



## **AYDIN BALCI**

### **PERSONAL INFORMATION**

**Date of Birth:** 22.09.1985

**Place of Birth:** Diyarbakır

**Degree:** Assoc. Prof. M.D., Sports Medicine Specialist

**Phone:** +905336819000

**E-Mail:** [aydinbalci1985@hotmail.com](mailto:aydinbalci1985@hotmail.com), [aydinbalci@icloud.com](mailto:aydinbalci@icloud.com)

**Social Media:** <https://www.linkedin.com/in/aydinbalci>

**Languages:** Turkish (Native), English (Fluent), Spanish (Basic)

### **EDUCATION INFORMATION**

- High School: Gaziantep VD Science School, 2000 – 2003
- University: Ankara University School of Medicine, 2003 – 2009
- Residency: Ankara University School of Medicine Sports Med. Dep., 2010 – 2015
- Associate Professor: September 2022

### **WORK EXPERIENCES**

- Al-Fateh Football Club (In Saudi Arabia Pro League) 2023- , Team Physician
- Aydın BALCI Sports Medicine Clinic, 2022-2023
- Adana Demirspor Football Club (Super League), 2021-2022, Team Physician
- Ministry of Youth and Sport of Turkey, Center of Athlete Training and Health Research), 2020- 2021, Sports Medicine Specialist
- Kardemir Karabükspor Football Club (Super League), 2016-2017, Team Physician
- Ankara Yıldırım Beyazıt University, Yenimahalle Training and Research Hospital, 2015-2020, Sports Medicine Specialist
- Kızılcahamamspor Football Club (2. League), 2012-2013, Team Physician
- Ankara University School of Medicine Sports Med. Dep., 2010- 2015, Residency Asst.

### **ATTENDING TO INTERNATIONAL SPORTS ORGANISATIONS**

26<sup>th</sup> FISU World University Games (China), 2011, Team Physician

27<sup>th</sup> FISU World University Games (Russia), 2013, Team Physician

28<sup>th</sup> FISU World University Games (South Korea), 2015, Team Physician

## CONGRESS, COURSES, CERTIFICATES

- 13<sup>th</sup> National Sports Medicine Congress (Bursa)– 2011
- 17<sup>th</sup> FINA World Sports Medicine Congress (İstanbul) – 2012
- 14<sup>th</sup> National Sports Medicine Congress (İzmir) – 2013
- 6<sup>th</sup> HEPA Europe Congress (İstanbul) – 2015
- 15<sup>th</sup> National Sports Medicine Congress (Ankara) – 2015
- TURK-MUS 1, Musculoskeletal Ultrasonography Course (Ankara) – 2016
- TURK-MUS 1, Interventional Musculoskeletal Ultrasonography Course (Ankara)- 2016
- 34<sup>th</sup> FIMS World Sports Medicine Congress (Ljubiana -Slovenia) – 2016
- 16<sup>th</sup> National Sports Medicine Congress (Antalya) – 2017
- FIFA Diploma in Football Medicine – 2018
- ASPETAR Orthopaedic and Sports Medicine Hospital, (Observer) (Doha-Qatar)- 2019
- 17<sup>th</sup> National Sports Medicine Congress (Antalya) – 2019
- 18<sup>th</sup> National Sports Medicine Congress (Online) – 2021

## MEMBERSHIPS

- Turkish Sports Medicine Association
- Chamber of Medicine of Ankara

## ACADEMIC STUDIES

### Articles published in international peer-reviewed journals:

- Kocahan Tuğba, Kaya Ender, Kabak Banu, **Balcı Aydın**, Akinoğlu Bihter, Hasanoğlu Adnan (2022). Investigation of Acute of Facilitation and Inhibition Kinesio Taping Application Techniques Applied to Gastrocnemius Muscle of Track and Field Jumping Athletes on Jumping Height. *Journal of Exercise Therapy and Rehabilitation*, 9(2), 101-107. Doi: 10.15437/jetr.775940
- **Balcı Aydın**, Kocahan Tuğba, Akinoğlu Bihter, Yılmaz Ayfer Ezgi, Hasanoğlu Adnan (2022). The immediate effect of simulating leg-length discrepancy on spinal posture and pelvic position: a cross-over designed study. *Research in Sports Medicine*. (Pre-Print) Doi: 10.1080/15438627.2022.2079980
- **Balcı Aydın**, Baysal Seda, Kabak Banu, Akinoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2021). Comparison of hand-eye dominance and visual reaction time in swimmers. *Turkish Journal of Sports Medicine*, 56(2), 81-85., Doi: 10.47447/Tjism.0498
- **Balcı Aydın**, Ünüvar Ezgi, Akinoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2021). Investigation of Knee Flexor and Extensor Muscle Strength in Athletes with and Without Trunk Muscle Strength Asymmetry. *Advances in Rehabilitation (Postepy Rehabilitacji)*, 35(1), 1-8., Doi: 10.5114/Areh.2021.102314
- **Balcı Aydın**, Akinoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2021). The Relationships Between Isometric Muscle Strength and Respiratory Functions of The

