

15 October 2009	HALL A	HALL B	HALL C	HALL D
8.30-9.30	MODERATORS: Klaus Volkner - Cevdet Tınazcı Free communications (7 min each x 7 presentations + 11 minutes discussion)	MODERATORS: Adelheid Steyaert - Mesut Çelebi Free communications (7 min each x 7 presentations + 11 minutes discussion)	MODERATORS: Federico Fagnani - İnci Yüksel Free communications (7 min each x 7 presentations + 11 minutes discussion)	MODERATORS: Theodora Papadopoulou - Ayşe Kin İşler Free communications (7 min each x 7 presentations + 11 minutes discussion)
9.30-9.45	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
9:45-10:05	MODERATORS: Fabio Pigozzi - Caner Açıkada KEYNOTE LECTURE: Carbohydrate metabolism and performance Clyde Williams	MODERATORS: Mauricio Casasco - Haydar Demirel KEYNOTE LECTURE: Aviation Medicine Antonio Dal Monte		
10.05-11.05	A-1	B-1	C-1	D-1
	SPORTS PERFORMANCE-1	PATELLOFEMORAL PROBLEMS	ATHLETE'S HEALTH	CARTILAGE PROBLEMS
	MODERATORS: Fabio Pigozzi - Caner Açıkada Bolt and Phelps' performances – the attempt of a physiological explanation Ulrich Hartmann Integration of different technology systems for the development of football training Valter Di Salvo The Science behind the Oldest Trophy in Sport Vern Neville	MODERATORS: Mauricio Casasco - Haydar Demirel Patella femoral pain : Philosophy behind the problem Mahmut Nedim Doral Physical therapy and rehabilitation in patellofemoral pain syndrome Filiz Can Surgical treatment of patellofemoral problems Sinan Karaoğlu	MODERATORS: Talia Alenabi - Fikret Durusoy Fatigue and underperformance in athletes following extensive competitive sport: strategies in Wayne Derman Infectious diseases in athletes Serhat Uhal Point-of-care athlete testing, a new approach of sport performance evaluation Ioan Stelian Fasting and sport performance Wahid Al Kharusi	MODERATORS: Konstantinos Natsis - Mustafa Karahan Understanding the structure and biological properties of cartilage Theodora Papadopoulou Current state of the art and future directions in cartilage injuries Reha Tandoğan Chondroitin sulphate and glucosaminoglycan: Fact or fiction Cihan Aksoy
	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
11.15-12.30	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture	11.45 OPENING CEREMONY - Presidential lecture
12.30-13.30	Lunch	Lunch	Lunch	Lunch
13.30-14.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
14.30-15.30	A-3	B-3	C-3	D-3
	NUTRITION IN SPORT	SPORTS INJURIES	BIOLOGICAL EFFECTS OF EXERCISE-1	TISSUE CHARACTERISTICS AND HEALING PROCESSES
	MODERATORS: Clyde Williams - Husrev Turnagol Polypharmacy in sport Milica Strobach Sports Supplements: How to choose, how to use? Talia Alenabi Nutritional supplements and medications in sport – 912 cases Nenad Dikić	MODERATORS: Veli Lok-Costas Cristodoulakis Spinal injuries in sport Feza Korkusuz Groin problems in athletes Wayne Derman Low back pain athletes Tolga Saka	MODERATORS: Wahid Al Kharusi - Oğuz Karamızrak Immunological aspects in strength training Klaus Voelker Sport and sexual function Luigi Di Luigi Tendon Plasticity Tolga Aydoğ Biochemical Perspectives in training and immunological responses Maria Casals	MODERATORS: Paolo Borrione - Cihan Aksoy Molecular basis of muscle hypertrophy and repair Geoffrey Goldspink The effect of Substance P on sutured Achilles tendon rupture in the rat Adelheid Steyaert Entrainment with bio-informative time patterns to optimize tissue regeneration and performance Ulrich Randolf
	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
16.00-17.00	A-4	B-4	C-4	D-4
	SPORTS PERFORMANCE-2	ACL INJURIES	CHILD AND EXERCISE	USE OF BIOLOGICAL MATERIALS IN SPORTS MEDICINE
