

**INTERNATIONAL CONGRESS OF SPORTS MEDICINE
18. TURKISH SPORTS MEDICINE CONGRESS**

PROF. DR. NECATİ AKGÜN HALL

PROF. DR. FİKRET DURUSOY HALL

December 3, 2021 (Friday)

09.00-09.30	OPENING REMARKS				
09.30-10.00	PLENARY SESSION Moderator: Emin Ergen				
09.30-09.50	Can MRI help to decide in return to sport? - Johannes Tol				
09.50-10.00	Discussion				
10.00-10.15	Coffee Break				
10.15-10.45	KEYNOTE 1 Moderator: Metin Ergün				
10.15-10.35	How risky is it to play football during COVID-19 pandemic?	Yorck Olaf Schumacher			
10.35-10.45	Discussion				
10.45-12.15	SESSION 1 : BACK TO SPORTS AFTER COVID-19	Moderator: Viktoriya Badtieva	10.45-12.15	SESSION 2 : TENDON TISSUE AN OVERVIEW	Moderators: Cem Çetin , Seçkin Şenışık
10.45-11.10	Sudden cardiac death on athletes: The risks involved in COVID-19 scenario	Sudeep Satpathy	10.45-11.10	10.000 tendons: Outcome prediction of 5 tendinopathies	Dylan Morrissey
11.10-11.35	Severe acute respiratory syndrome coronavirus (SARS-CoV-2): Incidence of myocardial involvement in routine evaluation	Kojo Kyereme	11.10-11.35	Overview of the hamstring tendon	Thor Andersen
11.35-12.00	The effect of SARS-COVID-19 pandemic in sports, and athletes rehabilitation	Eleftheria Moutaki	11.35-12.00	The effectiveness of prolotherapy injections on tendon and ligament problems	Aydan Örsçelik
12.00-12.15	Discussion		12.00-12.15	Discussion	
12.15-12.35	SATELLITE SYMPOSIUM	Moderator: Metin Ergün			
	Can FibroThol has performance and regeneration effect in elite athletes?	Sultan Şahin Köybulan			
12.35-13.00	Lunch Break				
13.00-13.30	KEYNOTE 2 Moderator: Bülent Ülkar				
13.00-13.20	Genomics of elite sporting performance: What we know and necessary advances?	Yannis Pitsiladis			
13.20-13.30	Discussion				

13.30-15.00	SESSION 3 : PREPARTICIPATION MEDICAL EVALUATION	Moderator: Oğuz Karamzrak	13.30-15.00	SESSION 4 : S-TRAINING MEETING : State Of The Art And Open Challenges In Data-Driven Injury Prevention	Moderator: Christophe Ley
13.30-13.55	Blood work at periodic health evaluation with a focus on vitamin D and iron metabolism	Juan-Manuel Alonso	13.30-13.55	Introduction: Problem statement Challenge: Interest Of Screening Athletes At Risk	Evert Verhagen
13.55-14.20	The use of imaging in a preparticipation examination	Stephen Targett	13.50-14.10	Injury risk profiling: Do sex-specific aspects matter?	Astrid Zech
14.20-14.45	Female specific aspects during annual periodic evaluations	Laleh Hakemi	14.10-14.30	Data science and sports injury risk reduction: The point of view of the clinicians	Pascal Edouard
14.45-15.00	Discussion		14.30-14.50	Data science and sports injury risk reduction: The point of view of the data scientists	Christophe Ley
			14.50-15.00	Discussion	
15.00-15.15	Coffee Break				
15.15-15.45	KEYNOTE 3 Moderator: Cem Çetin				
15.15-15.35	Why injury prevention does not work, and what to do about it?	Evert Verhagen			
15.35-15.45	Discussion				
15.45-17.15	SESSION 5 : FOOTBALL MEDICINE	Moderator: Gürhan Dönmez	15.45-17.15	SESSION 6 : TENDON REGENERATION	Moderator: Feza Korkusuz
15.45-16.20	Health hazards of a career in football	Ian Beasley	15.45-16.10	Structure and function of the tendon tissue	Petek Korkusuz
16.20-16.55	Are men and women really that different when it comes to football injuries?	Celeste Geertsema	16.10-16.35	Tendon topography mimicking collagen biotextiles for regeneration of segmental rotator cuff defects	Ozan Akkus
16.55-17.15	Discussion		16.35-17.00	3D models for healthy and aged/degenerative tendon cells	Denitsa Docheva
			17.00-17.15	Discussion	
17.15-17.30	Coffee Break				
17.30-18.00	SATELLITE SYMPOSIUM		17.30-19.00	SESSION 8 : ORAL PRESENTATIONS	Moderator: Seçkin Şenışık
	Oxygen Support and Ergogenic Substances	Nezih Hekim			
18.00-19.30	SESSION 7: ORAL PRESENTATIONS	Moderator: Şeyhmus Kaplan			

