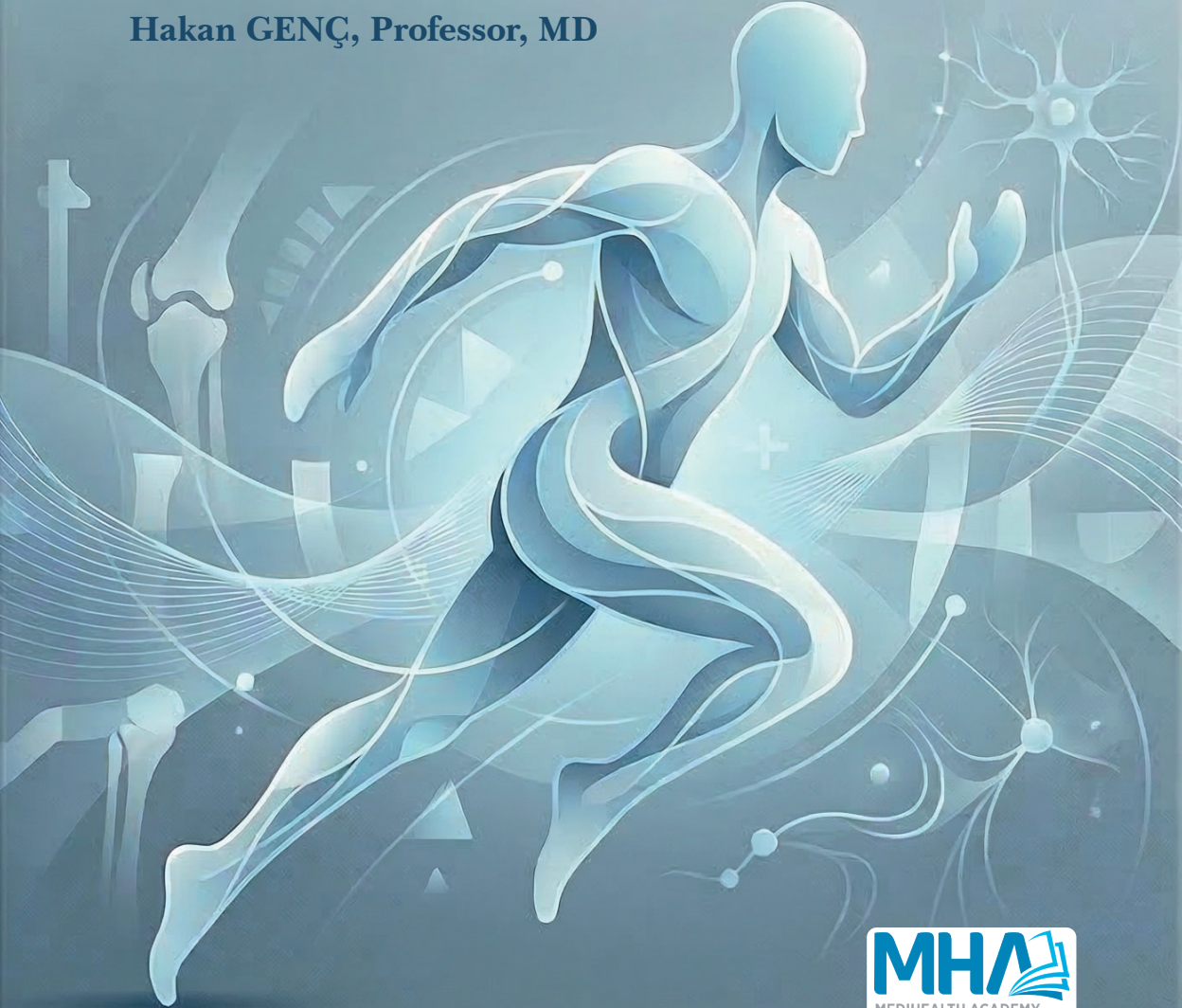


# Comprehensive Physical Therapy and Rehabilitation

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# **Comprehensive Physical Therapy and Rehabilitation**

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# Contents

Editor List.....	iii-iv
List of Authors.....	v-x
Contents.....	xi-xv
Preface.....	xv-xvi

## **Section 1** Basic Approaches in Treatment.....1 *Section Editor: Evrim Coşkun*

<b>Chapter 1.</b> Therapeutic Exercises.....	3-18
<i>Ebru Kübra Taşpolat</i>	
<b>Chapter 2.</b> Electrotherapy.....	19-38
<i>Mücahit Atasoy</i>	
<b>Chapter 3.</b> Hot and Cold Therapies.....	39-56
<i>Faruk Erdoğan</i>	
<b>Chapter 4.</b> Pharmacological Treatments.....	57-74
<i>Gülperi İszade KasıMZade</i>	