Turkish National Paralympic Goalball Team. *Journal of Exercise Rehabilitation*, 17(1), 45-51., Doi: 10.12965/Jer.2040798.399

- **Balcı Aydın**, Arslanoğlu Badem Ebru, Yılmaz Ayfer Ezgi, Devrim Aslı, Akınoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan, Hill Lee, Rosemann Thomas, Knechtle Beat (2021). Current Predictive Resting Metabolic Rate Equations Are Not Sufficient to Determine Proper Resting Energy Expenditure In Olympic Young Adult National Team Athletes. *Frontiers In Physiology*, 12(625370), 1-12., Doi: 10.3389/Fphys.2021.625370
- **Balcı Aydın**, Akınoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2020). The Relationship Between İsokinetic Trunk and Upper Limb Muscle Strength and Respiratory Function and Respiratory Muscle Strength: A Cross-Sectional Study. *Medicina Dello Sport*, 73(4), 635-651., Doi: 10.23736/S0025-7826.20.03779-5
- **Balcı Aydın**, Ünüvar Ezgi, Akınoğlu Bihter, Kocahan Tuğba (2020). The Effect of Different Neural Mobilization Exercises on Hamstring Flexibility and Functional Flexibility İn Wrestlers. *Journal of Exercise Rehabilitation*, 16(6), 503-509., Doi: <https://doi.org/10.12965/Jer.2040700.350>
- **Balcı Aydın**, Ülkar Bülent (2020). Return to Sports After Hamstring Injuries: Importance of The Criteriaand Their Applicability İn Clinical Practice. *Turkish Journal of Sports Medicine*, 55(4), 284-289., Doi: 10.5152/Tjism.2020.186
- **Balcı Aydın**, Kocahan Tuğba, Akınoğlu Bihter (2020). The Relationship between Knee Flexor-Extensor Muscle Strength and Balance Ability in Elite Gymnasts. *Turkish Journal of Sports Medicine*, 55(3), 214-221., Doi: 10.5152/Tjism.2020.178
- Akınoğlu Bihter, Kabak Banu, **Balcı Aydın**, Kocahan Tuğba, Hasanoğlu Adnan (2020). A Comparative Study of Shoulder Muscle Strength, Sense of Proprioception And İnternal/External Rotation Flexibility Between Adolescent Athletes with and without Scapular Asymmetry. *Advances in Rehabilitation- Postepy Rehabilitacji*, 34(3), 1-7., Doi: <https://doi.org/10.5114/Areh.2020.99103>
- **Balcı Aydın**, Çelebi Mehmet Mesut, Zergeroğlu Ali Murat, Güner Rüştü Süleyman (2020). The Effects of Static and Dynamic Stretching Exercises on Ankle Muscle Strength And Balance. *Spor Bilimleri Araştırmaları Dergisi*, 5(1), 27-34., Doi: 10.25307/Jssr.673481
- Kocahan Tuğba, **Balcı Aydın**, Akınoğlu Bihter (2020). An Investigation Of Acute Effect of Kinesio Taping On Single Leg Balance In Taekwondo Athletes: A Randomized Controlled Trial. *Turkish Journal of Physiotherapy And rehabilitation*, 31(1), 29-35., Doi: <https://doi.org/10.21653/Tjpr.528454>
- Kocahan Tuğba, **Balcı Aydın**, Akınoğlu Bihter, Sarı Salih, Hasanoğlu Adnan (2018). Assessment of The Relation of Serum İron And Ferritin Levels To İsokinetic Muscle Strength İn Elite Athletes Without Anemia. *Medical Journal of Islamic World Academy of Sciences*, 26(1), 17-20., Doi: 10.5505/ias.2018.66674

