

## Assoc. Prof. MURAT KARA

### Personal Information

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### Education Information

Expertise In Medicine, Hacettepe Üniversitesi, Tıp Fakültesi, Dahili Tıp Bilimleri Bölümü, Turkey 2012 - 2016

### Research Areas

Medicine, Health Sciences, Internal Medicine Sciences, Physical Medicine and Rehabilitation

### Academic Titles / Tasks

Associate Professor, Hacettepe University, Tıp Fakültesi (Türkçe), Dahili Tıp Bilimleri Bölümü, 2014 - Continues

### Advising Theses

KARA M., Investigating pain perception in somatosensory cortex for healthy and fibromyalgia patient populations by using fNIRS, Doctorate, A.EKEN(Student), 2016

### Articles Published in Journals That Entered SCI, SSCI and AHCI Indexes

- I. **Ultrasound Imaging and Guidance in Meralgia Paresthetica: Finding/Treating the Incognito.**  
Analay P., Kara M., Özçakar L.  
Pain medicine (Malden, Mass.), 2021 (Journal Indexed in SCI Expanded)
- II. **Caring for the Neck and Posture in Dentistry: Better Late Than Never.**  
Ballıkaya E., Kara M., Özçakar L.  
International dental journal, 2021 (Journal Indexed in SCI Expanded)
- III. **Sarcopenic obesity is the real problem in COVID-19 !**  
Kara M., Ata A. M., Özçakar L.  
European journal of internal medicine, 2021 (Journal Indexed in SCI Expanded)
- IV. **Letter to the Editor: Cervical Paraspinal Muscle Fatty Degeneration is Not Associated with Muscle Cross-Sectional Area: Qualitative Assessment is Preferable for Cervical Sarcopenia.**  
Malas F. Ü., Kara M., Özçakar L.  
Clinical orthopaedics and related research, vol.479, pp.1858-1859, 2021 (Journal Indexed in SCI Expanded)
- V. **SARC-F as a case-finding tool in sarcopenia: valid or unnecessary?**  
Malas F. U., KARA M., ÖZÇAKAR L.  
AGING CLINICAL AND EXPERIMENTAL RESEARCH, vol.33, pp.2305-2306, 2021 (Journal Indexed in SCI)
- VI. **Sarcopenia: if it looks/walks like a duck, it must be a duck**

Razaq S., KARA M., ÖZÇAKAR L.

EUROPEAN JOURNAL OF CLINICAL NUTRITION, 2021 (Journal Indexed in SCI)

