

XI. BALKAN CONGRESS OF SPORTS MEDICINE
&
VII. TURKISH SPORTS MEDICINE CONGRESS

26 – 30 April 1999 – ANTALYA

FINAL PROGRAM

08.00 - 08.45 Opening Ceremony

Necati Akgün, İzmir, Turkey
Ioan Dragan, Bucuresti, Romania
Fikret Durusoy, İzmir, Turkey
A.Turan Aydın, Antalya, Turkey

08.45 - 09.00 COFFEE BREAK

09.00 - 09.30 Opening Lecture

'Ergogenic aids, recovery substances and doping in sports' **Ioan Dragan, Bucuresti, Romania**

09.30 - 10.00 COFFEE BREAK

10.00 - 11.00 Round Table Discussion

'Groin pain in Athletes'

Chairman

Per Renström, Stocholm, Sweden

Participants

Per Renström, Stocholm, Sweden
'A scientific approach to groin pain'

David Stone, Pittsburgh, USA

'Athletic pubalgia: Osteitis pubis, pubic instability'

Alberto Selvanetti, Rome, Italy

'Adductor strain : Prevention and Treatment'

11.00 - 11.30 COFFEE BREAK

Moderators : **Ioan Dragan, Bucuresti, Romania**
Veli Lök, İzmir, Turkey

11.30 - 12.00 Invited Lecture

'Basic research in sports medicine'

David Stone, Pittsburgh, USA

12.00 - 13.00 Free Papers Presentation & Discussion

Paper # 1 C. Dinçer, Z. Aydın, A. Kayserilioğlu
The effects of chronic exercise on rats periferal hematopoetic progenitor cell population

Paper # 2 U.G. Randol, F.F. Henning
Muscular oscillations, - Force and Osteoporosis

Paper # 3 U.G. Randoll, L. Westner, F.F. Henning
Matrix- rhythm therapy a new approach for preventions in sports: Treatment of chronic illnesses and for rehabilitation

Paper # 4 E. Pavlova, M. Nikolova
Physiological effect of the particular means in training of elite swimmers

Paper # 5 A. Constantinescu, M. Baroga, L. Trandafir
EMG analysis at olympic weightlifting

Paper # 6 I. Maznev
Electrocardiographic and echocardiographic characteristics of former top athletes

13.00 – 14.00 LUNCH

Moderators : **Maria Toteva**, *Sofia, Bulgaria*
Nevin Ergun, *Ankara, Turkey*

14.00 – 14.30 Invited Lecture

' Female athlete and her problems related to sports'
David Stone, *Pittsburgh, USA*

14.30 – 15.30 Free paper presentation & discussion

Paper # 7 M. Toteva, A. Nacheva
Somatotype characteristics of female athletes

Paper # 8 S. Akyol, F. Başkurt, N. Gelecek
Physical fitness of elite female volleyballers

Paper # 9 G. Ersöz, S. Akin, Y. Bulca
Effects of physical activity, body weight and composition on bone mineral density in female prepubertal gymnasts

Paper # 10 A. Busneag, C. Busneag
Study about the incidence of scoliosis in the young sportsmen selection

Paper # 11 I.Özkan, E. Çullu, Ö. Şavk, B. Alparslan
Conscious and unconscious KT-1000 measurements

Paper # 12 M. Enginsu
Postexercise increase in nitric oxide in football players with muscle cramps

15.30 – 16.00 COFFEE BREAK

16.00 – 17.00 Free paper presentation & discussion

Moderators : **U.G. Randoll**, *Erlangen, Germany*
Halit Pınar, *İzmir, Turkey*

Paper # 13 E. Olcay, A. Öztürk, M. Bülbül, Z. Arı, Ö.S. Yıldırım, K. Şahinoğlu
Anterior localization of the medial meniscus and its insertion : An anatomic study

Paper # 14 H. Pınar, D. Akseki, Ö. Özcan, O. Karaoğlu
Lax peripheral attachment of the menisci

Paper # 15 Z. Amfirov, Lspassov
Postoperative kinesitherapeutic program and results of its application to arthroscopic repaired meniscus athletes

