

**TÜRKİYE MİLLİ SPOR HEKİMLİĞİ FEDERASYONU
TURKISH NATIONAL SPORTS MEDICINE
FEDERATION**

5. BALKAN CONGRESS OF SPORTS MEDICINE

İZMİR, 5-7 / 6 / 1981

**EGE ÜNİVERSİTESİ ATATÜRK KÜLTÜR MERKEZİ
EGE UNIVERSITY ATATURK CULTURAL CENTER
İzmir Salonu
KONAK - İZMİR**

P R O G R A M

June 5. Haziran 1981

- 17.30 Açılış töreni
Opening ceremony
- 19.30 Açılış Kokteyli
Şeref Başkanı
Gençlik ve Spor Bakanı
Vecdi Özgül tarafından.
Given by Honorary President
Minister of Youth and Sports
Ada Gazinosu – Fuar

June 6. Haziran 1981

- Ege Üniversitesi Kültür Merkezi
Ege University Cultural Center
- 9.00 – 9.30 I. Theme Kadın ve Spor
Women and Sports
N. Akgün, Turkey
- 9.30 – 10.00 II. Theme Güreş ve Hekimlik
Sports and Medical Problems of wrestling
P. Slanchev, I. Iliev, R. Kossev, Bulgaria
- 10.00 – 10.30 Ara
Break
- 10.30 – 12.30 Tebliğlerin Sunulması
Free Communications

**FARKLI SPOR BRANŞLARINDAKİ SPORCULAR İLE SEDANTER
KİŞİLERİN, İSTİRAHAT, EGZERSİZ VE DİNLENMEDE, SOLUNUM
VE DOLAŞIM PARAMETRELERİNİN KARŞILAŞTIRILMASI**

Hidayet Sarı, Meliha Terzioğlu, Faruk Erdoğan
İ.Ü. Cerrahpaşa Tıp Fakültesi, Fizyoloji ve Biofizik Kürsüsü

**FARKLI SPOR BRANŞLARINDAKİ SPORCULAR İLE SEDANTER
KİŞİLERİN AKCİĞER FONKSİYON TESTLERİNİN
KARŞILAŞTIRILMASI**

Hidayet Sarı, Meliha Terzioğlu, Faruk Erdoğan
İ. Ü. Cerrahpaşa Tıp Fakültesi, Fizyoloji ve Biofizik Kürsüsü

**BLOOD LACTIC ACID LEVELS OF JUDO-KARATE TRAINED AND
NONTRAINED CHILDREN IN MAXIMAL AND SUPRAMAXIMAL
EXERCISES**

Doç.Dr. Mukaddes CANBAZ; Prof.Dr.Nuran GÖKHAN;
Prof.Dr.Mutahhar YENSON

ECG FINDINGS IN LONG DISTANCE RUNNERS

Dr. Fikret DURUSOY

Ege University Medical Fac. Inst. of Sports Medicine

**SPECIFIC ERGOMETRIC TEST FOR DETERMINATION VO
OF COMPETITORS IN UNDERWATER ORIENTATION AND
SWIMMING WITH FINS**

G. Mateev

Higher Institute for Physical Education, Sofia

**1980 AVRUPA GÜREŞ ŞAMPİYONASINA İŞTİRAK EDEN
SERBEST VE GREKO-ROMEN STİLDEKİ 213 GÜREŞÇİDE SERBEST
YAĞ ORANLARININ İNCELENMESİ**

Dr.M. Kaçar, Y. İpbükten

THE IMPORTANCE OF NASAL OBSTRUCTION IN SPORTSMEN

(The value of electrorhinomanometric investigations during severe
effort in operation indications)

Aytaç, R., Cura, O., Günhan, Ö., Ege, Y., Özkul D.

