



**TURKISH SOCIETY OF SPORTS
TRAUMATOLOGY ARTHROSCOPY AND
KNEE SURGERY
ISTANBUL BRANCH**



9th FALL MEETING

“Joint Protecting Methods and Biological Solutions”

September 27 - 28, 2019

Istanbul Military Museum and Cultural Center

SCIENTIFIC PROGRAM

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27 September 2019, Friday

Hall 1

08:00 - 08:30 OPENING

08:00 - 08:10	President of TOTBİD	<i>İrfan Öztürk</i>
08:10 - 08:20	President of TUSYAD	<i>Özgür Ahmet Atay</i>
08:20 - 08:25	TUSYAD İstanbul Branch Executive Board	<i>Önder Kılıçoğlu</i>
08:25 - 08:30	President of 9 th Fall Meeting	<i>Nurzat Elmalı</i>

08:30 - 09:15 Panel - 1: Biological solutions in anterior cruciate ligament injuries

Moderator: Uğur Haklar

08:30 - 08:37	Do regenerative approaches affect the natural process in ACL injuries?	<i>Selami Çakmak</i>
08:37 - 08:44	How effective is the primary repair? Scientific evidence?	<i>Uğur Haklar</i>
08:44 - 08:51	Biological healing of grafts (Hamstring, BTB, Allograft)	<i>Umut Akgün</i>
08:51 - 08:58	Applications of regenerative medicine in ligamentization, scientific evidence?	<i>Berkin Toker</i>
08:58 - 09:05	Does rehabilitation helps healing after ACL surgery?	<i>Defne Kaya</i>
09:05 - 09:15	Discussion	

09:15 - 09:30 Conference - 1: Does ACL reconstruction prevents osteoarthritis?

Moderator: Uğur Haklar

Speaker: Halit Pınar

09:30 - 09:45 Debate - 1: 25 years old football player has single-bundle posterolateral injury – instability in his ACL. What do you perform?

Moderator: Halit Pınar (Case Presentation)

09:35 - 09:40	I perform partial reconstruction (Single Bundle)	<i>Hasan Bombacı</i>
09:40 - 09:45	I perform total reconstruction	<i>Tuğrul Eren</i>

09:45 - 10:30 Panel - 2: Meniscus preserving approaches

Moderator: Bülent Aksoy

09:45 - 09:52	Why should we preserve ?	<i>Engin Çetinkaya</i>
09:52 - 09:59	Repair methods	<i>Murat Çakar</i>
09:59 - 10:06	Methods to improve healing in meniscus repair	<i>Şükrü Sarper Gürsu</i>
10:06 - 10:13	Repairing complex tears	<i>İsmail Türkmen</i>
10:13 - 10:20	Degenerative meniscus tears	<i>Bülent Aksoy</i>
10:20 - 10:30	Discussion	

10:30 - 11:00 Coffee Break

11:00 - 11:45 Panel - 3: Regenerative therapies in osteoarthritis (definitions and evidence levels)

Moderator: Tuğrul Eren

11:00 - 11:08	Cellular therapies (PRP, PRGF, PRF, Cytokine)	<i>İstemi Yücel</i>
11:08 - 11:16	Cellular therapies (SVF, BMAC, MSC)	<i>İşık Akgün</i>
11:16 - 11:24	Drug-based treatments (Hyaluronic acid, Steroid, Prolotherapy, Ozone)	<i>Ahmet Aybar</i>
11:24 - 11:32	Using of oral food supplements (nutraceutical)	<i>Tuğrul Eren</i>
11:32 - 11:45	Discussion	

11:45 - 12:00 Conference - 2: Patient related factors in using of biological products obtained from blood

Moderator: Önder Kılıçoğlu

Speaker: Demirhan Dıraçoğlu

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Hall 1

12:00 - 12:30 Case-based discussion session - 1 (Knee): Joint injections in osteoarthritis; to whom , when, which injection, how do i perform ?

Moderator: Önder Kılıçoğlu

Debators : Işık Akgün, Tahsin Beyzadeoğlu, Mahir Mahiroğulları, Mehmet Erdil

12:30 - 13:00 Lunch

13:00 - 13:30 Work Shop 1

13:30 - 14:00 Work Shop 2

14:00 - 14:45 Panel - 4: Approach to painful hip

Moderator: Mehmet Aşık

14:00 - 14:07 FAI is the cause of osteoarthritis?