- VII. **Grip strength as a predictor of disease severity in hospitalized COVID-19 patients.**  
Kara Ö., Kara M., Akın M. E., Özçakar L.  
Heart & lung : the journal of critical care, vol.50, pp.743-747, 2021 (Journal Indexed in SCI Expanded)
- VIII. **Measure grip strength, gait speed and quadriceps muscle in cirrhosis. Comment to "Frailty, sarcopenia and mortality in cirrhosis: What is the best assessment, how to interpret the data correctly and what interventions are possible?"**  
Razaq S., Kara M., Özçakar L.  
Clinics and research in hepatology and gastroenterology, vol.45, pp.101727, 2021 (Journal Indexed in SCI Expanded)
- IX. **DIAGNOSING SARCOPENIA: FUNCTIONAL PERSPECTIVES AND A NEW ALGORITHM FROM ISarcoPRM**  
KARA M., KAYMAK B., Frontera W. R., Merve A., Ricci V., Ekiz T., Chang K., Han D., Michail X., Quittan M., et al.  
JOURNAL OF REHABILITATION MEDICINE, vol.53, no.6, 2021 (Journal Indexed in SCI)
- X. **Is sarcopenia a predictive factor in colorectal cancer? Better understanding the status quo**  
KARA M., ÖZÇAKAR L.  
ANZ JOURNAL OF SURGERY, vol.91, no.6, pp.1317, 2021 (Journal Indexed in SCI)
- XI. **Comment on: Sarcopenia is a prognostic outcome marker in children with high-risk hepatoblastoma: Sarcopenia in children. A misnomer for muscle wasting or atrophy?**  
Razaq S., Kara M., ÖZÇAKAR L.  
Pediatric blood & cancer, vol.68, 2021 (Journal Indexed in SCI Expanded)
- XII. **Disputing the use of static one-leg standing balance test for screening low muscle mass**  
Razaq S., KARA M., ÖZÇAKAR L.  
AGING CLINICAL AND EXPERIMENTAL RESEARCH, 2021 (Journal Indexed in SCI)
- XIII. **Grip strength assessment before cancer surgery: 'Shaking Hands' for long-term outcome**  
KARA M., ÖZÇAKAR L.  
SURGERY TODAY, 2021 (Journal Indexed in SCI)
- XIV. **Measure What Matters Most in Sarcopenia: Regional vs. Appendicular Muscle Mass?**  
KARA M., Frontera W. R., ÖZÇAKAR L.  
JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION, vol.22, no.4, pp.883-884, 2021 (Journal Indexed in SCI)
- XV. **Sarcopenia in Pediatrics? To Be Reconsidered**  
Razaq S., KARA M., ÖZÇAKAR L.  
LIVER TRANSPLANTATION, 2021 (Journal Indexed in SCI)
- XVI. **Letter Regarding: Regional Muscle Measurements/Adjustments Amidst Others in the Diagnosis of Sarcopenia**  
Razaq S., KARA M., ÖZÇAKAR L.  
JOURNAL OF SURGICAL RESEARCH, vol.260, pp.520-521, 2021 (Journal Indexed in SCI)
- XVII. **Ad Hoc Measurements of the Anterior Thigh Muscle (Mass and Function) in Sarcopenia**  
KARA M., ÖZÇAKAR L.  
JOURNAL OF ULTRASOUND IN MEDICINE, 2021 (Journal Indexed in SCI)
- XVIII. **Letter to the editor concerning "Handgrip strength correlates with walking in lumbar spinal stenosis" by Inoue H, et al. (Eur Spine J 2020; 29: 2198-204)**  
Razaq S., KARA M., ÖZÇAKAR L.  
EUROPEAN SPINE JOURNAL, 2021 (Journal Indexed in SCI)
- XIX. **Ultrasound imaging/measurements for skeletal muscles in sarcopenia: an aide memoire**  
Ata A. M., KARA M., ÖZÇAKAR L.  
EUROPEAN GERIATRIC MEDICINE, 2021 (Journal Indexed in SCI)
- XX. **SARC-F to screen or diagnose sarcopenia in cancer? A point-blank refusal**  
Malas F. U., KARA M., ÖZÇAKAR L.  
CANCER, 2021 (Journal Indexed in SCI)