	MODERATORS: Ulrich Hartmann - Tolga Aydoğ Fatigue during exercise: Possible mechanisms and recovery strategies Mitat Koz Vibration and performance Ayşe Kin İşler Biochemical parameters in performance testing: Validity and limitations. Oğuz Karamızrak Do mouth guards have negative effects on athletic performance of athletes? Cem Çetin	MODERATORS: Wayne Derman - Sinan Karaoğlu Evaluation and handling acute ACL injury in the field Ahmet Atay Treatment options of ACL injury at the medical center Mahmut Nedim Doral Early inpatient physiotherapy İnci Yüksel Out-patient physiotherapy and returning to sports Defne Kaya	MODERATORS: Joe Cummisky - Gülfem Ersoz Children and sports Talia Alenabi Health benefit of activity of daily living (ADL) in children Klaus Voelker Obesity in childhood - Therapeutic options Ulrike Korsten-Reck	MODERATORS: Anton Wicker - Filiz Can The use of platelet rich plasma in sports medicine Luc Vanden Bossche The use of autologous growth factors in sports medicine İlker Yücesir Local administration of Growth Factors and anti-doping aspects Paolo Borrione Use of stem cell in sport injuries Feza Korkusuz
	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
17.00-17.15	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4
	MODERATORS: İlker Yücesir Visualisation techniques in athlete's early recovery after trauma and training Paula Drosescu	MODERATOR: Ahmet Atay Preventive and post-operative orthotic usage in sports medicine Ahmet Atay	MODERATOR: Taner Aydın Extracorporeal Shock Wave Therapy in Sports Medicine Yavuz Yıldı Taner Aydın	MODERATOR: Mustafa Karahan Intra-articular injection techniques Mustafa Karahan, Umut Akgin, Rüfai Nuran, Selim Ergun

16 October 2009	HALL A	HALL B	HALL C	HALL D
8.45-9.45	MODERATORS: Barbara Wessner - Ayşe Diliçin Keçeci Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Luc Vanden Bossche - Metin Ergun Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Erika Zemkova - Murat Çilli Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Maria Cascais - Joao de Almeida Free communications (7 min each x 7 presentations + 26 minutes discussion)
9.45-10.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
10.00-10.20	MODERATORS: Anca Ionescu - Gülriiz Ersöz KEYNOTE LECTURE: Evaluation of top athletes : Experience of Italian National Olympic Committee (CONI) Marcello Faina	MODERATORS: George Frank - Asım Kayaalp KEYNOTE LECTURE: Achilles tendinopathy : Diagnostic and treatment algorithm Nicola Maffulli		
10.30-11.30	A-6 SPORTS PERFORMANCE-3 MODERATORS: Anca Ionescu - Gülriiz Ersöz Metabolic definition of the physiological background of high performance middle distance Ulrich Hartmann Chronobiologic factors of performance Bruno Sesboüé Asthma and sport: Where did we come from and where are we now? Joe Dummitkey	B-6 LOWER LEG AND ANKLE INJURIES MODERATORS: George Frank - Asım Kayaalp Imaging of osteochondral lesions of the talus and anterolateral impingement Jan L. Gielen Persisting pain following lateral ankle sprains Halit Pinar Treatment of chronic unstable ankle Ahmet Turan Aydın	C-6 SPORTS CARDIOLOGY MODERATORS: Anna Jegger - Cevdet Erdöl Relevance of Biomarkers of Exercise-induced Myocardial Stress in Athletes Hans-Hermann Dickhuth Cardiac emergencies in sports Herbert Lodgen Gray zone in athlete's heart Erdem Kaşıkçıoğlu Preparticipation medical screening of athletes : Italian Experience Fabio Pigazzi	D-6 STRATEGIES IN SPORTS MEDICINE-1 MODERATORS: Herald Tschan - Güneş Yavuzer Update on Strategic Plan on IOC Scientific Activities Susan Griening Mathematical modeling in sport medicine research Ali Erdoğan Assessment of balance : from methodological pitfalls to practical applications Dusan Hamar, Erika Zemkova
11.30-12.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