Selçuk Örsel

14:07 - 14:14 The treatment algorithm of femoroacetabular impingement
(To whom, which approach? Arthroscopic / Miniopen / Safe Dislocation)

Mehmet Aşık

14:14 - 14:21 How do we treat hip labrum pathologies today?

Ahmet Fırat

14:21 - 14:28 Patients whom I will never perform arthroscopy again

Bariş Kocaoğlu

14:28 - 14:35 Does surgical treatment in patients with chondropathy prevent osteoarthritis?

Sarper Çetinkaya

14:35 - 14:45 Discussion

14:45 - 15:00 Conference - 3: Every hip pain is not FAI. Extraarticular pathologies in the hip

Speaker: Gökhan Polat

15:00 - 15:30 Case-based discussion session - 2 (Hip):

Moderator: Mehmet Aşık

Debators: İbrahim Tuncay, Cengiz Şen, Sarper Çetinkaya, Gökhan Polat

15:30 - 16:00 Coffee Break

16:00 - 16:45 Panel - 5: Biological solutions in rotator cuff pathology

Moderator: Mehmet Demirtaş

16:00 - 16:06 The natural course of rotator cuff lesions

Abdullah Demirtaş

16:06 - 16:12 Treatment algorithm in rotator cuff pathologies

Ata Can Atalar

16:12 - 16:18 Can we make a biological contribution to rotator cuff healing?
(Microfracture, PRP, BMAC)

Kerem Bilsel

16:18 - 16:24 Can fatty degeneration be reversed by regenerative methods?

Bariş Kocaoğlu

16:24 - 16:30 Intra-articular injections in shoulder joint osteoarthritis

Hakan Turan Çift

16:30 - 16:36 Joint preserving treatments in unsuccessful interventions -
(Re-repair, SCR, tendon transfer)

Ali Erşen

16:36 - 16:45 Discussion

16:45 - 17:00 Conference - 4: How to prevent failure and rerupture after rotator cuff repair

Moderator: Ata Can Atalar

Speaker: Mehmet Demirtaş

17:00 - 17:30 Case-based discussion - 3 (Shoulder)

Moderator: Mustafa Özkan

Debators: Mehmet Demirtaş, Merter Özenci, Taner Güneş, Nuri Aydın, Kerem Bilsel

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Hall 2

11:00 - 11:35 Panel - 5: My technique (Video Presentation)

Moderator: Kadir Ertem

11:00 - 11:06	Open Latarjet	Mehmet Kapıcıoğlu
11:06 - 11:12	Arthroscopic Latarjet	Kerem Bilsel
11:12 - 11:18	Arthroscopic Bankart repair	İlker Eren
11:18 - 11:24	Arthroscopic rotator cuff repair	Murat Gül
11:24 - 11:30	Arthroscopic AC joint fixation	Burak Yağmur Öztürk
11:30 - 11:35	Discussion	

11:35 - 11:50 Debate-2: Anterior shoulder dislocation 15% bone defect, first surgery, what do you perform?

Moderator: Kadir Ertem

I do arthroscopic Bankart	Kerem Canbora
I perform Latarjet procedure	Mustafa Özkan

11:50 - 12:05 Conference - 5: Overuse injuries in adolescent athletes

Moderator: Merter Özenci

Speaker: Bülent Bayraktar

12:05 - 12:30 Panel - 6: Pediatric knee problems

Moderator: Merter Özenci

12:05 - 12:12	Osteochondritis dissecans	Burak Demirağ
12:12 - 12:19	ACL / PCL injuries	Merter Özenci
12:19 - 12:26	Patellofemoral instability	Hasan Tatari
12:26 - 12:30	Discussion	

12:30 - 13:00 Lunch

13:00 - 13:30 Work Shop 3

13:30 - 14:00 Work Shop 4

14:00 - 14:45 Panel - 7: My technique (Video Presentation)

Moderator: Yavuz Kocabey

14:00 - 14:06	Primary repair of the ACL	Mahir Mahiroğulları
14:06 - 14:12	All inside reconstruction of the ACL	Yavuz Kocabey
14:12 - 14:18	Posterolateral corner reconstruction	Gökhan Polat
14:18 - 14:24	Posterior Cruciate Ligament - Arthroscopic reconstruction	Ömer Taşer
14:24 - 14:30	Meniscus ramp lesion repair	Alper Kaya
14:30 - 14:36	Repair of medial meniscus root tear with anchor	Taner Güneş
14:36 - 14:45	Discussion	