- XXI. **Rewinding sarcopenia: a narrative review on the renin-angiotensin system**  
Ekiz T., KARA M., Ata A. M., Ricci V., Kara O., Ozcan F., ÖZÇAKAR L.  
AGING CLINICAL AND EXPERIMENTAL RESEARCH, 2021 (Journal Indexed in SCI)
- XXII. **Reassessing Sarcopenia in Hypertension: STAR and ACE Inhibitors Excel**  
Ata A. M., KARA M., Ekiz T., Kara O., CULHA M. A., Ricci V., KOYUNCU E. G., Ozcan F., KAYMAK B., ÖZÇAKAR L.  
INTERNATIONAL JOURNAL OF CLINICAL PRACTICE, 2020 (Journal Indexed in SCI)
- XXIII. **Fighting against frailty and sarcopenia - As well as COVID-19?**  
Ekiz T., KARA M., ÖZÇAKAR L.  
MEDICAL HYPOTHESES, vol.144, 2020 (Journal Indexed in SCI)
- XXIV. **Measuring grip strength in COVID-19: A simple way to predict overall frailty/impairment**  
Ekiz T., KARA M., ÖZÇAKAR L.  
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- XXV. **STAR-Sonographic Thigh Adjustment Ratio A Golden Formula for the Diagnosis of Sarcopenia**  
KARA M., KAYMAK B., Ata A. M., Oezkal O., Kara O., Baki A., Senguel Aycicek G., TOPUZ S., KARAHAN S., SOYLU A. R., et al.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.99, no.10, pp.902-908, 2020 (Journal Indexed in SCI)
- XXVI. **Sarcopenia and COVID-19 A Manifold Insight on Hypertension and the Renin Angiotensin System**  
Ekiz T., KARA M., Oezcan F., Ricci V., ÖZÇAKAR L.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.99, no.10, pp.880-882, 2020 (Journal Indexed in SCI)
- XXVII. **Sarcopenia Is Not "Love" You Have to Look Where You Lost it!**  
Ata A. M., KARA M., KAYMAK B., ÖZÇAKAR L.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.99, no.10, 2020 (Journal Indexed in SCI)
- XXVIII. **'Scientific Strabismus' or two related pandemics: coronavirus disease and vitamin D deficiency**  
KARA M., Ekiz T., Ricci V., Kara O., Chang K., ÖZÇAKAR L.  
BRITISH JOURNAL OF NUTRITION, vol.124, no.7, pp.736-741, 2020 (Journal Indexed in SCI)
- XXIX. **Is sarcopenia primarily an age-related or renin-angiotensin system-related disorder?**  
Gurcay E., KARA M.  
GERIATRICS & GERONTOLOGY INTERNATIONAL, vol.20, no.10, pp.997, 2020 (Journal Indexed in SCI)
- XXX. **Ultrasonography in Sarcopenic Obesity: "Good Looking" But Wrong Buttoning of the First Button**  
KARA M., Ata A. M., KAYMAK B., ÖZÇAKAR L.  
JOURNAL OF PARENTERAL AND ENTERAL NUTRITION, vol.44, no.7, pp.1171-1172, 2020 (Journal Indexed in SCI)
- XXXI. **EURO-MUSCULUS/USPRM Global Report on Musculoskeletal Ultrasound Publications**  
KARA M., Gurcay E., Ekiz T., Sekizkardes M., Yorulmaz E., Ata A. M., Chang K., Wu W., AKKAYA N., Mezian K., et al.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.99, no.9, pp.847-852, 2020 (Journal Indexed in SCI)
- XXXII. **The need for an integrative musculoskeletal approach in sarcopenia: the ISarcoPRM Kickstart**  
ÖZÇAKAR L., KARA M., Quittan M., Ata A. M., Michail X., KAYMAK B.  
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- XXXIII. **Revisiting vitamin D and home-based exercises for patients with sleep apnea facing the COVID-19 quarantine**  
Ekiz T., KARA M., ÖZÇAKAR L.  
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- XXXIV. **Ultrasonographic assessment of the aging trunk muscles: 'brutal tone' but should be impartial**  
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- XXXV. **"Zooming" in the Anterior Thigh Muscle for the Diagnosis of Sarcopenia**  
Ata A. M., KARA M., KAYMAK B., ÖZÇAKAR L.  
JOURNAL OF THE AMERICAN GERIATRICS SOCIETY, vol.68, no.8, pp.1878-1879, 2020 (Journal Indexed in SCI)