#### Articles published in national peer-reviewed journals:

- **Balcı Aydın**, Ustundağ Burak, Kabak Banu, Akinoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2021). Investigation of the relationship between the vertical jump height and wingate anaerobic power performance of jumping events track and field athletes *Turkiye Klinikleri Journal of Sports Sciences*, 13(1), 85-90., Doi: 10.5336/Sportsci.2020-78862
- **Balcı Aydın**, Tortu Erkan, Kabak Banu, Akinoğlu Bihter, Hasanoğlu Adnan, Kocahan Tuğba (2020). Investigation of The Body Composition and Maximal Oxygen Consumption Capacity of Elite Boxing and Wrestling Athletes. *Türk Spor Ve Egzersiz Dergisi*, 22(3), 452-457., Doi: 10.15314/Tsed.793623
- Kocahan Tuğba, Hamamcılar Osman, **Balcı Aydın**, Akinoğlu Bihter, Aydoğan Nevres Hürriyet, Hasanoğlu Adnan (2021). The Effect of Chronic Dental Lesions on Muscle Strength in Athletes. *Medical Journal of Muğla Sıtkı Koçman University*, 8(2), 109-113., Doi: 10.47572/Muskutd.883088

#### Presentations at international scientific meetings:

- Korkmaz Emrah, **Balcı Aydın** (2021). A Rare Injury: Adductor Longus Tendon Total Rupture in A Football Player. *International Congress of Sports Medicine*
- **Balcı Aydın** (2020). Comparison of Static and Dynamic Balance in Sprint and Slalom Canoeing Athletes. 18<sup>th</sup> International Sports Science Congress
- **Balcı Aydın**, Akinoğlu Bihter, Kocahan Tuğba, Hasanoğlu Adnan (2020). Comparison of Posture Analysis of Slalom Canoe and Rowing Athletes. 18<sup>th</sup> International Sports Science Congress
- Akinoğlu Bihter, **Balcı Aydın**, Kocahan Tuğba, Hasanoğlu Adnan (2019). Evaluation of The Posture of Elite Karate Athletes: Comparison Of Male And Female Athletes. 17<sup>th</sup> International Sports Science Congress
- **Balcı Aydın** (2019). Comparison of posture analysis of athletes performing symmetrical and asymmetric sports. 17<sup>th</sup> International Sports Science Congress

#### Presentations at national scientific meetings:

- Çelebi Mehmet Mesut, Büyüklüoğlu Gökhan, **Balcı Aydın**, Gökmen Derya, Zergeroğlu Ali Murat (2019). Validity and Reliability of Sports Athlete Foot and Ankle Score's Turkish Version: A Pilot Study. 17. Uluslararası Katılımlı Türk Spor Hekimliği Kongresi (Özet Bildiri/Sözlü Sunum)

**Book Chapters:**

- Lumbar Spine Injuries in Athletes. (In Spine Injuries in Athletes) (2021)., **Balcı Aydın**, Türkiye Klinikleri, Editor: Öztop Bilgehan, 1th Edition, ISBN:978-625-401-484-0.
- Clinical and Laboratory Evaluation of Athletes. (In Health and Performance Measurement and Evaluation in Athletes) (2021)., **Balcı Aydın**, Kocahan Tuğba, Türkiye Klinikleri, Editor: Kocahan Tuğba, 1th Edition, ISBN:978-625-401-491-8.
- Taekwondo and Karate Injuries. (In Clinical Sports Medicine) (2021)., Dündar İbrahim, **Balcı Aydın**, Güneş Tıp Kitabevleri, Editor: Saka Tolga, 1th Edition, ISBN:978- 975-277-817-7.
- Acute Ankle Instability. (In Foot and Ankle Injuries and Rehabilitation) (2019)., **Balcı Aydın**, Türkiye Klinikleri, Editor: Örsçelik Aydan, 1th Edition, ISBN:978-605-034-082-2.

## REFERANSLAR

- Prof. Emin ERGEN, Sports Medicine Specialist,  
**E-mail:** [emin.ergen@medicine.ankara.edu.tr](mailto:emin.ergen@medicine.ankara.edu.tr)  
**Phone:** +905553544747
- Prof. Bülent ÜLKAR, Sports Medicine Specialist, Ankara University School of Medicine  
**E-mail:** [bulentulkar@yahoo.com](mailto:bulentulkar@yahoo.com), [ulkar@medicine.ankara.edu.tr](mailto:ulkar@medicine.ankara.edu.tr)  
**Phone:** 05325695741