

PHYSICAL MEDICINE & REHABILITATION



Dilek Küçükvardar, Physiotherapist

Acibadem Kent Hospital (Izmir) · Physical Medicine & Rehabilitation ·
Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



EXPERIENCE
22+ years



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



SPECIALTY

Physical Medicine &
Rehabilitation



FOCUS

Physical Therapy and
Rehabilitation – Pain...



HOSPITAL

Acibadem Kent Hospital
(Izmir)



DEPARTMENT

Physical Medicine &
Rehabilitation



CLINICAL FOCUS

Dilek Küçükvardar is a physical medicine & rehabilitation specialist at Acibadem Kent Hospital in İzmir, Türkiye, with 22 years of experience. Listed areas of expertise include lymphedema treatment, lipedema treatment, pain management, spine health and straight neck. She consults in Turkish and English, and online consultation is available for international patients before travelling.

Dilek Küçükvardar is a physiotherapist working in physical medicine and rehabilitation with 22 years of experience. She treats lymphedema, lipedema, fibromyalgia, frozen shoulder syndrome, and disc herniation of the neck and of the lumbar spine, and her subspecialty fields are pain management and spinal health. Parkinson's rehabilitation is also among the areas of expertise listed on this profile.

Lymphedema treatment

Lipedema treatment

Pain management

Spine health

Straight neck



CONDITIONS TREATED

Lymphedema treatment

Pain management

Straight neck

Lumbar hypolordosis

Fibromyalgia

Frozen shoulder syndrome



EDUCATION & TRAINING

2025

Istanbul University Healthcare Institutions Management

2017

Dokuz Eylül University Faculty of Health Sciences Department of
Cardiopulmonary Rehabilitation — Postgraduate

2004

Hacettepe University Faculty of Health Sciences



PROFESSIONAL EXPERIENCE

2023

Acibadem Healthcare Services

2018

Acibadem Healthcare Services

2013–2016

Medicalpark Hospital

2006–2013

Acibadem Healthcare Services

2004–2006

Koşuyolu Rehabilitation Center



PROCEDURES PERFORMED

Lipedema treatment

Interventional pain management

Fibromyalgia treatment



ACIBADEM HEALTHCARE GROUP Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE

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WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask Dilek Küçükvardar about
your case

Reply within 24 hours