- XXXVI. **Comment on Asian Working Group on Sarcopenia's Updated Consensus Recommendations: Emphasis on Anterior Thigh Muscle Mass**  
KARA M., Ata A. M. , KAYMAK B., ÖZÇAKAR L.  
JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION, vol.21, no.8, pp.1173-1174, 2020 (Journal Indexed in SCI)
- XXXVII. **Ultrasonographic evaluation of the distal femoral and talar cartilage thicknesses in patients with poliomyelitis: a cross-sectional observational study**  
Angerova Y., Mezian K., KARA M., Pudilova V., Sobotova K., Michalcinova K., Konopacova E., ÖZÇAKAR L.  
EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE, vol.56, no.4, pp.421-426, 2020 (Journal Indexed in SCI)
- XXXVIII. **Ultrasound Imaging and Rehabilitation of Muscle Disorders Part 2: Nontraumatic Conditions**  
KARA M., Ata A. M. , KAYMAK B., ÖZÇAKAR L.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.99, no.7, pp.636-644, 2020 (Journal Indexed in SCI)
- XXXIX. **In silico diagnosis for sarcopenia is not possible without anthropometric, strength, and performance assessments**  
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SKELETAL RADIOLOGY, 2020 (Journal Indexed in SCI)
- XL. **A Single-Dose Injection of Ozone Is Not an Alternative of Corticosteroid Injection in Shoulder Impingement Syndrome**  
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- XLI. **Obstructive sleep apnea syndrome-related hypertension and sarcopenia: a brief glance on the renin-angiotensin-aldosterone system**  
Ekiz T., KARA M., Ricci V., ÖZÇAKAR L.  
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- XLII. **Ultrasonographic measurements of the skin, fat and muscle in vitamin D deficiency**  
Ata A. M. , KARA M., Kara O., KAYMAK B., AKINCI A., ÖZÇAKAR L.  
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- XLIII. **A "NEUROMUSCULAR LOOK" TO SARCOPENIA: IS IT A 'MOVEMENT DISORDER'?**  
KARA M., ÖZÇAKAR L., KAYMAK B., Ata A. M. , Frontera W.  
JOURNAL OF REHABILITATION MEDICINE, vol.52, no.4, 2020 (Journal Indexed in SCI)
- XLIV. **Ultrasound Imaging for an Unbeknown Sewing Needle in the Thigh**  
DOĞAN Y., KARA M., ÖZÇAKAR L.  
PAIN PRACTICE, vol.20, no.2, pp.226-227, 2020 (Journal Indexed in SCI)
- XLV. **Handgrip Strength Adds More Prognostic Value to the Model for End-Stage Liver Disease Score Than Imaging-Based Measures of Muscle Mass in Men With Cirrhosis**  
Isik M., KARA M.  
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- XLVI. **Scan, see and inject: no need to palpate, imagine or narrate**  
KAYMAK B., KARA M., Gurcay E., Aydin G., ÖZÇAKAR L.  
EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE, vol.56, no.1, pp.127-128, 2020 (Journal Indexed in SCI)
- XLVII. **Is grip strength an actual/significant predictor of areal bone mineral density by itself? Potential confounders and/or effect modifiers**  
KARA M., Ata A. M. , ÇAKIR B., KAYMAK B., ÖZÇAKAR L.  
JOURNAL OF BONE AND MINERAL METABOLISM, vol.38, no.1, pp.135-136, 2020 (Journal Indexed in SCI)
- XLVIII. **The Impact of Cut-Off Values and Adjustments for Muscle Mass and Strength on Diagnosis of Sarcopenia**  
KARA M., Ata A. M. , ÇAKIR B., KAYMAK B., ÖZÇAKAR L.  
JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION, vol.20, no.12, pp.1653, 2019 (Journal Indexed

