

## Asst. Prof. MURAT ESMER

### Personal Information

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### Education Information

Doctorate, Gazi University, Sağlık Bilimleri Fakültesi, Fizyoterapi Ve Rehabilitasyon, Turkey 2018 - 2022

Postgraduate, Gazi University, Sağlık Bilimleri Fakültesi, Fizyoterapi ve Rehabilitasyon, Turkey 2015 - 2018

Undergraduate, Gazi University, Sağlık Bilimleri Fakültesi, Fizyoterapi ve Rehabilitasyon, Turkey 2011 - 2015

### Foreign Languages

English, C1 Advanced

### Research Areas

Health Sciences

### Academic Titles / Tasks

Lecturer PhD, Gazi University, Sağlık Bilimleri Fakültesi, Fizyoterapi ve Rehabilitasyon, 2019 - Continues

### Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Can Physical Therapy Techniques Slow Down the Progression of Lipedema?**  
ESMER M., Schingale F. J.  
LYMPHATIC RESEARCH AND BIOLOGY, 2024 (SCI-Expanded)
- II. **Effect of Physical Therapy on Circumference Measurement and Extremity Volume in Patients Suffering from Lipedema with Secondary Lymphedema**  
ESMER M., Schingale F. J.  
Lymphatic Research and Biology, vol.22, no.1, pp.8-11, 2024 (SCI-Expanded)
- III. **Intracellular and Extracellular Water Balance in Patients with Lipedema**  
ESMER M., Schingale F. J.  
Lymphatic Research and Biology, vol.21, no.5, pp.501-503, 2023 (SCI-Expanded)
- IV. **Effects of Decompression Surgery on Pelvic Movements in Patients with Degenerative Lumbar Stenosis Auswirkungen der Dekompressionschirurgie auf Beckenbewegungen bei Patienten mit degenerativer Lendenstenose**  
Polat Y., Polat E. A., Karatay G. M., Esmer M., Phd E. A., Kafa N., Best N., Güzel N. A.

Physikalische Medizin Rehabilitationsmedizin Kurortmedizin, 2023 (SCI-Expanded)

- V. **Does total knee arthroplasty affect pelvic movements? A prospective comparative study**  
Polat E. A., Polat Y., Karatay G. M., Esmer M., Kafa N., Güzel N. A.  
Revista da Associacao Medica Brasileira (1992), vol.69, no.9, 2023 (SCI-Expanded)
- VI. **Investigation of the Less Known Effects of Manual Lymphatic Drainage: A Narrative Review**  
Schingale F., ESMER M., KÜPELİ B., ÜNAL D.  
LYMPHATIC RESEARCH AND BIOLOGY, vol.20, pp.7-10, 2022 (SCI-Expanded)
- VII. **Reducing Circumference and Volume in Upper Extremity Lipedema: The Role of Complex Decongestive Physiotherapy**  
Volkan-Yazici M., ESMER M.  
LYMPHATIC RESEARCH AND BIOLOGY, vol.20, pp.71-75, 2022 (SCI-Expanded)
- VIII. **Clinical Characteristics of and Services Provided for Patients with Lymphedema Referred to a Physiotherapy Program During the Years 2009 Through 2019.**  
Keser İ., Ozdemir K., Erturk B., Haspolat M., Duman Ozkan T., Cam Y., Sakizli Erdal E., Esmer M., Kupeli B., Suner Keklik S.  
Lymphatic research and biology, vol.19, no.4, pp.372-377, 2021 (SCI-Expanded)
- IX. **The Effects of Complex Decongestive Physiotherapy Applications on Lower Extremity Circumference and Volume in Patients with Lipedema**  
Volkan-Yazici M., YAZICI G., ESMER M.  
LYMPHATIC RESEARCH AND BIOLOGY, vol.19, pp.111-114, 2021 (SCI-Expanded)
- X. **PHYSIOTHERAPY AND REHABILITATION APPLICATIONS IN LIPEDEMA MANAGEMENT: A LITERATURE REVIEW**  
Esmer M., Schingale F. J., Unal D., Yazici M., Guzel N. A.  
LYMPHOLOGY, vol.53, no.2, pp.88-95, 2020 (SCI-Expanded)
- XI. **Does Manual Lymphatic Drainage Have Any Effect on Pain Threshold and Tolerance of Different Body Parts?**  
KESER İ., ESMER M.  
LYMPHATIC RESEARCH AND BIOLOGY, vol.17, no.6, pp.651-654, 2019 (SCI-Expanded)
- XII. **Acute Cardiovascular Responses to the Application of Manual Lymphatic Drainage in Different Body Regions**  
ESMER M., KESER İ., ERER D., Kupeli B.  
LYMPHATIC RESEARCH AND BIOLOGY, vol.17, no.3, pp.362-367, 2019 (SCI-Expanded)