12.00-13.00	A-7 GENES AND SPORT MODERATORS: Marcello Faina - Ali Murat Zergeroğlu Genetic Risk Factors for Musculoskeletal Soft Tissue Injuries Malcolm Collins Genes and performance Norbert Bacht Genetic variability and training responses Barbara Wessner	B-7 KNEE INJURIES-1 MODERATORS: Nicola Maffulli - Halit Pinar Current surgical techniques and future directions in knee ligamentous injuries Asım Kayaalp PCL injuries in athletes Ömer Taşer Meniscal preservation : Current state of the art and future directions. Reha Tandoğan	C-7 EXERCISE IN CHRONIC DISEASES-1 MODERATORS: Hans Hermann Dickhuth - Sema Yavuzer The importance of physical activity in the rehabilitation of patients with rheumatic diseases. Anton Wicker Sport therapy in patients' with COPD Klaus Voelker Physical activity in breast cancer patients Anton Wicker	D-7 BIOMECHANICS MODERATORS: Dusan Hamar - Ufuk Şekir Biomechanical Modelling in Sports Medicine Serdar Arıtan Modeling of Soft Tissue Mechanical Behavior on Computer Ergin Tonuk Classification Methods in Biomechanical Analysis Murat Çilli Gait analysis in healthy and operated subjects Güneş Yavuzer
13.00-14.30	Lunch	Lunch	Lunch	Lunch
14.30-15.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
14.00-16.00	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting	EFSMA Council of Delegates Meeting
15.30-16.30	A-8 MUSCLE and EXERCISE MODERATORS: Malcolm Collins - Vuslat Sema Ünal Muscle atrophy, sarcopenia Ali Murat Zergeroğlu Skeletal muscle adaptation to increased activity level Haydar Demirel Exercise-induced muscle damage and neutrophils Gülriiz Ersöz	B-8 KNEE INJURIES-2 MODERATORS: Jan L. Gielen - Ahmet Turan Aydın Algorithm for swollen knee in athletes Emin Taşkıran Evaluation and diagnosis of isolated and combined knee ligament injuries Reha Tandoğan Topographic and functional anatomy of knee joint Konstantinos Natsis	C-8 SPORT EVENTS-1 MODERATORS: Fatih Küçükürmüz - Serdar Arıtan Event Physician : Duties and responsibilities David McDonagh Medical coverage in Major Sports Events Carlo Tranquilli Yachting injuries Krzysztof Micallef-Stafrace	D-8 FOOTBALL AND MEDICINE MODERATORS: Uğur Haklar - Abdurrahman Arıcı Video analysis injury mechanism of EURO 2008 Mehmet Binnet Hyperthermia and exercise : FIFA Turkish Study Sadi Kurdağ Cardiological screening tests in football players. George Frank
16.30-17.00	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
17.00-18.00	A-9 BIOLOGICAL EFFECTS OF EXERCISE-2 MODERATORS: Bruno Sesboüé - Erdem Kaşıkçıoğlu Effects of a single session of resistance training on specific cardiac and oxidative stress Herald Tschan Phosphodiesterase's inhibitors and physical activity Luigi Di Luigi Brain Driven Neurotrophic Factor and physical activity Roger Ramsbottom	B-9 INJURIES OF CHILD ATHLETE MODERATORS: Sanja Mazic - Emin Taşkıran Upper extremity problems in child athlete Vuslat Sema Ünal Patellar dislocations in adolescent sportsmen Uğur Haklar	C-9 MOTORSPORTS MEDICINE/Formula 1 MODERATORS: Carlo Tranquilli - Mehmet Binnet Are the motor sports drivers athletes? Fatih Küçükürmüz Drivers training programs Ignacio Muro Medical organization in Motorsports Cem Boneval Mechanisms and injuries Paul Trafford	D-9 PREVENTION OF INJURIES MODERATORS: David McDonagh - Ömer Taşer Prevention Of Dental Trauma In Contact Sports. Ayşe Diliçin Keçeci Stretching : Effects on strength and injury prevention Ufuk Şekir Prevention of sport injuries Mustafa Karahan Prevention of football injuries Joao de Almeida
18.00-18.15	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>	<i>Coffee break</i>
18.15-19.30	WORKSHOP 5 MODERATOR: André Debruynne Ultrasound of the musculoskeletal system Jan L. Gielen	WORKSHOP 6 MODERATOR: Faruk Müderrisoğlu Matrix-Concept and Matrix-Rhythm-Therapy (MaRhyth) in theory and practice. Ulrich Randoll / Faruk Müderrisoğlu	WORKSHOP 7 MODERATOR: Yavuz Yıldız Mesotherapy in Sports Medicine Taner Aydın - Yavuz Yıldız	WORKSHOP 8 MODERATOR: Hasan Kasap Implementations of Progressive Sequential Isometrics (PSI): "Natural Flexibility" Hasan Kasap, Umut Akgün / Gökhan Hacı