14:45 - 15:00 Conference - 6: Meniscus root tears

Moderator: Hasan Öztürk

Speaker: Alper Kaya

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Hall 2

15:00 - 15:15 Conference - 7: Meniscus ramp lesion

Moderator: *Hasan Öztürk*

Speaker: *Mehmet Erdil*

15:15 - 15:30 Conference - 8: Discoid meniscus

Moderator: *Hasan Öztürk*

Speaker: *Özgür Ahmet Atay*

15:30 - 16:00 Coffee Break

16:00 - 16:45 Panel - 8: Talus osteochondral lesion

Moderator: *Tahir Ögüt*

16:00 - 16:07 Natural course of osteochondral lesions of talus

Esat Uygur

16:07 - 16:14 Treatment algorithm

Engin Eceviz

16:14 - 16:21 Methods preserving the articular cartilage (primary fixation, retrograde drilling) *Önder Kılıçoğlu*

16:21 - 16:28 Repairing with fibrocartilage; improved healing interventions in microfracture *Emre Baca*

16:28 - 16:35 Reconstruction with hyaline cartilage

Nurettin Heybeli

16:35 - 16:45 Discussion

16:45 - 17:00 Conference - 9: Approach to acute and chronic ankle ligament injuries; current choices

Moderator: *Kaya Akan*

Speaker: *Devrim Akseki*

17:00 - 17:10 Conference -10: Hindfoot endoscopy

Moderator: *Kaya Akan*

Speaker: *Tahir Ögüt*

17:10 - 17:20 Conference-11: Using insoles in athletes

(Correction of pressure disorders with athlete-specific equipment)

Moderator: *Kaya Akan*

Speaker: *Semih Ayanoğlu*

17:20 - 17:30 Conference-12: Stress fractures around foot and ankle

Speaker: *Kaya Akan*

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Hall 1

08:30 - 09:05 Panel - 9: Current treatment modalities in focal cartilage lesions of the knee

Moderator: Murat Bozkurt

- 08:30 - 08:36 The natural course of cartilage lesions *Göksel Dikmen*
08:36 - 08:42 Cartilage repair treatment algorithm in athletes *Gökhan Meriç*
08:42 - 08:48 Acellular scaffold roof implants *Çetin Işık*
08:48 - 08:54 Single-stage cell based therapies (BMAC, SVF, Juvenile minced cartilage) *Mehmet Can Ünlü*
08:54 - 09:00 Two-stage cell-based therapies (MACI - Autologous cultured stem cell) *Murat Bozkurt*
09:00 - 09:05 Discussion

09:05 - 09:30 Case-based discussion session - 4 (Knee): Focal cartilage lesion

Moderator: Nurzat Elmalı

Debaters: Murat Bozkurt, Cem Nuri Aktekin, Uğur Haklar, Işık Akgün, Mahir Mahiroğulları

09:30 - 09:45 Conference - 13: How does subchondral bone affects cartilage and cartilage repair?

Moderator: Mustafa Karahan

Speaker: Henning Madry

09:45 - 10:00 Conference - 14: Regenerative medicine and stem cell applications: Does it increase musculoskeletal system's regenerative capacity? Do we have sufficient evidence? Facts and legends

Moderator: Mustafa Karahan

Speaker: Henning Madry

10:00 - 10:15 Conference - 15: Joint preservation treatment of glenohumeral joint in young active patients with osteoarthritis

Speaker: Mustafa Karahan

10:15 - 10:30 Conference - 16: Early osteoarthritis; clinical and experimental study data

Moderator: Mustafa Karahan

Speaker: Henning Madry

10:30 - 11:00 Coffee Break

11:00 - 11:50 Panel - 9: Joint preservation surgery in middle aged patients with knee joint osteoarthritis

Moderator: İrfan Esenkaya

- 11:00 - 11:07 The effects of alignment on the knee joint *Atilla Kocabaş*
11:07 - 11:14 High tibial osteotomy; new indications and techniques *İrfan Esenkaya*
11:14 - 11:21 Double osteotomy; when, to whom? *Bora Bostan*
11:21 - 11:28 Effects of osteotomy on the ankle and hip joint *Sefa Müezzinoğlu*
11:28 - 11:35 Femoral osteotomy in Valgus knee *Fatih Yıldız*
11:35 - 11:42 Treatment in unstable arthrosis *Olcay Güler*
11:42 - 11:50 Discussion

11:50 - 12:00 Conference - 17: For whom? Osteotomy versus Unicondylar arthroplasty

Speaker: Tolga Tüzüner

12:00 - 12:30 Case-based discussion session - 5 (Knee): Osteotomies around knee joint