**BURSA ÜNİVERSİTESİ'NE KAYDOLAN YENİ ÖĞRENCİLERİN
SPORLA İLİŞKİLERİ**

Dr. M. Kaçar, A. Yıldırım., Dr.N. Balkır,

**CHARACTERISTICS OF SOME BODY PROPORTIONS OF WOMEN
ATHLETES IN RELATION TO THE PRACTICED KIND OF SPORTS**

E. Zaharieva, Higher Institute of Physical Culture, Sofia

**PHYSIOLOGICAL CHARACTERISTICS OF TOP CLASS WOMEN
ATHLETS**

K. Krastev and I. İliev, Higher Institute of Physical Culture Sofia, Bulgaria

12.30 – 14.00 Ara

Break

14.00 – 14.30

III. Theme. Ekzersiz ve Hormonal Düzenleme
Physical Effort and Endocrine Control
Z. Cioara, V. Stroescu, A. Demeter, Romania

14.30 – 15.00

IV. Theme. Orientation and selection of athletes
Yugoslavia

15.00 – 15.30

Ara
Brake

15.30 – 18.00

Tebliğler
Communications

ADAPTATION OF THE ORGANISM OF WOMEN TO PHYSICAL EFFORTS

E. Zaharieva, Higher Institute of Physical Culture, Sofia

TRIIODOTHYRONINE, THYROXINE AND THYROTROPIN CHANGES DURING BICYCLE TRAINING AND ERGOMETER ENDURANCE TEST

T. Djarova, G. Mateev, B. Zaharieva
Higher Institute for Physical Education, Sofia

SEXUAL HORMONE ACTIVITY IN HIGHLY TRAINED FREE STYLE WRESTLERS AT REST

V. Toshkova, Higher Institute of Physical Culture, Sofia

A COMPARATIVE STUDY OF PHYSICAL DEVELOPMENT AND PHYSICAL FITNESS OF YOUNG BULGARIAN SPORTSMEN AS INDICES FOR SELECTION AND SPORTS ORIENTATION

N. Georgiev, P. Slanchev, Higher Institute of Physical Culture, Sofia

MEDICOBIOLOGICAL ASPECT OF SELECTION AND ORIENTATION IN SPORTS

S. Savov, Clinical Dispensary for Sports Medicine, Plovdiv

ACCIDENTS INVOLVING FANS AT FOOTBALL GAMES

By
G. Vrettos, A. Lioulis, M. Lioungas and P. Contoulacos.

ARTHROSCOPY OF THE KNEE JOINT

V. Tsemanis and M. Liougas.

Asclepion Red Cross Orthopaedic Hospital, Voula, Athens, Greece

**OSTEOCHONDRAL FRACTURES OF THE KNEE JOINT IN
ATHLETES LONG FOLLOW UP**

By Dr. P.S. Pelekis and N. Triantaphyllou

INJURY OF THE KNEE JOINT IN FOOTBALL

By V. Ristic, M. Tasic and Li. Matic

CHARACTERISTICS OF SPORTS INJURIES IN FOOTBALL PLAYERS

N. Dagorov, P. Sianchev – higher Institute of Physical Culture,
Sofia

SPORCULARDA STRESS KIRIKLARI

Dr. Veli Lök, Dr. H. Önçağ, Dr. Erol Barın, Dr. Tamer Gökmar

**INJURIES WITH LAXITY – CONTRACTION OF THE MUSCLE – LI-
GAMENTS SYSTEM OF THE KNEE JOINT IN FOOTBALL-PLAYERS
H' BALAFTSALIS, G. Kulalis, Thessaloniki, GREECE.**

19.30

Kokteyl, İzmir Ticaret Odası tarafından

Cocktail, given by the Chamber of Commerce of İzmir

Fuar Tenis Kulübü

Tenis Club " Fuar "

June - 7 - Haziran 1981

8.30 – 9.00

Futbolda travmatizm,

Sakat oyuncuların tedavi ve rehabilitasyonu

V.Theme. Traumatisme in soccer,

Treatment and rehabilitation of injured players, Greece

9.00 – 12.30

Tebliğler

Communications

**THE ROLE OF ARTHROSCOPY IN DIAGNOSIS AND TREATMENT
OF CARTILAGE INJURIES OF KNEE JOINT.**

G. Kulalis, H. Balaftsalis, Thes/niki Greece

THE CONTRIBUTION OF THE KNEE ARTHROSCOPY IN THE STUDY
OF THE ARTICULAR CARTILAGE LESIONS IN THE ATHLETES.

