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Phd Mehmet Üzel graduated from Istanbul University Cerrahpaşa Faculty of Medicine and worked as a faculty member in the Department of anatomy of the same faculty. Since 2009, he has been teaching general anatomy, locomotor system Anatomy, sports Anatomy and kinesiology in other faculties and universities, sports federations and private institutions as well as his own faculty, and he is one of the authors of "healthy fitness" and "healthy stretching" books and is the translation editor of "fitness and Wellness in all aspects".