Moderator: İrfan Esenkaya

Debaters: Cengiz Şen, İbrahim Tuncay, Hasan Bombacı, Sefa Müezzinoğlu

12:30 - 13:00 Lunch

13:00-13:30 Work Shop 5

13:30-14:00 Work Shop 6

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Hall 1

14:00 - 14:35 Panel - 10: Patellofemoral instability

Moderator: Mahmut Nedim Doral

14:00 - 14:06	Treatment algorithm for patellofemoral instability	<i>İbrahim Tuncay</i>
14:06 - 14:12	MPFL reconstruction	<i>Ersin Erçin</i>
14:12 - 14:18	Tibial tubercle osteotomy	<i>Ömer Naci Ergin</i>
14:18 - 14:24	Rotational osteotomies	<i>Gökçer Uzer</i>
14:24 - 14:30	Problems in instability surgery	<i>Ramazan Akmeşe</i>
14:30 - 14:35	Discussion	

14:35 - 15:05 Panel - 11: Degenerative arthritis of the patellofemoral joint

Moderator: Mahmut Nedim Doral

14:35 - 14:41	Differential diagnosis of anterior knee pain	<i>Gökay Görmeli</i>
14:41 - 14:47	The treatment algorithm of patellofemoral degenerative arthritis	<i>Mahmut Nedim Doral</i>
14:47 - 14:53	Patellofemoral joint rehabilitation in conservative treatment	<i>Dilber Coşkunsu</i>
14:53 - 14:59	The place of injections in conservative treatment	<i>Mehmet İşyar</i>
14:59 - 15:05	Surgical treatments other than arthroplasty	<i>Hüseyin Yercan</i>

15:05 - 15:30 Case-based discussion session - 6 (Knee): Patellofemoral instability and arthrosis

Moderator: Mahmut Nedim Doral

Debaters: Hüseyin Yercan, Emin Taşkıran, Sinan Karaoğlu, İlhan Özkan

15:30 - 16:00 Coffee Break

16:00 - 16:15 Conference - 18: Problems and solutions during ACL surgery

Speaker: Ömer Taşer

16:15 - 17:00 Current debates in the treatment of anterior cruciate ligament injuries

Moderator: Ömer Taşer

16:15 - 16:22	Are there any differences between surgical techniques? Scientific evidence? (All inside- Anteromedial portal-transstibial)	<i>Emin Taşkıran</i>
16:22 - 16:29	Whom should we do ALL reconstruction?	<i>Egemen Turhan</i>
16:29 - 16:36	Reasons of failure after primary ACL reconstruction	<i>Sinan Karaoğlu</i>
16:36 - 16:43	Tips for revision ACL reconstruction	<i>Mehmet Aşık</i>
16:43 - 16:50	Individualizing rehabilitation and evaluation criterias for return to sports after ACL surgery	<i>Tolga Aydoğ</i>
16:50 - 17:00	Discussion	

17:00 - 17:30 Closing

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Hall 2 (Physiotherapy Joint Session)

- 08:30 - 09:30 Debate: Conservative treatment against surgery**
Moderators: Özgür Ahmet Atay, Defne Kaya
- 08:30 - 08:50 Conservative treatment against surgery in acute ACL injuries *Özgür Ahmet Atay/Gülcan Harput*
08:50 - 09:10 Conservative treatment against surgery in Achilles tendon rupture *Önder Kılıçoğlu/Defne Kaya*
09:10 - 09:30 Conservative treatment against surgery in Rotator cuff tears *Mehmet Demirtaş/İrem Düzgün*
- 09:30 - 09:45 Conference - 19: The contribution of ortobiologics to results of physiotherapy in osteoarthritis**
Moderator: Cem Nuri Aktekin
Speaker: Derya Çelik
- 09:45 - 10:00 Conference - 20: Motor learning concept in orthopedics : How effective in preventing injury?**
Moderator: Yıldız Analay Akbaba
Speaker: Nuray Alaca
- 10:00 - 10:30 Panel - 13: Architecture around joint**
Moderators: Mehmet Erdil, İpek Yeldan
- 10:00 - 10:07 Tendon architecture - principles of loading in patellar tendinopathy *Sezen Karabörklü Argut*
10:07 - 10:14 Muscle architecture - the role in rotator cuff injuries *Tüzün Fırat*
10:14 - 10:21 Cartilage architecture - rehabilitation after cartilage surgery in the ankle *İpek Yeldan*
10:21 - 10:30 Discussion
- 10:30 - 11:00 Coffee Break**
- 11:00 - 11:30 Panel - 14: Current approach to the achilles tendon problems**
Moderator: Kaan Irgit
- 11:00 - 11:06 Insertional Achilles tendinitis *Kaya Akan*
11:06 - 11:12 Regenerative methods in Achilles tendinopathy *Kerem Ülkü*
11:12 - 11:18 Achilles tendon rupture, surgical treatment *Akın Turgut*
11:18 - 11:24 Neglected Achilles tendon rupture *Kaan Irgit*
11:24 - 11:30 Discussion
- 11:30 - 12:00 Panel - 15: My technique: (Video Presentation)**
Moderator: Nurettin Heybeli
- 11:30 - 11:37 Talus osteochondral lesion – mosaicplasty *Sarper Çetinkaya*
11:37 - 11:44 Anterolateral instability Brodström - Gould procedure (Open primary repair) *Devrim Akseki*
11:44 - 11:51 Hindfoot endoscopy *Mustafa Ürgüden*
11:51 - 12:00 Discussion
- 12:00 - 12:10 Conference - 21: Peroneal tendon problems: Anatomy to surgery**
Moderator: Mustafa Ürgüden
- 12:10 - 12:30 Case-based discussion session - 7: Early-middle stage osteoarthritis in ankle**
Moderator: Nurettin Heybeli
Debaters: Mustafa Ürgüden, Kerem Ülkü, Kaan Irgit

