



19th TURKISH SPORTS MEDICINE CONGRESS WITH INTERNATIONAL PARTICIPATION

3 - 5 NOVEMBER 2023

EGE UNIVERSITY FACULTY OF MEDICINE, İZMİR, TÜRKİYE

November 3, 2023 - Friday

08.00 - 09:45	REGISTRATION		
PROF. DR. MUHİDDİN EREL HALL			
09.45 - 10.30	OPENING CEREMONY		
10.30 - 11.00	OPENING LECTURE Moderator: Metin Ergün The roots of Sports Medicine Emin Ergen		
11.00 - 11.15	COFFEE BREAK		
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL	
11.15 - 12.30	POST-COVID SYNDROME Moderator: Alev Gürgün Impacts on Pulmonary System Alev Gürgün Impacts on Cardiovascular System Meral Kayıkçıoğlu Impacts on Nervous System Özgül Ekmekçi Impacts on Sports Performance H. Nevzad Denerel	11.15 - 13.00	ORAL PRESENTATIONS Moderators: Aydan Örsçelik - S. Oğuz Karamızrak
12.30 - 13.00	Moderator: Bülent Ülkar Limited Evidence for WADA Prohibited Substances Nenad Dikic		
13.00 - 14.00	LUNCH BREAK		
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL	
14.00 - 14.30	Moderator: Cengizhan Özgürbüz Healing Power Of Movement And The German Approach in Promoting Physical Activity Ruediger Reer	14.00 - 15.45	ORAL PRESENTATIONS Moderators: Sabriye Ercan - Ufuk Şekir
14.30 - 15.45	APPROACH TO KNEE INJURIES IN ATHLETES TURKISH SPORTS INJURIES ARTHROSCOPY AND KNEE SURGERY ASSOCIATION (TUSYAD) SESSION Moderator: Emin Bal Approach to meniscus injuries in athletes Emin Bal Approach to anterior cruciate ligament injury in athletes Emin Taşkıran Approach to acute and chronic patella dislocation in athletes Hüseyin Yercan		
15.45 - 16.15	COFFEE BREAK		



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	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
16.15 - 17.15	OLD AND NEW QUESTIONS ABOUT EXERCISE INTENSITY Moderator: Emin Ergen Exercise intensity domains: Physiology, performance and training zones Mark Burnley Extreme exercise domain: The narrowest Exercise domain in terms of "exercise duration" but the widest one based on "exercise intensity" Özgür Özkaya	INTEGRATIVE MEDICINE APPLICATIONS IN SPORTS MEDICINE Moderator: Soner Akkurt Prolotherapy applications Aydan Örşçelik Osteopathic manipulative treatment applications Şeyhmus Kaplan Complementary medicine applications in elite athletes Tuğba Kocahan
17.15 - 17.45	Moderator: Oğuz Yüksel Guidance Of Supplementation At High Altitudes Marija Andjelkovic	17.15 - 18.15 ORAL PRESENTATIONS Moderators: H. Nevzad Denerel - Seçkin Şenışık
17.45 - 18.15	Moderator: Bülent Bayraktar Current approach in hamstring injuries Sergen Devran	
18.15 - 19.00	OPENING COCKTAIL	
	20 MAYIS HALL	
19.00 - 21.00	EXTRAORD. GENERAL ASSEMBLY OF TURKISH SPORTS MEDICINE ASSOCIATION	

November 4, 2023 - Saturday

	PROF. DR. MUHİDDİN EREL HALL	
09.00 - 09.30	Moderator: Tuğba Kocahan Effect of Exercise on Cognitive Performance Seçkin Şenışık	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
09.30 - 10.30	THE ROLE OF PSYCHOLOGY IN HIGH PERFORMANCE Moderator: Birol Doğan Psychological factors affecting performance Feride Zişan Kazak Psychological - Mental practices to improve performance Aylin Zekioglu Psychological effects of sports injuries on performance M. Mesut Çelebi	Moderator: Bedrettin Akova Acute injuries in high performance athletes Ufuk Şekir Overuse injuries in high performance athletes Gökhan Büyüklüoğlu
10.30 - 10.45	COFFEE BREAK	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
10.45 - 12.00	TURKISH ANTI-DOPING COMMISSION SESSION Moderator: S. Oğuz Karamızrak Current developments in Anti-Doping strategies S. Rüştü Güner Therapeutic use exemption and applications Ali Murat Zergeroğlu	WORKSHOP Exercise Domains and Physiology (Applied) Özgür Özkaya - Görkem Aybars Balci - Hakan As - Arda Peker
12.00 - 12.30	Moderator: S. Rüştü Güner Medical assistance for improving child athletes' performance? Methods and precautions Sandra Rozenstoka	Moderator: Oğuz Yüksel Virtual Performance Labs: New generation technologies in sports medicine Oğün Köyağasıoğlu