## Articles Published in Other Journals

- I. **Impacts of Health-Promoting Lifestyle and Personality Traits on Quality of Life in University Students**  
ESMER M.  
Ergoterapi ve Rehabilitasyon Dergisi, vol.12, no.3, pp.105-110, 2024 (Peer-Reviewed Journal)
- II. **EFFECTS OF REHABILITATION MATERIALS WITH DIFFERENT STABILITY PROPERTIES ON MUSCLE ACTIVITY: A NARRATIVE REVIEW**  
Esmer M., Güzel N. A., Yüksel F., Kafa N.  
Adnan Menderes Üniversitesi Sağlık Bilimleri Fakültesi Dergisi, vol.6, no.1, pp.175-179, 2022 (Peer-Reviewed Journal)
- III. **Mutual Relationship Between Upper Extremity Function and Core Muscle Endurance in Patients with Multiple Sclerosis**  
ÖZKUL Ç., GÜÇLÜ GÜNDÜZ A., ESMER M., YILDIRIM M. Ş., ELDEMİR K., İRKEÇ C.  
CLINICAL AND EXPERIMENTAL HEALTH SCIENCES, vol.11, no.1, pp.42-46, 2021 (ESCI)
- IV. **Kanser Hastalarına Yönelik Onkolojik Fizyoterapi ve Rehabilitasyon Ünitesi'nde Sunulan Hizmetlerin Analizi**

KESER İ., ÖZDEMİR K., ERTÜRK B., HASPOLAT M., DUMAN T., ESMER M.

Gazi Üniversitesi Sağlık Bilimleri Dergisi, vol.1, no.1, pp.18-27, 2018 (Peer-Reviewed Journal)

V. **Kanser Hastalarına Yönelik Onkolojik Rehabilitasyon Ünitesi'nde Sunulan Hizmetlerin Analizi**

KESER İ., ÖZDEMİR K., ERTÜRK B., HASPOLAT M., DUMAN T., ESMER M.

Gazi Sağlık Bilimleri Dergisi, vol.1, no.1, pp.18-27, 2017 (Peer-Reviewed Journal)

## Books & Book Chapters

I. **Kanser ve Lenfödem ile Yaşayan Bireyler için Fizyoterapi Önerileri**

KESER İ., GÜZEL N. A., ERTÜRK B., DUYGU E., HASPOLAT M., ÖZDEMİR K., ESMER M., yeder ş., günay s. m., onurlu i., et al.

Hipokrat, Ankara, 2017

## Refereed Congress / Symposium Publications in Proceedings

I. **Manuel Lenf Drenajinin Kalp atım hızı ve kan basıncı üzerine akut etkileri**

ESMER M., KESER İ., ERER D.

8. Ulusal Vasküler ve Endovasküler Cerrahi Kongresi, Turkey, 9 - 12 November 2017, vol.26, pp.42-43

II. **2009-2017 Yılları Arasında Onkolojik Rehabilitasyon Ünitesi'nde Sunulan Hizmetlerin Analizi**

KESER İ., ÖZDEMİR K., ERTÜRK B., HASPOLAT M., DUMAN T., SUNER KEKLİK S., ESMER M., GÜZEL N. A.

Gazi Üniversitesi'nin 90. Kuruluş yılında Fizyoterapide ağrısız yaşam sempozyumu, Turkey, 25 - 26 May 2017

III. **Manuel Lymph Drainage After Breast Reconstruction Case Report**

KESER İ., GÜZEL N. A., ESMER M.

International Istanbul Breast Cancer Conference, 10 - 12 November 2016

IV. **Difference of lymphedema after bone fracture in breast cancer related lymphedema**

ESMER M., KESER İ., GÜZEL N. A.

International Istanbul Breast Cancer Conference, 10 - 12 November 2016

V. **Lymphedema after modified radical mastectomy and along with silicone implant**

KESER İ., ESMER M., GÜZEL N. A.

International Istanbul Breast Cancer Conference, 10 - 12 November 2016

## Supported Projects

Yazıcı G., Esmer M., Güzel N. A., TUBITAK Project, VÜCUT KOMPOZİSYONU ANALİZİ DESTEKLİ OPTOELEKTRONİK

EKSTREMİTE VOLUMETRESİ (PEROMETRE) GELİŞTİRİLMESİ, 2021 - 2022