28 September 2019, Saturday

Hall 2 (Physiotherapy Joint Session)

12:30 - 13:00 Lunch

13:00 - 13:30 Work shop 7

13:30 - 14:00 Work shop 8

14:00 - 14:50 Panel - 16: My technique: (Video Presentation)

Moderator: *Gökhan Polat*

14:00 - 14:06	FAI - Arthroscopic surgery	<i>Mehmet Aşık</i>
14:06 - 14:12	FAI - Peripheral compartment arthroscopy	<i>İbrahim Tuncay</i>
14:12 - 14:18	FAI - Mini open technique	<i>Nurzat Elmali</i>
14:18 - 14:24	MPFL reconstruction	<i>İlhan Özkan</i>
14:24 - 14:30	Physéal- sparing ACL reconstruction	<i>Umut Akgün</i>
14:30 - 14:36	BMAC, SVF, PRP preparation	<i>Ahmet Can Erdem</i>
14:36 - 14:50	Discussion	

14:50 - 15:30 Panel - 17: Osteotomies of the knee - My technique: (Video Presentation)

Moderator: *Mehmet Altun*

14:50 - 14:56	Proximal tibial osteotomy - Open wedge (biplanar)	<i>Nurzat Elmali</i>
14:56 - 15:02	Proximal tibial osteotomy - Open wedge (biplanar-retrotubercular)	<i>İrfan Esenkaya</i>
15:02 - 15:08	Distal femoral osteotomy - Closed wedge	<i>Erdiç Genç</i>
15:08 - 15:14	Concomitant ACL reconstruction and proximal tibial osteotomy	<i>Tahsin Beyzadeoğlu</i>
15:14 - 15:20	<i>Fulkerson tibial tubercle osteotomy</i>	<i>Cengiz Şen</i>
15:20 - 15:30	Discussion	

15:30 - 16:00 Coffee Break

16:00 - 16:35 Panel - 18: Bone marrow edema syndrome and osteonecrosis

Moderator: *Mehmet Altun*

16:00 - 16:06	Definitions and differential diagnosis	<i>Oğuz Poyanlı</i>
16:06 - 16:12	Treatment of bone marrow edema syndrome	<i>Demet Pepele Kural</i>
16:12 - 16:18	Natural coarse and treatment algorithm of avascular necrosis of the femoral head	<i>Cumhur Cevdet Kesemenli</i>
16:18 - 16:24	Joint - preserving surgical treatment methods and regenerative applications for avascular necrosis of the femoral head	<i>Cem Nuri Aktekin</i>
16:24 - 16:30	Treatment of knee osteonecrosis (subchondroplasty, BMAC)	<i>Murat Demirel</i>
16:30 - 16:35	Discussion	

16:35 - 17:00 Case-based discussion session - 8 (Knee-Hip): Prolonged bone marrow edema syndrome - Avascular necrosis

Moderator: *Önder Kılıçoğlu*

Debaters : *Cem Nuri Aktekin, Oğuz Poyanlı, Akın Turgut, Cumhur Cevdet Kesemenli*



FIGÜR
CONGRESS & ORGANIZATION

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