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	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS AMFİSİ
12.30 - 13.30	SPORTS MEDICINE WITH THE DOYENS Moderator: Metin Ergün Şaban Acarbay - Emin Ergen - K. Ahmet Ertat - Çetin İşlegen - S. Oğuz Karamızrak	ORAL PRESENTATIONS Moderators: Oğuz Yüksel - Aydan Örşçelik
13.30 - 14.30	LUNCH BREAK	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
14.30 - 15.00	Moderator: Sevgi Sevi Yeşilyaprak Sensorimotor system and athletic performance Cengizhan Özgürbüz	Moderator: Bülent Bayraktar Digital Age in Performance Medicine: How Ready Are We? Anil Işık
15.00 - 15.30	Moderator: Ufuk Şekir The relationship between performance and skill in sports and genetics Soner Akkurt	WORKSHOP Data-Driven risk management in football Anil Işık
15.30 - 16.00	Moderator: Bedrettin Akova The limits of athletic adaptation Bülent Ülkar	15.30 - 16.30 WORKSHOP ELSA Multisystemic Approaches to Athlete Performance with Wintecare Tecar Therapy: Specific Treatment Programs from Clinical Experiences to Scientific Research Simone Luca Binda
16.00 - 16.30	Moderator: Cem Çetin Role of interaction with technical and health teams in injury management and prevention Burak Kunduracıoğlu	
16.30 - 16.45	COFFEE BREAK	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
16.45 - 17.30	MUSCLE INJURIES Moderator: Burak Kunduracıoğlu Muscle injuries in athletes Cem Çetin Current treatment approaches in muscle injuries Savaş Kudaş	ORAL PRESENTATIONS Moderators: Şeyhmus Kaplan - Ali Murat Zergeroğlu
17.30 - 18.00	Moderator: Ali Murat Zergeroğlu Scientific research on capacitive energy transfer from basic sciences to athletic performance Albert Pérez Bellmunt - Jacobo Rodriguez	Moderator: Erdem Atalay The effect of circadian rhythm on sports performance Özlem Karasimav
18.00 - 18.45	PANEL TEAM DOCTOR Moderator: Metin Ergün Bülent Bayraktar - M. Mesut Çelebi - Cem Çetin - H. Nevzad Denerel Metin Ergün - Savaş Kudaş - Burak Kunduracıoğlu - Seçkin Şenışık	Workshop Return to sports with Compex Bihter Akinoğlu

* **Poster presentations, Foyer area, 13.30-14.30 (Moderators: S. Oğuz Karamızrak, Erdem Atalay)**



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November 5, 2023 - Sunday

	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
09.00 - 09.30	Moderator: Bülent Ülkar Exercise prescription in chronic diseases Sabriye Ercan	09.00 - 10.30 ORAL PRESENTATIONS Moderators: Erdem Atalay, H. Nevzad Denerel
09.30 - 10.30	IMPLEMENTATIONS FOR IMPROVING ATHLETIC PERFORMANCE Moderator: M. Mesut Çelebi Isokinetic exercises Bihter Akinoğlu Sports nutrition Özlem Karasimav Blood-flow restriction exercises Tolga Akşit Postural Evaluation Tuğba Kocahan	
10.30 - 10.45	COFFEE BREAK	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
10.45 - 11.15	Moderator: Bülent Bayraktar Femoroacetabular impingement syndrome in athletes Gökhan Polat	WORKSHOP Blood-flow restriction exercises Gökhan Büyüklüoğlu
11.15 - 11.45	Moderator: Oğuz Yüksel Approach to cartilage injuries in athletes Eralp Kaçmaz	11.15 - 12.15 WORKSHOP Colorful treatments: Kinesiotape Şerafettin Özdoğan
	PROF. DR. MUHİDDİN EREL HALL	
11.45 - 12.45	CURRENT APPROACHES IN SPORTS REHABILITATION Moderator: Cengizhan Özgürbüz Rehabilitation following knee surgery Bedrettin Akova Rehabilitation following shoulder surgery Sevgi Sevi Yeşilyaprak	
	PROF. DR. MUHİDDİN EREL HALL	20 MAYIS HALL
12.45 - 13.30	SPINE DEFORMITIES AND POSTURE DISORDERS Moderator: Tuğba Kocahan How do we differentiate spinal deformities and posture disorders? Esin Nur Taşdemir Exercise treatment in management of scoliosis Ata Elvan	Moderator: Soner Akkurt The current status of the Sports Medicine Specialty Training Core Curriculum Bedrettin Akova
PROF. DR. MUHİDDİN EREL HALL		
13.30 - 14.00	CLOSING AND AWARD CEREMONY	