December 4, 2021 (Saturday)

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09.00-10.30	SESSION 9 : TURKISH ARTHROSCOPY, KNEE SURGERY SPORTS INJURIES ASSOCIATION SESSION - CURRENT APPROACH TO ACL INJURIES AND ACCOMPANIED PROBLEMS	Moderator: Özgür Ahmet Atay	09.00-10.30	SESSION 10 : CURRENT CONCEPTS IN ANTI-DOPING	Moderator: Rüştü Güner
09.00-09.25	How should the ideal anterior cruciate ligament reconstruction be?	Egemen Turhan	09.00-09.25	Current concepts in Anti-Doping from a medical point of view	Luis Horta
09.25-09.50	The ideal treatment approach for meniscus root tears and meniscus ramp lesions accompanying anterior cruciate ligament injuries?	Mehmet Erdil	09.25-09.50	Current concepts in Anti-Doping from a legal point of view	Ulrich Haas
09.50-10.15	Who needs anterolateral ligament reconstruction or lateral extraarticular tenodesis surgery during anterior cruciate ligament injury?	Ramazan Akmeşe	09.50-10.15	Current concepts in Anti-Doping from an analytical point of view	Francesco Botrè
10.15-10.30	Discussion		10.00-10.15	Discussion	
10.30-10.45 Coffee Break					
10.45-12.15	SESSION 11 : HIP AND GROIN PROBLEMS IN SPORT	Moderators: Mesut Çelebi, Aynur Sevgi Arslan	10.45-12.15	SESSION 12 : TURKISH SPORTS SCIENCES ASSOCIATION SESSION	Moderators: Caner Açıkada, Mitat Koz
10.45-11.10	Groin pain: What sports medicine physician should know about it?	Zarko Vuckovic	10.45-11.10	Circadian rhythm and sports performance	Ayşe Kin İşler
11.10-11.35	The athletic groin: Is it still an enigma ?	Theodora Papadopoulou	11.10-11.35	Is HIIT a viable alternative to traditional exercise?	Selda Bereket
11.35-12.00	Hip joint imaging in athletes: Are we being hypnotised by the findings?	Joshua Heerey	11.35-12.00	Exercise is medicine : Does it make athletes healthier?	Neşe Şahin
12.00-12.15	Discussion		12.00-12.15	Discussion	
12.15-13.00 Lunch Break					
13.00-13.30	KEYNOTE 4 Moderator: Bedrettin Akova				
13.00-13.20	Is it time to embrace the biopsychosocial model in sports and exercise medicine?	Theodora Papadopoulou			
13.20-13.30	Discussion				
13.30-15.00	SESSION 13 : EMERGENCIES IN SPORTS AND ENVIRONMENTAL FACTORS	Moderator: Qassim I. Muaidi	13.30-14.00	WORKSHOP	Moderator: Soner Akkurt
13.30-13.55	Emergency medical provision in sport	David Zideman	13.30-13.50	How to use EMG in sports medicine research?	Talia Alenabi
13.55-14.20	Managing heat stress in elite athletes	Sebastien Racinais	13.50-14.00	Discussion	
14.20-14.45	Impact of air pollution on exercise performance and health	Paolo Emilio Adami			
14.45-15.00	Discussion				

15.00-15.15	Coffee Break				
15.15-15.45	KEYNOTE 5 Moderator: Bülent Ülkar				
15.15-15.35	Relative energy deficiency (RED)	Margo Mountjoy			
15.35-15.45	Discussion				
15.45-17.00	SESSION 14 : CONCUSSION AWARENESS	Moderator: Oğuz Yüksel	15.45-17.00	SESSION 15 : FEMALE ATHLETES	Moderator: Ayşe Kin İşler
15.45-16.15	Sideline evaluation of concussion: A team physicians' perspective	Margot Putukian	15.45-16.05	The influence of sport and training on menstrual function: Consequences and return to sport	Suzana Pustivsek
16.15-16.45	Return to sport after concussion: What sports medicine physicians should know?	Louis Holtzhausen	16.05-16.25	Muslim female athletes: Medical considerations	Talia Alenabi
16.45-17.00	Discussion		16.25-17.45	The postpartum recovery of athletes	Alena Mikhaylova
			16.45-17.00	Discussion	
17.00-17.15	Coffee Break				
17.15-17.45	KEYNOTE 6 Moderator: Gürhan Dönmez				
17.15-17.35	What is the association of degenerative lumbar spine disease with hamstring injury?	Karl Bert Fields			
17.35-17.45	Discussion				
17.45-19.00	SESSION 16 : ORAL PRESENTATIONS	Moderator: Oğuz Karamızrak	17.45-19.00	SESSION 17 : ORAL PRESENTATIONS	Moderator: Oğuz Yüksel