## **Section 2** Basic Neurological Rehabilitation.....75 *Section Editor: Tülay Tiftik*

<b>Chapter 5.</b> Stroke Rehabilitation.....	77-96
<i>Soner Demir</i>	
<b>Chapter 6.</b> Spinal Cord Injury Rehabilitation.....	97-108
<i>Ayşenur Baş</i>	
<b>Chapter 7.</b> Traumatic Brain Injury Rehabilitation.....	109-120
<i>Busem Atar</i>	
<b>Chapter 8.</b> Pediatric Rehabilitation.....	121-142
<i>Hayriye Şimşek Özgüner</i>	
<b>Chapter 9.</b> Multiple Sclerosis Rehabilitation.....	143-158
<i>Fatma Ballı Uz</i>	

**Section 3** **Movement Disorders.....159**  
*Section Editor: Seçil Pervane*

**Chapter 10.** Parkinson's Disease Rehabilitation.....161-170  
*Ayşe Naz Kalem Özgen*

**Chapter 11.** Myopathy Rehabilitation.....171-186  
*Nur Berna Gözel*

**Chapter 12.** Neuropathy Rehabilitation.....187-200  
*Melek Aykut Selçuk*

**Chapter 13.** Motor Neuron Disease Rehabilitation.....201-216  
*Ayşegül Yaman*

**Chapter 14.** Ataxia Rehabilitation.....217-226  
*Kerim Demirsöz*

**Section 4** **Complications and Assistive Technology.....227**  
*Section Editor: Zuhal Özişler*

**Chapter 15.** Neurogenic Bladder Rehabilitation.....229-242  
*Fatma Kumbara*

**Chapter 16.** Neurogenic Bowel Rehabilitation.....243-260  
*Meltem Güneş Akıncı*

**Chapter 17.** Spasticity Rehabilitation.....261-274  
*Yusuf Ziya Bükün*

**Chapter 18.** Assistive Technologies in Neurorehabilitation .....275-290  
*Ash Turan*

**Chapter 19.** Orthoses and Walking Aids.....291-312  
*Ahmet Tezce*

**Section 5** **Orthopedic Rehabilitation.....313**  
*Section Editor: Selda Sarıkaya*

**Chapter 20.** Hand Rehabilitation.....315-332  
*Beyza Doğan*

**Chapter 21.** Amputation Rehabilitation.....333-350  
*Tuğçe Köksal*

**Chapter 22.** Joint Replacement Treatment Rehabilitation.....351-370  
*Sümeyra Nur Akkoç Tabanlı*

**Chapter 23.** Anterior Cruciate Ligament and Collateral Ligament Injury Rehabilitation.....371-384  
*Ahmet Cemal Kaya*

**Chapter 24.** Fracture Rehabilitation.....385-394  
*Hilal Büşra Ayçiçek Tüfekçi*

## **Section 6** Specialized Rehabilitation Topics.....395 Section Editor: *Sibel Ünsal Delialioğlu*

- Chapter 25.** Cancer Rehabilitation: Principles and Practices.....397-416  
*Derya Karacif*
- Chapter 26.** Lymphoedema Rehabilitation.....417-434  
*Handan Elif Nur Bayraktar*
- Chapter 27.** Cardiac Rehabilitation.....435-454  
*Emine Esra Bilir*
- Chapter 28.** Pulmonary Rehabilitation.....455-468  
*Refiye Önal*
- Chapter 29.** Geriatric Rehabilitation.....469-484  
*Ayşenur Mert Kurt*
- Chapter 30.** Burn Rehabilitation.....485-504  
*Berna Orhan*

## **Section 7** Rheumatic Diseases.....505 Section Editor: *Hasan Fatih Çay*

- Chapter 31.** Pathophysiology of the Immune Response.....507-522  
*Ülkü Uçar*
- Chapter 32.** Approach to Patients with Polyarthritis and Monoarthritis.....523-538  
*Ayça Ayşe Yücel*
- Chapter 33.** Rheumatoid Arthritis.....539-560  
*Ceyhun Bıçiloğlu*
- Chapter 34.** Spondyloarthritis.....561-570  
*Öznur Kutluk*
- Chapter 35.** Osteoarthritis.....571-582  
*Muhammet Hüseyin Sarı*
- Chapter 36.** Crystal Arthritis.....583-596  
*Gülşah Çelik*