- Paper # 16** M. Gürsoy
The role of Shoe-surface relation at natural grass fields in ACL injuries of professional soccer players
- Paper # 17** K. Kozuharov, Y. Andonov, V. Kozuharov
Pathokinesiologi­cal alterations of the ligaments of the ankle in some force-related sports disciplines
- Paper # 18** D. Akseki, H.Pinar, M. Bozkurt, K. Yıldız, Ş. Araç
Arthroscopic treatment of anterolateral ankle impingement caused by the distal fascicle of the anterior inferior tibiofibular ligament
- Paper # 19** A. Turgut, İ. Günel, Maralcan, N. Köse, E. Göktürk
A technical report on video-assisted percutaneous repair of achilles tendon

17.00 – 18.00 Instructional Course

' Examination of the ankle, chronic ankle pain in athletes'

Moderators : **Ahmet Turan Aydın, Antalya, Turkey**

Halit Pinar, Izmir, Turkey

Devrim Akseki, Manisa, Turkey

Wednesday, April 28, 1999 - ALADAĞ HALL

Moderator : **Fikret Durusoy, Izmir, Turkey**

08.30 – 09.00 Invited Lecture

' Overuse injuries of Achilles Tendon'

Per Renström, Stocholm, Sweden

09.00 – 10.00 Round Table Discussion

' Muscle injuries in athletes'

Chairman

Per Renström, Stocholm, Sweden

Participants

Per Renström, Stocholm, Sweden

' Muscle strain injuries'

David Stone, Pittsburgh, USA

'Hamstring strain : Prevention and Treatment'

Nevin Ergun, Ankara, Turkey

' Rehabilitation of the muscle strains'

10.00 – 10.30 COFFEE BREAK

Moderator : **Mehmet Serdar Binnet , Ankara, Turkey**

10.30 – 11.00 Invited Lecture

' Lower leg pain in sports'

Per Renström, Stocholm, Sweden

11.00 – 11.30 Invited Lecture

'Overuse injuries of tendon'
Alberto Selvanetti, *Rome, Italy*

11.30 – 12.00 COFFEE BREAK

12.00 – 12.30 Invited Lecture

'Young people and physical activity'
Andreas Grund, *Kiel, Germany*

13.00 – 14.00 LUNCH

14.00 – 15.00 Round Table Discussion

'Current state of sportive rehabilitation in Turkey'

Chairman Zafer Haşcelik, *Ankara, Turkey*

Participants Hakan Gür, *Bursa, Turkey,*
Önder Kayhan, *Istanbul, Turkey*
Nevin Ergun, *Ankara, Turkey*

15.00 – 15.30 COFFEE BREAK

15.30 – 17.00 Free Paper Presentation & Discussion

Moderators : Işık Akgün, *Istanbul, Turkey*
Semih Gür, *Antalya, Turkey*

Paper # 20 I. Petkov, P. Mintcheva
A study of the immediate effects of certain manual therapy techniques on elderly people with cervicoarthrosis

Paper # 21 K. Kozuharov, V. Kozuharov, Y. Andonov
The role of the subclavius muscle in the transitory costo-clavicular syndrome among athletes

Paper # 22 G. Erkula, F. Demirkan, S. Çubukçu, A. Kılıç, G. Vural
Hamstring shortness in young adolescent male and female

Paper # 23 A. Sebik
An arthroscopic fasciotomy technique for chronic tibialis anterior compartmental syndromes in athletes

Paper # 24 E. Bal, H. Özyalçın, M. Kayalar, R. Akdal
Early mobilization versus immobilization in the treatment of lateral ankle sprains

Paper # 25 B. T. Şener, M. Bülbül, S. Ayanoğlu, A.N. Kara
Comparison of functional treatment and cast immobilization in the treatment of ankle joint collateral injuries

Paper # 26 M. Enginsu, F. Yakıcı
Early full weightbearing and functional treatment after surgical treatment of acute achilles tendon rupture

Paper # 27 K. Ertem, N. Elmalı, M.A. Kaygusuz, M. İnan, İ. Ayan, G. Güner, Ö. Şarlak
The effect of continuous passive motion on reparation of achilles tendon injuries

17.00 – 18.00 Instructional Course

' Examination of the knee, knee problems in athletes'

