TÜRKİYE SPOR YARALANMALARI ARTROSKOPİK DİZ CERRAHİSİ DERNEĞİ 1987

ESSKA

ESMA
ESSKA SPORTS MEDICINE ASSOCIATION

ATLAS ÜNİVERSİTESİ

SiP 2026

SPORTS INJURY PREVENTION SYMPOSIUM

28 NOVEMBER 2026

ATLAS UNIVERSITY
Istanbul



INVITED MODERATORS AND SPEAKERS

INTERNATIONAL SPEAKERS



Thomas Patt
Hollanda



Francesco Della Villa
İtalya



Robert Prill
Almanya

NATIONAL SPEAKERS



Ahmet Emin Okutan



Ali Kerim Yılmaz



Alper Kaya



Barış Yılmaz



Berkin Toker



Bülent Bayraktar



Cem Yıldırım



Ceyda Sevinç



Cüneyt Ataoğlu



Engin Şimşek



Erdem Koç



Ertuğrul Akşahin



Gökhan Karademir



Gül Baltacı



Gülcan Harput

INVITED MODERATORS AND SPEAKERS

NATIONAL SPEAKERS


Hasan Ceylan


Hilal Yağar


İbrahim Tuncay


Levent Payziner


Lokman Kehribar


Mahir Mahiroğulları


Mahmud Aydın


Mehmet Aşık


Mehmet Baran Uslu


Murat Topal


Nazlı Büşra Ciğercioğlu


Nurzat Elmalı


Olcay Güler


Onur Gültekin


Onur Turan


Osman Görkem Muratoğlu


Osman Tuğrul Eren


Ömer Taşer


Selami Çakmak


Sergen Devran


Serkan Sürüçü


Şahan Dağlar


Şebnem Nur Alkan


Tayfun Aman


Volga Bayrakcı Tunay


Yaman Sarpel

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PROGRAMME

08:00-08:15 REGISTRATION & OPENING

08:15-08:23	Opening Speech by the Rector of Atlas University	***Ersoy Kocabıçak***
08:23-08:30	Opening Speech by the TUSYAD President	***Yaman Sarpel***

08:30-08:45 OPENING LECTURE

	"Today's Athlete: Expectations, Realities and the New Definition of Athlete Health"	***Mahir Mahiroğulları***

08:45-09:45 SESSION I
GENERAL OVERVIEW OF ATHLETE HEALTH
Moderator: Ömer Taşer, Gül Baltacı

08:45-08:57	Health Protection and Load Management in Young Football Players	***Levent Payziner***
08:57-09:09	Prevention of Knee Injuries in Football: Biomechanics and Motion Analysis	***Francesco Della Villa***
09:09-09:21	Bone Bruise in ACL Injuries: What does it tell us?	***Mehmet Baran Uslu***
09:21-09:33	What Does Good Sports Nutrition Look Like? Before and After Injury	***Hilal Yağar***
09:33-09:45	Discussion	

09:45-10:45 SESSION II
MUSCLE INJURIES: PREVENTION, TREATMENT AND RETURN TO PERFORMANCE
Moderator: Barış Yılmaz, Gökhan Karademir

09:45-09:57	Imaging and Classification of Muscle Injuries	***Murat Topal***
09:57-10:09	Prevention of Muscle Injuries and Risk Management	***Erdem Koç***
10:09-10:21	Surgical Indications in Muscle Injuries	***Berkin Toker***
10:21-10:33	Return to Performance After Hamstring Surgery	***Sergen Devran***
10:33-10:45	Discussion	

10:45-11:00 Coffee Break

PROGRAMME

11:00-12:00 SESSION III
ACL JOURNEY: FROM RISK TO PERFORMANCE
Moderator: Mahir Mahiroğulları, Volga Bayrakcı Tunay

11:00-11:12	ACL Injuries in Young Football Players: Epidemiology and Risk Profile	***Ceyda Sevinç***
11:12-11:24	Evidence-Based Programs for ACL Injury Prevention	***Thomas Patt***
11:24-11:36	Return to Sports After ACL Surgery in Professional Football: Expectations and Realities	***Francesco Della Villa***
11:36-11:48	Return to Performance After ACL Injury	***Robert Prill***
11:48-12:00	Discussion	

12:00-13:00 SESSION IV
MODERN ACL SURGERY AND PREVENTION OF REINJURY
Moderator: Yaman Sarpel, Alper Kaya

12:00-12:12	Modern ACL Surgery	***Ömer Taşer***
12:12-12:24	Lateral Extra-articular Procedures	***Mahmud Aydın***
12:24-12:36	Does Rehabilitation After ACL Surgery Vary According to the Procedure?	***Robert Prill***
12:36-12:48	Prevention of ReiInjury (Secondary Prevention)	***Thomas Patt***
12:48-13:00	Discussion	

13:00-14:00 Lunch Break

14:00-15:00 SESSION V
JOINT-PRESERVING SURGERY IN ATHLETES
Moderator: Osman Tuğrul Eren, Ertuğrul Akşahin

14:00-14:12	Meniscus-Preserving Surgery	***Serkan Sürücü***
14:12-14:24	Cartilage-Preserving Surgery	***Lokman Kehribar***
14:24-14:36	Alignment Matters: When Should Osteotomy Be Considered in the Athlete?	***Ahmet Emin Okutan***
14:36-14:48	Biological Augmentation in Surgery	***Selami Çakmak***
14:48-15:00	Discussion	

PROGRAMME

15:00-16:00 SESSION VI
HIP, GROIN, ANKLE AND ACHILLES
Moderator: Mehmet Aşık, Bülent Bayraktar

15:00-15:12	Hip Health in Young Athletes	***Onur Turan***
15:12-15:24	Groin Injuries: Prevention and Return to Performance	***Şebnem Nur Alkan***
15:24-15:36	Ankle Injuries: Current Treatment and Return to Running	***Cem Yıldırım***
15:36-15:48	Achilles Tendon Injuries	***Hasan Ceylan***
15:48-16:00	Discussion	

16:00-16:15 Coffee Break

16:15-17:15 SESSION VII
THE FUTURE OF ATHLETE HEALTH AND SPECIAL TOPICS
Moderator: İbrahim Tuncay, Nazlı Büşra Ciğercioğlu

16:15-16:27	Artificial Intelligence and Sports Medicine	***Onur Gültekin***
16:27-16:39	Predicting Injury Risk with Wearable Technologies	***Engin Şimşek***
16:39-16:51	Sleep, recovery and athlete health	***Osman Görkem Muratoğlu***
16:51-17:03	Orthobiologics: Can We Prevent ReInjury?	***Şahan Dağlar***
17:03-17:15	Discussion	

17:15-17:45 SESSION VIII
ESSKA-ESMA ACL INJURY PREVENTION PROGRAM FOR CHILDREN AND ADOLESCENTS
Moderator: Nurzat Elmalı, Olcay Güler

17:15-17:45 Presentation of the Turkish version of exercise and training videos and posters
Cüneyt Ataoğlu, Tayfun Aman, Gülcan Harput, Ali Kerim Yılmaz

CONTACT

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