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- Chapter 37.** Neck Pain.....599-610  
*Sena Öztekin*
- Chapter 38.** Back Pain.....611-626  
*Sefa Gümrük Aslan*
- Chapter 39.** Shoulder Pain.....627-646  
*Sidar Burcu Ateş Demiroğlu*
- Chapter 40.** Hip Pain.....647-662  
*Özge Özpolat Bulut*
- Chapter 41.** Knee Pain.....663-682  
*Ayşegül Tombak Demirçakan*
- Chapter 42.** Foot-Ankle Pain.....683-700  
*Gözde Yalçın*

**Section 9** **Chronic Pain Syndromes.....701**  
*Section Editor: Cevriye Mülkoğlu*

**Chapter 43.** Fibromyalgia Syndrome.....703-720  
*İbrahim Taka*

**Chapter 44.** Myofascial Pain Syndrome.....721-734  
*Dilek Sayar Memiş*

**Chapter 45.** Complex Regional Pain Syndrome.....735-754  
*Nida Koçer Nazlıgül*

**Chapter 46.** Entrapment Neuropathies.....755-766  
*Ayşe Güliz Kırıköz*

**Chapter 47.** Approach to Neuropathic Pain.....767-780  
*Gonca Canan Doğan Tosun*

**Section 10** **Frequently Overlooked Pain Syndromes.....781**  
*Section Editor: Barış Nacı*

**Chapter 48.** Thoracolumbar Junction Syndrome.....783-790  
*Esra Şahingöz Bakırcı*

**Chapter 49.** Cluneal Neuralgia.....791-806  
*Tuğba Alışik*

**Chapter 50.** Greater Trochanteric Pain Syndrome.....807-822  
*Yağmur Çağla Reis Altan*

**Chapter 51.** Sacroiliac Joint Dysfunction.....823-840  
*Zeynep Alpoğuz Yılmaz*

**Chapter 52.** Piriformis Syndrome.....841-860  
*Dilrüba Akbaş*

**Section 11** **Other Musculoskeletal System Diseases.....861**  
*Section Editor: Seher Kocaoğlu*

**Chapter 53.** Osteoporosis.....863-854  
*Nursel Doğanıyğit Kuzan*

**Chapter 54.** Sarcopenia.....877-870  
*Nadide Koca*

**Chapter 55.** Crossed Syndromes.....893-882  
*Ahmet Tarık Canbulat*

**Chapter 56.** Scoliosis.....905-916  
*Bilge Nur Muşmal Kılınc*

Editor Biographies.....917-920

Author Biographies.....921-936

Index.....937-939



# Preface

Physical Medicine and Rehabilitation represents one of the most dynamic and multidisciplinary fields of modern medicine. This discipline encompasses not only the treatment of musculoskeletal disorders but also aims to enhance functional capacity, improve quality of life, and foster social participation across diverse patient populations. The present volume has been prepared to provide a comprehensive overview of the fundamental principles, contemporary clinical practices, and scientific advances in this domain.

Spanning approximately 1000 pages, this textbook is the product of intensive effort and dedication. It has been designed to address a broad readership, ranging from medical students to assistant doctors and specialists who have chosen this discipline as their professional path. The book seeks to deliver systematic coverage of foundational knowledge while simultaneously presenting up-to-date data that can be directly applied to clinical practice. In this respect, it should be regarded as a comprehensive reference work within the field of Physical Medicine and Rehabilitation.

One of the principal objectives of this book is to contribute sustainably to the education of rehabilitation medicine. Its content has been structured to facilitate the systematic acquisition of core concepts by students, to support assistant doctors in advancing confidently within clinical practice, and to enable specialists to integrate evidence-based knowledge into their daily work. Beyond theoretical exposition, the book incorporates clinical examples, assessment methods, and therapeutic protocols, thereby reinforcing the learning process. In this way, it serves both as a complement to academic curricula and as a resource for lifelong professional development.

The preparation of this volume has not been limited to the compilation of existing literature; methodological rigor, critical appraisal of current research, and synthesis of clinical experience have been prioritized throughout. During the editorial process, national and international sources were comparatively evaluated, and the content was structured in accordance with the principles of evidence-based medicine. We extend our sincere gratitude to the associate editors and contributing authors whose commitment and diligence made this work possible.

It is our hope that this textbook will enrich the knowledge base of our colleagues, serve as a guiding resource for students and young specialists, and inspire future research and clinical innovation in the field. Through the continuity of scientific production and the strength of academic collaboration, we aspire for this work to stimulate new contributions to rehabilitation medicine.

## Acknowledgements

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**Ankara, 2026**