



ESMA
ESSKA SPORTS
MEDICINE
ASSOCIATION



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 Cigercioglu



Nurzat Elmalı



Olcay Güler



Onur Gültekin



Onur Turan



Osman Görkem Muratoğlu



Osman Tuğrul Eren



Ömer Taşer



Selami Çakmak



Sergen Devran



Serkan Sürücü



Şahan Dağlar



Şebnem Nur Alkan



Tayfun Aman



Volga Bayrakçı Tunay



Yaman Sarpel

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 Bayrakçı Tunay

- 11:00-11:12 ACL Injuries in Young Football Players: Epidemiology and Risk Profile
11:12-11:24 Evidence-Based Programs for ACL Injury Prevention
11:24-11:36 Return to Sports After ACL Surgery in Professional Football:
Expectations and Realities
11:36-11:48 Return to Performance After ACL Injury
11:48-12:00 Discussion

**Ceyda Sevinç
Thomas Patt**

**Francesco Della Villa
Robert Prill**

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
12:12-12:24 Lateral Extra-articular Procedures
12:24-12:36 Does Rehabilitation After ACL Surgery Vary According to the Procedure?
12:36-12:48 Prevention of Reilnjury (Secondary Prevention)
12:48-13:00 Discussion

**Ömer Taşer
Mahmud Aydın
Robert Prill
Thomas Patt**

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
14:12-14:24 Cartilage-Preserving Surgery
14:24-14:36 Alignment Matters: When Should Osteotomy Be Considered
in the Athlete?
14:36-14:48 Biological Augmentation in Surgery
14:48-15:00 Discussion

**Serkan Sürücü
Lokman Kehribar
Ahmet Emin Okutan**

Selami Çakmak

PROGRAMME

15:00-16:00 SESSION VI

HIP, GROIN, ANKLE AND ACHILLES

Moderator: Bülent Bayraktar, Olcay Güler

- 15:00-15:12 Hip Health in Young Athletes
15:12-15:24 Groin Injuries: Prevention and Return to Performance
15:24-15:36 Ankle Injuries: Current Treatment and Return to Running
15:36-15:48 Achilles Tendon Injuries
15:48-16:00 Discussion

Onur Turan
Şebnem Nur Alkan
Cem Yıldırım
Hasan Ceylan

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 Çiğercioğlu

- 16:15-16:27 Artificial Intelligence and Sports Medicine
16:27-16:39 Predicting Injury Risk with Wearable Technologies
16:39-16:51 Sleep, recovery and athlete health
16:51-17:03 Orthobiologics: Can We Prevent ReInjury?
17:03-17:15 Discussion

Onur Gültekin
Engin Şimşek
Osman Gökem Muratoğlu
Şahan Dağlar

17:15-17:45 SESSION VIII

ESSKA-ESMA ACL INJURY PREVENTION PROGRAM FOR CHILDREN AND ADOLESCENTS

Moderator: Mehmet Aşık, Nurzat Elmalı

- 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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