By NICK ANTONIOU AND NICK KOUNELIS

From the 3. Orthopaedic Clinic of ' Asklipein ' Hospital of the Hellenic
Red Cross, Voula – Athens, Greece.

MENİSCUS AMELİYATLARINDAN SONRA GÖRÜLEN KOMPLİKAS-
YONLAR

Op. Dr. Şükrü Berin, As. Dr. Ercan Atalay, İstanbul SSK hastanesi

ACHILLES TENDONU RÜPTÖRLERİ TEDAVİLERİ

Opr. Dr. Şükrü Berin, Ass. Dr. Vedat Etkul, Ass. Dr. U. Cenap Kılçar,
Ass. Dr. Ercan Atalay, İstanbul S. S. K. Hastanesi

KARPAL TÜNEL SÖNDROMU

Op. Dr. Aziz Çöl, Op. Dr. Şükrü Berin

ÇOCUKLARDA GÖRÜLEN ORTOPEDİK SAKATLIKLARIN TANIMI
VE REHABİLİTASYONU

Op. Dr. Mehmet Erenoğlu, Op. Dr. Recep Şar

KADINLARDA SPOR SAKATLIKLARI VE TEMEL SORUNLARI

Dr. Faruk Duzbin, Dr. J. H. Gerlach

Giessen Üniv. Ortopedi Kliniği

A COMPUTERS'S ANALYSIS OF FOOTBAL INJURIES

By E. Ergen, E. Barın, V. Lök, H. Öncag

Aegean University, Medical Faculty, IZMIR

TREATMENT AND RAHABILITATION AFTER KNEE JOINT DIS-
TORTIONS IN FOOTBALL PLAYERS

N. Dağorov, P. Slanchev - Highen Institute of Physical Culture, Sofia

ÇEŞİTLİ FİZİK TEDAVİ YÖNTEMLERİNDEN SONRA KAS GÜCÜ
DEĞİŞİKLİKLERİ

Uzm. Dr. Nurten Eskiuyurt, Prof.Dr. Güzin Dilşen, Prof. Dr. Abidin kay-
serilioğlu

İstanbul Tıp Fak. Fizik Tedavi ve Rehabilitasyon Kliniği

İstanbul Tıp Fak. Fizyolojisi Kürsüsü

PHYSIOTHERAPY TREATMENT PROGRAMME
FOR KNEE INJURIES

by P. KONTOULAKOS, M. D. , M. LIOUNGAS

EGE TIP FAKÜLTESİ ORTOPEDİ KLİNİĞİNDE YAPILAN DİYAG-
NOSTİK ARTROSKOPİNİN İLK SONUÇLARI

V. Lök, A. Sebik

CARDIAC REHABILITATION AND EXERCISE PRESCRIPTION FOR
CORONARY HEART DISEASE PATIENTS

By Özdemir Karatün

SOMATOTYPE AND PHYSICAL FITNESS OF TURKISH NATIONAL
ATHLETES

By Dr. C. Gürses, Dr. P. Binyıldız

A COMPARISON BETWEEN THE TRANSPATELLAR TENDON AND
THE LATERAL APPROACH TO THE KNEE JOINT DURING ARTH-
ROSCOPY

Ejnar Eriksson, M. D., Ahmet Sebik, M. D.

12.30 – 14.00

Yemek arası

Lunch brake (at the entrance)

14.00

Efes Gezisi (yerlerin ayırılması)

Excursion to Ephesus (booking)

June 8 Haziran 1981

Delegelerin ayrılışı

Departures of delegates.