



PHYSICAL MEDICINE & REHABILITATION

Dilara Nur Kara, Physiotherapist

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

MEDICALLY VERIFIED PROFILE



EXPERIENCE
7+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY

Physical Medicine & Rehabilitation



FOCUS

Musculoskeletal conditions
· Neurological...



HOSPITAL

Acibadem Altunizade Hospital, İstanbul



DEPARTMENT

Physical Medicine & Rehabilitation



CLINICAL FOCUS

Dilara Nur Kara treats musculoskeletal conditions, which may involve the joints, muscles, tendons and spine, as well as neurological conditions that affect movement, strength, balance or coordination. Pain and mobility impairment are listed among her areas of expertise, and these symptoms are often the reason a patient is referred for physiotherapy in the first place.

The methods listed in her profile are manual therapy, therapeutic exercise, patient education and individualized rehabilitation planning. Manual therapy refers to hands-on techniques applied to joints and soft tissue; therapeutic exercise is a structured program of movements chosen for the individual patient's condition and goals.

Musculoskeletal conditions

Neurological conditions

Pain

Mobility impairment

Manual therapy



INTERNATIONAL PATIENTS

Dilara Nur Kara speaks Turkish and English, and interpreters can be arranged for patients who prefer another language. Before a visit, the international patient team coordinates the collection of prior reports and imaging, such as MRI, CT, X-ray or ultrasound reports, laboratory and pathology results, operative notes and discharge summaries, and arranges appointments and the hospital...



CONDITIONS TREATED

Musculoskeletal conditions

Neurological conditions

Pain

Mobility impairment



EDUCATION & TRAINING

2019

Acibadem Mehmet Ali Aydinlar University Faculty of Health Sciences



PROFESSIONAL EXPERIENCE

2021

Acibadem Healthcare Services



PROCEDURES PERFORMED

Manual therapy

Therapeutic exercise

Stroke rehabilitation

Vestibular rehabilitation

Pulmonary rehabilitation

Cancer rehabilitation



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE

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Tap to call



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WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask Dilara Nur Kara about your case

Reply within 24 hours