Moderators : *Işık Akgün, İstanbul, Turkey*
Semih Gür, Antalya, Turkey

Thursday, 29 April 1999 - ALADAĞ HALL

Moderator : *Oğuz Polatkan, İstanbul, Turkey*

08.30 – 09.00 Invited Lecture

' Arthroscopic diagnosis and treatment of TFCC tears of the Elbow '
M.R.Hausmann, NewYork, USA

09.00 – 10.00 Round Table Discussion

' Hand and wrist injuries in athletes '

Chairman *Oğuz Polatkan, İstanbul, Turkey*

Participants *İsmail Çallı, İzmir, Turkey,*
' Wrist and hand fractures in athletes'

Ahmet Ekin, İzmir, Turkey
' Arthroscopic diagnosis of wrist injuries in athletes'

Aydın Yüçetürk , Ankara, Turkey
' Scapholunate instability'

Mehmet Demirtaş, Ankara, Turkey
' Sport injuries of finger joints'

Levent Yalçın, İstanbul, Turkey
' Sport injuries according to branches of sports and their mechanics'

10.00 – 10.30 COFFEE BREAK

Moderators : *M.R.Hausmann, NewYork, USA*
İsmail Çallı, İzmir, Turkey,

10.30 – 11.00 Invited Lecture

' Medial collateral injuries and treatment options of the elbow '
M.R.Hausmann, NewYork, USA

11.00 – 11.30 Invited Lecture

' Painfull shoulder in athletes: Glenohumeral instability and subacromial impingement'
Mustafa Karahan, İstanbul, Turkey

11.30 – 12.00 Invited Lecture

'Capsuloligamentar and intraarticular injuries of ankle in athletes diagnosis and treatment'
D. Sholev, A. Gueorguiev, Sofia, Bulgaria

12.00 – 13.00 Free Paper Presentation & Discussion

Moderators : **Robert Cina, Tiran, Albania**
Berrin Durmaz, Izmir, Turkey

Paper # 28 N. Ayçerman, F. Toraman
Shoulder flexibility and posture in junior tennis players

Paper # 29 T. Aydın, H. Yağmur, Y. Yavuz, U. Genç, C. Özgürbüz, T.A. Kalyon
Proprioception of the shoulder joint in healthy and unstable

Paper # 30 X B. Zeren, N. Karaca
' Patellar stress fracture in soccer player '

Paper # 31 M. Tüzün, F. Korkusuz, K. Tamer
Relation of age, body composition, aerobic power, and thyroid hormones with bone mineral density in ballet dancer

Paper # 32 B. Cornelia, P. Gabriel
Somatic – functional profile of aerobic sports Romanian gymnasts

Paper # 33 R. Cina, K. Hoxha, D. H. Prifti
The modification of TPR during the moderate dynamic exercise

13.00 – 14.00 LUNCH

14.00 – 14.30 Invited Lecture

' The importance of sports on the rehabilitation of handicaps '
Önder Kayhan, Istanbul, Turkey

14.30 – 15.30 Free Paper Presentation & Discussion

Moderator : **Füsun Toraman, Antalya, Turkey**

Paper # 34 N. Ün, F. Erbahçeci, N. Ergun
Physical fitness on mentally retarded children

Paper # 35 E. Marinov
Adaptation changes in the cardiovascular system of mentally deficient children of the eretic and Torpid type under effect of kynesitherapy

Paper # 36 B. T. Şener, E. Merih, K. Öztürk, S. Ayanoğlu
Evaluation of arthroscopic knee surgery experience in amateur sportsmen

Paper # 37 M. Enginsu, F. Yakıcı
Meniscus repair with T-fix anchor sutures

Paper # 38 X B. Zeren, M. Gürsoy
Injury that follows the ecstasy that soccer players experience after having scored : ' Ecstasy Injuries in soccer '

15.30 – 16.00 COFFEE BREAK

16.00 – 17.00 Free Paper Presentation & Discussion

Moderator : **Bülent Zeren, İzmir, Turkey**

Paper # 39 K. Kostov, I. Petkov
Method for foot extensors strength enhancement upon fracture

