



PHYSICAL MEDICINE & REHABILITATION

İkra Tigis, Physiotherapist

Acibadem Ankara Hospital · Physical Medicine & Rehabilitation ·
Acibadem Healthcare Group

MEDICALLY VERIFIED PROFILE



LANGUAGES
Turkish · English



CONSULTS
Video · On-site



PATIENTS
90+ countries



PROFILE
Verified



SPECIALTY

Physical Medicine &
Rehabilitation



FOCUS

Musculoskeletal conditions
· Neurological...



HOSPITAL

Acibadem Ankara Hospital



DEPARTMENT

Physical Medicine &
Rehabilitation



CLINICAL FOCUS

İkra Tigis works with patients affected by musculoskeletal conditions, including problems involving the joints, muscles, tendons and spine that limit movement or cause pain. Musculoskeletal rehabilitation in this setting typically involves a structured program of exercise, movement re-education and other physical therapy techniques, adjusted to the individual patient's condition, symptoms and functional goals.

A second area of her practice is neurological rehabilitation for patients with neurological conditions that affect strength, balance, coordination or walking. Rehabilitation for mobility impairment focuses on improving safe movement, transfers and independence in everyday activities as far as the underlying condition allows.

Musculoskeletal conditions

Neurological conditions

Mobility impairment

Pain rehabilitation

Physical therapy



INTERNATIONAL PATIENTS

İkra Tigis works with patients in Turkish and English, and interpreters can be arranged for patients who speak other languages. Before a visit, the Acibadem 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...



CONDITIONS TREATED

Musculoskeletal conditions

Neurological conditions

Mobility impairment



EDUCATION & TRAINING

2024

Başkent University



PROFESSIONAL EXPERIENCE

2025

Acibadem Healthcare Services



PROCEDURES PERFORMED

Physical therapy

Neurological rehabilitation



ACIBADEM HEALTHCARE GROUP · Verified
network figures

45+

HOSPITALS & CLINICS

7

JCI-ACCREDITED

90+

COUNTRIES SERVED

20+

LANGUAGES IN-HOUSE



PHONE

+90 535 876 04 89

Tap to call



WHATSAPP

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Tap to chat



WEBSITE

acibademinternational.com

Open the site



FREE CONSULTATION

Ask İkra Tigis about your case

Reply within 24 hours