



PHYSICAL MEDICINE & REHABILITATION

Betül Toygar, MD

Acibadem Altunizade Hospital, İstanbul · Physical Medicine & Rehabilitation · Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



EXPERIENCE
37+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY

Physical Medicine & Rehabilitation



FOCUS

Spine Health · Treatment of Lymphedema



HOSPITAL

Acibadem Altunizade Hospital, İstanbul



DEPARTMENT

Physical Medicine & Rehabilitation



CLINICAL FOCUS

Dr. Toygar assesses and treats a range of musculoskeletal and spine-related conditions. Her areas of expertise include lumbar disc herniation, cervical disc herniation and neck straightening, as well as frozen shoulder syndrome, myalgia, sports injuries and knee injuries.

She also treats lymphedema and provides care for patients with neuromuscular diseases and restless legs syndrome. For these conditions, the aim of physical medicine and rehabilitation is to address symptoms and support day-to-day function, with treatment adapted to the individual clinical picture.

Lymphedema treatment

Spine health

Neck straightening

Frozen shoulder syndrome

Restless legs syndrome



CONDITIONS TREATED

Lymphedema treatment

Neck straightening

Frozen shoulder syndrome

Restless legs syndrome

Myalgia



EDUCATION & TRAINING

1998

İstanbul Göztepe Training and Research Hospital Physical Medicine and Rehabilitation

1989

Akdeniz University Faculty of Medicine



PROFESSIONAL EXPERIENCE

2022

Acibadem Kadıköy Hospital

2018

Acibadem Healthcare Services

2017–2022

Acibadem Ataşehir Medical Center

2010–2016

Özel Maltepe University

+4 earlier posts on the profile



PROCEDURES PERFORMED

ESS

Neuromuscular diseases treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



MEMBERSHIPS

- Turkish Physical Therapy and Rehabilitation Association
- Türkiye Osteoporoz Association
- Physical Medicine and Rehabilitation Specialist Physicians Association



SELECTED PUBLICATIONS

- Vertebral Fracture due to Osteomalacia after Pregnancy Maltepe Medical Journal January 2012 Dr B.
- Back pain may be caused by tuberculosis spondylitis Maltepe Medical Journal January 2012 Dr B. Toygar, N Kotevogl.

7 publications listed on the online profile



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FREE CONSULTATION

Ask Dr. Toygar about your case

Reply within 24 hours