Paper # 40 G. Leba, Z. Tulum, N. Gelecek
Functional results of physiotherapy program on the lateral ligament injuries of the ankle

Paper # 41 B. Akova, H. Gür, Z. Pündük, S. Küçükoğlu
Effects of age on the reciprocal peak torque ratios during knee muscle contractions in elite soccer players

Paper # 42 N. Balci, S. Çubukçu, M. Beyazova
The relation of plantar arch degree with the isokinetic muscle strength of ankle muscle

Paper # 43 L. C. Nitu, G. Popa
Rehabilitation of athletic injuries and readmission

17.00 – 18.00 Instructional Course

' Examination of the shoulder, shoulder problems in athletes'
Mehmet Demirhan, İstanbul, Turkey

Friday, 30 April 1999 – ALADAĞ HALL

Moderators : **A. Turan Aydın, Antalya, Turkey**
Levent Köstem, İzmir, Turkey

08.30 – 09.00 Invited Lecture

' The principles and timing of return to sports after sports injuries'
David Stone, Pittsburgh, USA

09.00 – 10.30 Round Table Discussion

' The experience of medical team in Turkey '

Chairman **Mehmet Nane, Mersin, Turkey**

Participants **M. Serdar Binnet, Ankara, Turkey,**
Levent Köstem, İzmir, Turkey
Çetin İşleyen, İzmir, Turkey
Mustafa Karahan, İstanbul, Turkey

10.30 – 11.00 COFFEE BREAK

11.00 - 12.30 Round Table Discussion

' Multidisciplinary approaches in sports injuries'

Chairman **Emin Ergen, Ankara, Turkey**

Participants

Caner Açıkada, *Ankara, Turkey*,
Ziya Kuruç, *Ankara, Turkey*
Hüsrev Turnagöl, *Ankara, Turkey*
Gül Baltacı, *Ankara, Turkey*

12.30 ADJOURN

Tuesday, 27 April 1999 – TURKUAZ HALL

Moderator : Kamil Özer, *Antalya, Turkey*

10.00 – 10.30 Lecture

' Skeletal muscle myosine responses to exercise'
Haydar Demirel, *Ankara, Turkey*

10.30 – 11.00 Lecture

' Electromyographic investigations in sports science and sports medicine'
Ali Murat Zergeroğlu, *Ankara, Turkey*

11.00 - 12.30 Round Table Discussion

' Fatigue and performance'

Chairman Sedat Muratlı, *Antalya, Turkey*

Participants Emin Ergen, *Ankara, Turkey*,
Hakan Gür, *Bursa, Turkey*
Caner Açıkada, *Ankara, Turkey*

13.00 – 14.00 LUNCH

14.00 – 15.30 Free Paper Presentation & Discussion

Moderator : Oğuz Karamızrak, *İzmir, Turkey*

Paper # 44 C. Dinç, O. Turan, T. Şahinkaya, A. Yazıcı, M. Ünal, C. Güler, İ. Yücesir, A. Kayserilioğlu
The effect of chronic aerobic and anaerobic exercises on serum lipid and lipoprotein profile in sedentary men

Paper # 45 F. Turgay, S.O. Karamızrak, H. İşlek, S. Kızıldağ, H.T. Sessiz, Ş. Acarbay
Effects of steady-state exercise at the aerobic and anaerobic thresholds on serum CK and LDH activities

Paper # 46 O. Özçelik, H. Keleştimur
Effects of acute hypoxia on non-invasive lactate threshold estimation

Paper # 47 H. Sayan, N.A. Güzel, D. Erbaş, İ. Yarım, B. Gönül
Effects of high-altitude expedition on erythrocyte lipid peroxidation and superoxide dismutase levels

Paper # 48 H. Gür, E. Sürmen, E. Öztürk, Z. Pündük
Effect of vitamin E supplementation on post-exercise plasma lipid peroxidation and blood antioxidant status in smokers : With special reference to hemoconcentration effect

