 15 days

The Assessment and Treatment of Adults with Neurological Conditions –

Instructor: Elia Panturin

May 2006-KTA 4 days

Kinesiotaping (KT1 and KT2), Instructor: Harvey Makortoff, Canada

May 2006 4 days

Normal Motor Development, Instructor: Joan Day Mohr, USA

November 2005 2 days

Mobilization & Therapeutic Exercise in LowBack Pain, Instructor: Patricia Sullivan, USA

October 2005 3 days

Neurodevelopmental Assessment, Instructor: Joan Day Mohr, USA

October 2005 2 days

Functional Neuromuscular Electrical Stimulation, Instructor: Judy Carmick, USA

April 2005 -2 days-

Observational Gait Analysis and Clinical Decision Making, Instructor: Patricia Sullivan, USA

November 2004 -2 days-

Therapeutic Exercises in Gait Disorders, Instructor: Patricia Sullivan, USA

C-) Publications&Presentations

- **Dalkılıç M**, Dalkılıç E, Ozay D, Karaca N, First Step To Therapeutic Walking For Scoliosis: Exploratory Research, Physiotherapy, Volume 101,Supplement 1, World Confederation for Physical Therapy Congress 2015,Abstracts
- **Dalkılıç M**, Çırak Y, Yılmaz GD, Parlak Demir Y, Validity and reliability of Turkish version of the Pain Attitudes and Beliefs Scale for Physiotherapists, Physiother Theory Pract, 2015; 31(3): 186–193
- **Dalkılıç M**, Kayıhan H, Efficacy of Web-Based [E-Learning] Office Ergonomics Training: A Test Study Journal of Musculoskeletal Pain,2014, doi:10.3109/10582452.2014.907851
- Çırak Y,Yılmaz G.D,Parlak Demir Y,Karahan Z.,**Dalkılıç M**, A Possible Relationship Between Respiratory Muscle Weakness And Familial Mediterranean Fever: A Case Report, Turkish Journal Of Physiotherapy And Rehabilitasyon 2014; 25(1):42-46
- P.Demir Y, Çırak Y, Yılmaz G.D.,**Dalkılıç M.**, Kömürcü M., The Importance Of Individual Learning Styles In Physiotherapy Students, Turkish Journal Of Physiotherapy And Rehabilitation 2014; 25(1):1-7
- Yılmaz G.D., Aytekin M.N, Parlak Demir Y., Çırak Y, **Dalkılıç M.**, Ağır İ., Extracorporeal Shock Wave Therapy In The Treatment Of Carpal Tunnel Syndrome; A Novel Technique And Review Of The Literature, Novel Science International Journal of Medical Science (2013), 1-2): 308-312
- **Dalkılıç M.**, Movement is Medicine: Why does the human body need movement? Oral Presentation, Abu Dhabi International Sports Exhibition/Conference,9-12 April 2013,Abu Dhabi, UAE
- Elbasan B., Yılmaz G.D., Çırak Y., **Dalkılıç M.**, Cultural Adaptation of the Friendship Scale and Health-Related Quality of Life and Functional Mobility Parameters of the Elderly Living at Home and in the Nursing Home, Topics in Geriatric Rehabilitation, 29(4):298-303, October/December 2013

- Parlak Demir Y, Cirak Y, **Dalkılıç M**, Yılmaz G.D, Uras İ, Komurcu M, The Habits Of Carrying Bag, Computer Use And Posture In Primary School Children, Ankara Medical Journal, 2012; 12(4):182-187
- **Dalkılıç M**, Çırak Y, Yılmaz G D, Parlak Demir Y, Where do office workers make mistake? Advances in Physiotherapy, April,2012
- **Dalkılıç M.**, Pain Attitudes and Beliefs of Physiotherapists, Oral Presentation, Advances in Physiotherapy, April,2012
- Topuz S., Elbasan B., **Dalkılıç M.**, Yılmaz G.D., Yıldırım S.A., Özdemir A., Altınkök M., Düzgün İ., Physiotherapist profile in Turkey, 3.rd National Physiotherapy Congress, May 2011, Istanbul
- Parlak Demir Y. , Çırak Y, **Dalkılıç M**, Yılmaz GD, Kömürcü M. Postural disorders in schoolage children, 22nd. Congress of Turkish Orthopaedics&Traumatology Congress, November,2011,Antalya
- Çırak Y, Parlak Demir Y, Yılmaz G.D, **Dalkılıç M**, Kömürcü M. Uygur F. Comparison of effectiveness of two different physiotherapy methods for DeQuervain Syndrome, 22nd. Congress of Turkish Orthopaedics&Traumatology Congress, November,2011,Antalya
- Yılmaz G.D, **Dalkılıç M**, Parlak Demir Y, Çırak Y. Kömürcü M. Foot flat and related postural factors in primary school children: a pilot study, 22nd. Congress of Turkish Orthopaedics&Traumatology Congress, November,2011,Antalya
- **Dalkılıç M**, Yılmaz G.D, Parlak Demir Y, Çırak Y. Kömürcü M., How physiotherapists assess low back pain patients ? , 22nd. Congress of Turkish Orthopaedics&Traumatology Congress, November,2011,Antalya
- **Dalkılıç M.**, Bumin G., Kayihan H., The effects of ergonomic training and preventive physiotherapy in musculo-skeletal pain, The Pain Clinic, Volume 14, Number 1, 2002, pp. 75-79(5)
- **Dalkılıç M.**, "Effectiveness of preventive programme on work related musculoskeletal injuries." Turkish Medical Association, Journal of Occupational Health&Safety, 12 (October 2002), p. 38-42.
- National Ergonomics Congress; Poster Presentation, October, 2004
- Turkish Physiotherapy Assoc, Izmir Branch, Symposium; Basics of Electrotherapy, Oral Presentation, 2008