December 5, 2021 (Sunday)

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December 5, 2021 (Sunday)					
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08.30-09.00	KEYNOTE 7 Ali Murat Zergeroğlu				
08.30-08.50	Muscular injuries prevention through vibration-induced stretching to enhance viscoelasticity and to improve strength	Monem Jemni			
08.50-09.00	Discussion				
09.00-10.30	SESSION 18 : INJURY PREVENTION	Moderators: Ali Erdoğan, Sabriye Ercan	09.00-10.30	SESSION 19 : GOOD ADMINISTRATION IN SPORTS MEDICINE	Moderator: Emin Ergen
09.00-09.25	Injury and illness surveillance in elite Asian football: The AFC/Aspetar partnership program	Karim Chamari	09.00-09.35	Does accreditation improve the patient safety culture in a sports medicine hospital?	Sajid Ahmed Syed
09.25-09.50	How Can Injury and Illness Surveillance of Elite Athletes Help In A Daily Clinical Setting?	Kathrin Steffen	09.25-09.50	Sports medicine for community: What they expect from a primary care physician?	Omar Al-Sayrafi
09.50-10.15	Workload associated with hamstring injury-stating: The obvious, but where's the evidence?	Nicol van Dyk	09.50-10.15	Organization of sport events during the COVID-19 pandemic	Paolo Emilio Adami
10.15-10.30	Discussion		10.15-10.30	Discussion	
10.30-10.45	Coffee Break				
10.45-12.00	SESSION 20 : BACK TO SPORTS	Moderator: Ufuk Şekir	10.45-12.00	SESSION 21 : LET'S LEARN	Moderator: Cengizhan Özgürbüz, Nevzad Denerel
10.45-11.05	Return to play: The physician's perspective	Ömer Batın Gözübüyük	10.45-11.05	Sensorimotor system interventions in injury prevention	Cengizhan Özgürbüz
11.05-11.25	Return to play from physiotherapy perspective	Marie-Elaine Grant	11.05-11.25	Neuropathic pain in athletes: Identify and manage	Yasin Makadma
11.25-11.45	Return to play from sports scientist perspective	Joao Marques	11.25-11.45	Traditional Chinese medicine in sports	Huiwu Zhang
11.45-12.00	Discussion		11.45-12.00	Discussion	
12.00-13.00	Lunch Break				
13.00-14.00	KEYNOTE 8 Moderator: Ufuk Şekir				
	Muskuloskeletal ultrasonography: Collaboration with TURK-MUS	Levent Özçakar			
14.00-14.30	KEYNOTE 9 Moderator: Feza Korkusuz				
14.00-14.20	Cartilage: Can we save it effectively?	Emmanouil Papakostas			
14.20-14.30	Discussion				

14.30-14.45	Coffee Break				
14.45-15.15	KEYNOTE 10 Moderator: Ali Haydar Demirel				
14.45-15.05	Increasing motivation for physical activity through smart technologies	Arnold Baca			
15.05-15.15	Discussion				
15.15-16.45	SESSION 22 : REGENERATIVE MEDICINE IN SPORTS Moderator: Ali Haydar Demirel	15.15-16.45	SESSION 23 : DON'T MISS THESE OUT Moderator: Yannis Pitsiladis		
15.15-15.40	Platelet rich plasma (PRP) in musculoskeletal injuries: The known and the unknown	Terence Babwah	15.15-15.40	How to produce a Turkish Usain Bolt? A Jamaican model for the world	Yannis Pitsiladis
15.40-16.05	Stem cells from knee liposuction for knee sports injuries	Dimitrios Tsoukas	15.40-16.05	Taking the fatigue out of travel and resyncing the circadian rhythm	Christa Janse van Rensburg
16.05-16.30	Biological cartilage treatment	Ramon Cugat	16.05-16.30	The role of running retraining in treating lower limb injuries	Fahad Al-Shamsi
16.30-16.45	Discussion		16.30-16.45	Discussion	
16.45-17.00	Coffee Break				
17.00-18.00	SESSION 24 : ORAL PRESENTATIONS Moderator: Sabriye Ercan	17.00-18.00	SESSION 25 : ORAL PRESENTATIONS Moderator: Nevzad Denerel		
18.00-18.30	AWARDS CEREMONY & CLOSING REMARKS				