- Paper # 49** N. Gündüz, Y. Sevim, T. Hazır
Investigation of the difference of the maximal Lactic acid and anaerobic treshold level changes of the elite handball players among pre-in-after season periods
- Paper # 50** İ. Cicioğlu, K.Tamer, C. Çevik, E. Düzgün
The effects of sodium bicarbonate ingestion in different dosage on high intensity exercise performance
- Paper # 51** G. Büyükyazı
Effect of different aerobic training on growth and cortisol hormones of 15-16 year-old male basketball players
- Paper # 52** T. Aydın, Y. Yıldız, C. Özgürbüz, H. Yağmur, Ü. Genç, T.A. Kalyon
Physiological profile of the elite military pentathlon team
- 15.30 – 16.00** COFFEE BREAK
- 16.00 – 17.00** Free Paper Presentation & Discussion
- Moderator : **Hakan Gür, Bursa, Turkey**
- Paper # 53** M.A. Ziyagil, E. Zorba, O. İmamoğlu, S. Bozatlı
Effects of age, sex and exercise habits on speed and anaerobic power in 6-14 yaers old children
- Paper # 54** S. Savaş, S. Akkurt
Comparision of the effect of interval training at sea level and high altitute on some physical parameters
- Paper # 55** M. Ünal, S. Erdem, G. Deniz, A. Kayserilioğlu, M. Araslı
The effect of acute aerobic and anaerobic exercise on immun parameter
- Paper # 56** F. Çiloğlu, İ. Peker
Effects of small amount of weight loss and low-intensity aerobic exercise on biochemical parameters and blood pressure
- Paper # 57** F. Çiloğlu, İ. Peker, Z. Bulca
The correlation between presumed physical fitness and estimated max Vo2 level using the astrand test
- Paper # 58** Y. Yıldız, T. Aydın, A. Balkan, H. Yağmur, Ü. Genç, T.A. Kalyon, H. Bilgiç
Anaerobic threshold parameters in exercise induced asthma

17.00 – 18.00 Instructional Course

' Body type and build in sports'

Kamil Özer, Antalya, Turkey

Wednesday, 28 April 1999 – TURKUAZ HALL

Moderator : **Caner Açıkada, Ankara, Turkey**

08.30 – 09.00 Invited Lecture

' Metabolic adaptations to physical activity in children '

Andreas Grund, Kiel, Germany

09.15 – 09.45 Lecture

' Investigations about loading and training principles in children'
Sedat Muratlı, Antalya, Turkey

09.45 – 10.00 COFFEE BREAK

10.00 – 10.30 Lecture

' Principle of carbohydrate intake in endurance exercise'
Oğuz Karamızrak, İzmir, Turkey

10.30 – 11.30 Free Paper Presentation & Discussion

Moderator : **Ahmet Ertat, İzmir, Turkey**

Paper # 59 K. Gökdemir
The acute effect of high altitude on some physiological parameters of adult sedanters

Paper # 60 N.A. Güzel, Ö. Şenel
Effects of high altitude endurance training on some performance, respiration and blood parameters of cross country skiers

Paper # 61 O. Genç, G. Turgut, G. Vural, B. Kaptanoğlu, O. Göde
Comparison of the vital capacity and hand grip of right and left footed soccer players

Paper # 62 T. Şahinkaya, C. Güler, İ. Yücesir, C. Dinç, M. Ünal, C. Dinçer, C. Türkel, A. Kayserilioğlu
The effects of knee extension / flexion and ankle plantar/dorsiflexion isokinetic exercises to explosive power of sedantary men

Paper # 63 G. Öztürk, C. Güler, A. Yazıcı, T. Şahinkaya, C. Dinç, İ. Yücesir, M. Ünal, A. Kayserilioğlu
The effects of isometric knee extension training programs with different frequencies to anaerobic power

Paper # 64 İ. Yücesir, T. Demiralp, A. Kayserilioğlu
Electro – physiological evaluation of visual attention of basketball referees

11.30 – 12.00 COFFEE BREAK

12.00 – 13.00 Invited Lecture (Aladağ Hall)

13.00 – 14.00 LUNCH

Moderator : **Çetin İşleyen, İzmir, Turkey**

14.00 – 14.30 Lecture

' Creatine and its effect on performance'
Rüştü Güner, Ankara, Turkey

14.30 – 15.30 Free Paper Presentation & Discussion

Paper # 65 M. Ünal, T. Şahinkaya, C. Dinç, A. Yazıcı, C. Güler, İ. Yücesir, B. Bayraktar, A. Kayserilioğlu
Evaluation of wingate results of professional male football players and sedantary male