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- XLIX. **Assessment of core and lower limb muscles for static/dynamic balance in the older people: An ultrasonographic study**  
ÖZKAL Ö., KARA M., TOPUZ S., KAYMAK B., Baki A., ÖZÇAKAR L.  
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- L. **Botulinum toxin injections to cranial sutures for chronic migraine Rewinding the technique using ultrasound imaging**  
KARA M., Gurcay E., AYDIN G., KAYMAK B., Sekizkardes M., AKINCI A., Uluduz D., ÖZÇAKAR L.  
TOXICON, vol.172, pp.19-22, 2019 (Journal Indexed in SCI)
- LI. **Diaphragm ultrasonography and pulmonary function tests in patients with spinal cord injury**  
Malas F. U. , Koseoglu F., KARA M., Ece H., Aytakin M., Ozturk G. T. , ÖZÇAKAR L., Ulasli A. M.  
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- LII. **Selective peripheral neurolysis using high frequency ultrasound imaging: a novel approach in the treatment of spasticity**  
KAYMAK B., Kara M., Gurcay E., Aydin G., ÖZÇAKAR L.  
EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE, vol.55, no.4, pp.522-525, 2019 (Journal Indexed in SCI)
- LIII. **Ultrasound-Guided Perisutural Botulinum Toxin Injection for Chronic Migraine Headache Initial Report With Technical Description**  
KARA M., Sekizkardes M., Gurcay E., AKINCI A., ÖZÇAKAR L.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.98, no.8, 2019 (Journal Indexed in SCI)
- LIV. **Regional and total muscle mass, muscle strength and physical performance: The potential use of ultrasound imaging for sarcopenia**  
ATA A. M. , KARA M., KAYMAK B., Gurcay E., ÇAKIR B., KONŞUK ÜNLÜ H., AKINCI A., ÖZÇAKAR L.  
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- LV. **Muscle strength and function rather than muscle mass in sarcopenia**  
KARA M., Ata A. M. , KAYMAK B., ÖZÇAKAR L.  
EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY, vol.119, no.7, pp.1671-1672, 2019 (Journal Indexed in SCI)
- LVI. **Ultrasonographic Evaluation of the Femoral Cartilage, Achilles Tendon, and Plantar Fascia in Young Women Wearing High-Heeled Shoes**  
Mezian K., Ata A. M. , KARA M., Onat S. S. , Gurcay E., Caliskan A., Simoes M. I. T. , AKINCI A., ÖZÇAKAR L., Franchignoni F.  
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- LVII. **Dorsal Scapular Neuropathy as a Rare Cause 1 of Complex Regional Pain Syndrome A Reappraisal on Ultrasound Imaging and Guidance for Recalcitrant Pain**  
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- LVIII. **Short-term effectiveness of platelet-rich plasma in carpal tunnel syndrome: A controlled study**  
GÜVEN S. C. , ÖZÇAKAR L., KAYMAK B., KARA M., AKINCI A.  
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- LIX. **Ultrasound-Guided Botulinum Toxin Injections in Cervical Dystonia Needs Prompt Muscle Selection, Appropriate Dosage, and Precise Guidance**  
Razaq S., KAYMAK B., KARA M., ÖZKAN S., ÖZÇAKAR L.  
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- LX. **Sonoanatomy of the spine: a comprehensive scanning protocol from cervical to sacral region**  
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- LXI. **Ultrasonographic evaluation of the ankle after unilateral traumatic lower limb amputations**  
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- LXII. **Sonographic quantification of the forearm muscles in relation with handgrip strength**  
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- LXIII. **An Incidental Periscapular Lipoma With Marked Bone Erosion in an Elderly Woman With Contralateral Shoulder Pain**  
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- LXIV. **Ultrasound Imaging for Muscle Variations: Digastric Flexor Carpi Ulnaris, Gastrocnemius Tertius, and Supernumerary Fibularis Longus in an Asymptomatic Family**  
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- LXV. **Association of Fine Motor Loss and Allodynia in Fibromyalgia: An fNIRS Study**  
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- LXVI. **Ultrasonographic Imaging of the Median Nerve With a Struthers Ligament**  
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- LXVII. **Comment on Ultrasound Guidance for Botulinum Neurotoxin Chemodenervation Procedures. Toxins 2017, 10, 18-Quintessential Use of Ultrasound Guidance for Botulinum Toxin Injections-Muscle Innervation Zone Targeting Revisited**  
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- LXVIII. **Intersection Syndrome Revisited: Let's Talk Much More About It Using Ultrasound**  
Sekizkardes M., ÖZDEMİR S., Aydin G., KARA M., ÖZÇAKAR L.  
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- LXIX. **Ultrasound imaging for sarcopenia, spasticity and painful muscle syndromes**  
ÖZÇAKAR L., Ata A. M. , KAYMAK B., KARA M., Kumbhare D.  
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- LXX. **Musculoskeletal Ultrasound Liberating Physical and Rehabilitation Medicine: A Reinforcement for "Runners," a Reminder for "Walkers" and the Last Call for "Couch Potatoes"**  
ÖZÇAKAR L., KARA M., Chang K., Lew H. L. , Franchignoni F.  
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- LXXI. **The effects/injections of botulinum toxin in chronic migraine headache**  
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- LXXII. **Sonographic guide for botulinum toxin injections of the lower limb: EUROMUSCULUS/USPRM spasticity approach**  
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- LXXIII. **Sonographic guide for botulinum toxin injections of the upper limb: EUROMUSCULUS/USPRM spasticity approach.**  
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- LXXIV. **Musculoskeletal ultrasound "threatening" physical and rehabilitation medicine: a prime caution regarding foxes**  
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- LXXV. **Median Nerve Area Measurements Using Ultrasound: Importance of Proper Technique and Interpretation**  
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- LXXVI. **Prompt sonographic scanning and quantification of lumbar muscles: Seeing the butterfly.**  
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- LXXVII. **One Step Further in "Sono-Palpatation" During Ultrasound Imaging: "Self-Palpatation".**  
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- LXXVIII. **Innervation zone targeted botulinum toxin injections**  
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- LXXIX. **Sonographic Guide for Botulinum Toxin Injections of the Neck Muscles in Cervical Dystonia**  
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- LXXX. **Differential efficiency of transcutaneous electrical nerve stimulation in dominant versus nondominant hands in fibromyalgia: placebo-controlled functional near-infrared spectroscopy study**  
EKEN A., KARA M., BASKAK B., Baltaci A., Gokcay D.  
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