Esra Keskin, PhD

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PARTNER PROFILE – HORIZON EUROPE CLUSTER 1 (HEALTH)

Physiotherapy researcher seeking to join a consortium as a **partner**. Topics of interest:
HORIZON-HLTH-2027-01-STAYHLTH-01 (disabilities through the life course, independent living and inclusion), **HORIZON-HLTH-2027-01-DISEASE-10** (chronic NCDs in children and young people, GACD) and **HORIZON-HLTH-2027-02-DISEASE-01** (innovative healthcare interventions for NCDs).

RESEARCH EXPERTISE

- **Participation of children and youth with physical disabilities** – solution-based participation interventions (PREP); implementation strategies for participation-focused paediatric practice (ongoing scoping review).
- **Cardiopulmonary physiotherapy** – breathing exercises, respiratory muscle strength and heart rate variability.
- **Neurological rehabilitation** – mobility and balance after stroke; cross-cultural adaptation and validation of outcome measures (Turkish ABILOCO).
- **Exercise-based interventions** – balance and physical performance; clinical Pilates and yoga-based exercise.

CONTRIBUTION TO A CONSORTIUM

- Design and delivery of participation, rehabilitation, breathing and exercise-based interventions
- Participant recruitment and clinical data collection in Türkiye
- Outcome measurement (participation, mobility, balance, respiratory muscle strength, HRV); adaptation and validation of tools
- Statistical analysis; scoping/systematic reviews; implementation research
- Dissemination to physiotherapy education and clinical practice

EDUCATION & INTERNATIONAL EXPERIENCE

- **Postdoctoral researcher**, ASPIRE Lab, McGill University, Canada (2024–2025; TÜBİTAK 2219 fellowship) – intervention strategies to promote participation of youth and young adults with physical disabilities
- **PhD**, Physiotherapy and Rehabilitation, Hacettepe University (2023)
- **MSc**, Physiotherapy and Rehabilitation, Gazi University (2016)
- **BSc**, Physiotherapy and Rehabilitation, Dokuz Eylül University (2011)

SELECTED PUBLICATIONS

- Solution-based strategies to promote participation of youth with physical disabilities through PREP intervention. SAGE, 2026. doi:10.1177/19437676261464071
- Acute effects of different breathing exercises on respiratory muscle strength in healthy young adults. Accepted, in press.
- Keskin E. Pilot study: Comparison of Timed Up and Go test with and without walking aid in stroke patients. *Assistive Technology*, 2025. doi:10.1080/10400435.2025.2477448
- Keskin E, Karatay S. Effects of sema activity on static and dynamic balances and performance. *Research in Dance Education*, 2024. doi:10.1080/14647893.2024.2346487
- Keskin E, Livanelioğlu A. Psychometric properties of the Turkish version of the ABILOCO: factor analysis. *Evaluation & the Health Professions*, 2023. doi:10.1177/01632787231172776

PROJECTS

- **Principal investigator** – Effects of different breathing exercises on respiratory parameters and heart rate variability (university-funded research project, 2024–ongoing)
- **Researcher** – Effect of kinesio taping with exercise on muscle oxygenation (university-funded research project, 2021)

CLINICAL BACKGROUND

- Paediatric physiotherapist in special education and rehabilitation centres (2011–2015)
- Certified in Manual Lymphatic Drainage / Complete Decongestive Therapy; lymphoedema and lipoedema management
- Clinical Pilates (basic and advanced; APPI Matwork Level 1); yoga specialisation training