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- Paper # 66** E. Zorba, M. A. Ziyagil, İ. Erdemir
Comparing some physiological and anthropometric structures of Russian and Turkish national box teams
- Paper # 67** Ö. Şenel, N. A. Güzel
Comparison of some physical and physiological parameters of 19 Balkan national badminton teams and relationship with teams success
- Paper # 68** T. Kocahan, M. Zoghi, E. Ercan, Ç. İşlegen, C. Soydaş
Ventricular late potentials in veteran athletes
- Paper # 69** M.F. Acar, B. Özçaldıran, B. Durmaz, H.K. Gücü, M.Z. Özkol, F. Çatıkkaş, M.Y. Acar
Physiological characteristics and endurance performance of elite triathletes

15.30 – 16.00 COFFEE BREAK

16.00 - 17.00 Instructional Course

' Anaerobic threshold test and interpretation of the results'

Caner Açıkada, Ankara, Turkey

Tahir Hazır, Ankara, Turkey

Thursday, 29 April 1999 – TURKUVAZ HALL

08.30 – 10.30 Free Paper Presentation & Discussion

Moderator : **Caner Açıkada, Ankara, Turkey**

- Paper # 70** C. Tınazcı, M. Çilli
The effect of plyometric training on the jumping ability and on some anthropometric characteristics of 14-16 years old male basketball players
- Paper # 71** B. Nursal, A. Hasbay, G. Ersoy, G. Pekcan
Evaluation of anthropometric measurements of children and adolescents attending to summer schools in Ankara
- Paper # 72** A. Tekelioğlu, K. Tamer, U. Erkan, Z. Güneş, R. Genç, P. Ufuk
Vertical jump, 30 m sprint and 20 m shuttle run performances of 11.5 to 14 years old wrestlers, Soccer players and school boys
- Paper # 73** C. Tınazcı, M. Çilli
A pre-study of examining some physiologic and kinematic differences during jumping exercises
- Paper # 74** H. Ertan, C. Açıkada
The evaluation of clicker reaction time, flying time, and average speed with and without target face Among Turkish archers
- Paper # 75** M. Çilli, C. Tınazcı, Y. Taşkıran
Finding the force of loading during depth jumping done with and without extra weight
- Paper # 76** H. Başak, F. Toraman
Postural deviations of handball players

10.30 – 11.00 COFFEE BREAK

11.00 – 13.00 Free Paper Presentation & Discussion

Moderator : **Emin Ergen, Ankara, Turkey**

- Paper # 77** S. Morali, B. Doğan
An investigation of levels of physical self-perception profiles in elite athletes
- Paper # 78** E. Konter, A. Doğanay
Adaptation of the athletic coping skills inventory – 28 to Turkish soccer players
- Paper # 79** E. Konter, A. Doğanay
Analysis of some psychological skills of soccer players according to their gender
- Paper # 80** Z. Koruç, E. Çağlar, P. Bayar
Personality characteristics of the male players in the junior and senior handball national team
- Paper # 81** E. Konter, A. Doğanay
Analysis of some psychological skills of soccer players according to being amateur and professional
- Paper # 82** M.S. Terekli, H. Katırcı, M. Erkan, E. Heper
The importance of socio-cultural factors in the development of women athletes
- Paper # 83** Z. Koruç, E. Çağlar, P. Bayar
Personality characteristics of the male players in the junior and senior handball national team
- Paper # 84** M.T. Amman
A great sociologist who is unknown in Turkey : Norbert Elias and his contribution to the sociology of sport
- Paper # 85** M.T. Amman
A general analysis of sociological theories in sports
- Paper # 86** N.H. Korkmaz, S. Paker, A. Apaydın, Ş. Koparan, A. Doğan
A study on the level of nutrition knowledge and habits of amateur soccer players in and around Bursa
- Paper # 87** H. Öztekin
How to use the internet resources in orthopaedics and sports medicine
- Paper # 88** M.Z. Taşyürek, M. Gürsoy
The health service organization model in soccer stadium

13.00 ADJOURN