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8.45-9.45	MODERATORS: Vern Neville - Milica Sinobad Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Aflosmidis Dimitris - Sarper Mehmet Çetinkaya Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Igor Mekjavic - Hayri Ertan Free communications (7 min each x 7 presentations + 26 minutes discussion)	MODERATORS: Ulrike Korsten-Reck - Selmin Gülbahar Free communications (7 min each x 7 presentations + 26 minutes discussion)
9-9.45	Coffee break	Coffee break	Coffee break	Coffee break
10.00-10.20	MODERATORS: Luis Horta - Feza Korkusuz KEYNOTE LECTURE: Muscle performance testing: Where do we stand in 2010? Zevni Dvir	MODERATORS: Muhammed Razi - Safinaz Yıldız KEYNOTE LECTURE: Olympic Performance: Beyond Genes & Genome Vassilis Klissouras		
10.30-11.30	A-11 EUROPEAN COLLEGE OF SPORTS SCIENCE EXCHANGE SYMPOSIUM MODERATORS: Luis Horta - Feza Korkusuz Can supplements increase performance? Should they be on the list? Anton Wagenmakers What belongs on the doping list: philosophical issues. Sigmund Loland What belongs on the doping list: biological considerations Hans Hoppeler	B-11 SHOULDER INJURIES MODERATORS: Muhammed Razi - Safinaz Yıldız Impingement syndrome Mustafa Karahan SLAP lesions in shoulder Mehmet Demirtaş Rehabilitation in rotator cuff problems in athletes Filiz Can	C-11 HYPOXIA AND EXERCISE MODERATORS: Herbert Løllgen - Devrim Akseki Update on high altitude illnesses Peter Bärtsch Technological aspects of hypoxic training Igor Mekjavic Training in hypoxia: is there a benefit? Peter Bärtsch	D-11 WORKSHOP 12 KINESIS
11.30-12.00	Coffee break	Coffee break	Coffee break	Coffee break
12.00-13.00	A-12 DOPING IN SPORT-1 MODERATORS: Eduardo De Rose - Turgay Atasü The 2010 Prohibited list: open questions Luis Horta Should oxygen be on a Prohibited list Nenad Dikić What's new in TUEs Peter Jenoure	B-12 RETURN TO SPORT AFTER INJURIES MODERATORS: Bülent Zeren - Aylin Çeçen Use of orthotics after sport injuries Filiz Can How does muscle heals after injury? Muhammed Razi ECWT in Public Stress Reactions İsmail Baloğlu	C-12 EXERCISE IN CHRONIC DISEASES-2 MODERATORS: Jan Clarys - Tolga Saka The role of exercise in osteoporosis management Kiril Micallef-Stafrace Hemodynamics of swimming in health and disease Herbert Løllgen	D-12 PROPRIOCEPTION MODERATORS: Mahmut Nedim Doral - Soner Akkurt Proprioception: Definition, clinical importance and evaluation methods Defne Kaya Sports Traumatology, Sports Medicine and Proprioception Ufuk Şekir Effects of Surgical Treatments on Proprioception Mustafa Karahan Proprioception and Rehabilitation Selmin Gülbahar New Horizons on Proprioception Researches Devrim Akseki
13.00-14.30	Lunch	Lunch	Lunch	Lunch
14.30-15.30	Poster presentations	Poster presentations	Poster presentations	Poster presentations
15.30-16.30	A-13 DOPING IN SPORT-2 MODERATORS: Nenad Dikić - Abidin Kayserlioğlu History of doping and anti-doping activities Eduardo De Rose New Challenges for detection of doping in sport. Geoffrey Goldspink Results management: From a reprimand to a life ban Luis Horta	B-13 FEMOROACETABULAR PROBLEMS MODERATORS: Kiril Micallef-Stafrace - Cem Bediz Femoroacetabular Impingement: Anatomy, pathophysiology and radiological imaging Jan L Gielen Arthroscopic treatment of the Femoroacetabular impingement & Labral tears Sarper Mehmet Çetinkaya	WORKSHOP 11 MODERATOR: Hakan Gur EMG APPLICATIONS IN SPORTS MEDICINE Hayri Ertan, Axel Knicker, Sergio Roy	D-13 BODY COMPOSITION MODERATORS: Vassilis Klissouras - Çetin İşleğen The hazards of DXA, BMI and other "Golden Standards" Jan Clarys Methodological problems in body composition evaluation Caner Aplaçada The skinfold: Myth or reality Jan Clarys
16.30-16.45	Coffee break	Coffee break		Coffee break
16.45-18.00	WORKSHOP 9 MODERATOR: Defne Kaya Modern methods of taping Aflosmidis Dimitris - Konstantinos Nassis	WORKSHOP 10 MODERATOR: Ahmet Çağlar Foot-scan analysis: Injury prevention methodology Jempi Wilkens		WORKSHOP 13 MODERATORS: Metin Dalip- Zoran Handziski Metabolic and physical activity assessment using ARM-BAND