D-)Books & Chapters

- Textbook of Rheumatic Rehabilitation, Translation of Cognitive Rehabilitation Chapter, 2007
- Textbook, Evidence Based Electrotherapy (Translation Ed), 2008
- Textbook, Tidy's Physiotherapy "Translation of Osteoarthritis & Terminology Chapter", 2008

- Pocketbook of Taping Techniques (Translation Ed), Elsevier&Pelikan Publishing Company, May 2012
- Examination and Assessment of Neuromusculoskeletal System (Translation Ed), Elsevier&Hiperlink Publishing Company, Hiperlink Publishing Company,2014
- Manual Therapy, Brian Mulligan, (Translation Ed),Hiperlink Publishing Company,2015

D-)Online Content:

TED-Ed Education

- Why sitting is bad for you ? TED-Ed Educational Animations,2015;
<http://ed.ted.com/lessons/why-sitting-is-bad-for-you-murat-dalkilinc>
- Benefits of good posture, TED-Ed Educational Animations, 2015;
<https://www.youtube.com/watch?v=OyK0oE5rwFY>

Mobile Application

- Functional Taping IOS/Android Application
 - <https://itunes.apple.com/tr/app/fonksiyonel-bantlama/id1073476828?l=tr&mt=8>
 - <https://play.google.com/store/apps/details?id=com.muratdalkilinc.fonksiyonelbantlama>

Web based training:

- Web-based Office Ergonomics Training

PROFESSIONAL EXPERIENCE

November 2012-Present Clinical Supervisor,Musculoskeletal Consultant

UAE Armed Forces, Presidential Special Guard,Physiotherapy Unit,Abu Dhabi,UAE

UAE Jiu-Jitsu Federation World Cup 2013&2014, Regional Tournaments

May-2011-November 2012 Clinical Supervisor&Lecturer on Musculoskeletal Physiotherapy

Turgut Ozal University, School of Physiotherapy and Medical Faculty Hospital

Teaching experience: Manual Therapy, Physical Agents in Physiotherapy, Therapeutic Exercise

November 2002-April 2011 Sports/Musculoskeletal/Manual Therapy

Consultant/Clinical Supervisor Physiotherapist, SPORMED, Private Pain/Active Life Clinic

July 2001- November 2002 – Orthopaedic/Neurological Rehabilitation/Aquatherapy

Turskih Armed Forces Rehabilitation Center, Chief Physiotherapist-Officer

July 1998 – June 2001 Sports/Preventive Physiotherapy

TED Professional Sport Club (1st division/ including 4 professional teams)

Basketball&Volleyball

Key Elements in the practice:

- *Prevention and Treatment of Musculoskeletal&Sports Injuries*
- *Comprehensive Postural and Musculoskeletal Assessment*
- *Therapeutic Exercise, Manual Therapy&Taping*
- *Patient/Professional Education for Modern Pain Science*
- *Office &Work related ergonomics*

TEACHING EXPERIENCE/CPD Courses:

University Level:

2011-2013

Turgut Ozal University, School of Physiotherapy.

Anatomy, Ethics, Manual Therapy, Physical Agents in Physiotherapy, Therapeutic Exercise

CPD Courses:

2004-present

I have been assisting Mr. Peter van Dalen, PT, MT who is a Mulligan Concept Teacher in the Netherlands since 2005.

2014-present

I have been teaching hands on/practical course on clinical taping for sports&musculoskeletal injuries. Courses are hosted by the Acibadem Sports/Istanbul

<http://www.acibademsports.com/>

LANGUAGE

English, Fluent, TOEFL Computer Based Test: 220, Internet Based Test: 83

AWARDS

TUBITAK “international publication award”

Turkish Armed Forces Rehabilitation and Care Center “appreciation letter”

MEMBERSHIPS

- Turkish Physiotherapy Assoc.
- Sports Physiotherapy Assoc.
- Ergotherapy Assoc.

HOBBIES

Swimming Instruction, Basketball, Assistive technologies