

TENTATIVE PROGRAMME
NATIONAL SPORT SCIENCE & SPORT MEDICINE SYMPOSIUM 2013

HARI PERTAMA 2/5/2013 (KHAMIS)				
0730AM-0830AM	REGISTRATION			
0830AM-0845AM	WELLCOME NOTE (DATO' DR RAMA)			
0845AM-0930AM	KEY NOTE LECTURE 1: THE BATTLE OF SCIENCES : GETTING THE MOST OUT OF ATHELETES (PROF RABINDERJIT SINGH)			
0930AM-1000AM	STRENGTH & CONDITIONING : BIOLOGICAL PRINCIPLES AND FUNCTIONAL APPLICATIONS (DR VICTOR)			
1000AM-1030AM	TEA / BOOTH VISIT			
1030AM-1100AM	BALANCE IN STRENGHTENING & FLEXIBILITY FOR INJURY PREVENTION (DR VICTOR)			
1100AM-1130AM	EXTRINSIC & INTRINSIC FACTORS IN SPORT INJURIES DR HALIM(UMMC)			
1130AM-1200AM	ROLE OF PHYSIOTHERAPY IN SPORT REHAB MDM LEE POH CHIN			
1200N-2000PM	LUNCH / BOOTH VISIT			
VENUE	BILIK MESYUARAT 1 (WORKSHOP) DR HALIM (UMMC)	BILIK SEMINAR PAKAR A WORKSHOP DR ARSHAD (HKL)	BILIK SEMINAR PAKAR B WORKSHOP DR RAJESH SINGH	AUDITORIUM VIDEO PRESENTATION
1400PM-1445PM	TAPING UPPER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	ICON MEDIC (ACL-HAMSTRING)
1445PM-1530PM	TAPING UPPER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	S&N (ACL-BPTB)
1530PM-1615PM	TAPING UPPER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	KARL STORZ (MPFL/ACJ)
1615PM-1700PM	TEA & BOOTH VISIT			
1700PM-1730PM	DATO RAMLAN AZIZ PENASIHAT KEMENTERIAN BELIA DAN SUKAN			
1730PM-1800PM	LIFE AS A WORLD CLASS ATHLETE / CELEBRITY MR AZLAN ISKANDAR (SQUASH)			
1800PM-1930PM	PANEL DISCUSSION MODERATOR : DATO' DR RAMANATHAN / MR WINSON PANELS : DR ARSHAD PUJI / DR HALIM/ DR RAJESH SINGH / DATO RAMLAN/ MR AZLAN <ul style="list-style-type: none"> • Conservative management of injury : balancing the needs of athlete, coaches, greater team management • Role of doctor within the management of team / politic faces within his role • Relationship the doctor has with the coaches & the influences of the coach in return to play over team doctor • The athletes performance team work with the medical team to minimize injury and maximize the recovery process. How do these practioners ensure that all parties are coordinated in this functions. • Pressure facing athletes to perform, building relationship with coach & sport medical team. • Others 			
1930PM-	DINNER			

HARI KEDUA 3 /5/2013 (JUMAAT)				
0730AM-0800AM	REGISTRATION			
0800AM-0845AM	KEYNOTE LECTURE 2 : THE ROLE OF SPORTS MEDICINE IN RECOVERY FROM SPORTS INJURY (DR NAHAR AZMI)			
0845AM-0915AM	NUTRITION IN ENDURANCE SPORT (ENCIK MOHD IZHAM MOHAMAD-ISN)			
ACARA PERASMIAN				
0915AM TO 1000AM	0900AM-0915AM	WELLCOME SPEECH (DATO' DR RAMANATHAN)		
	0915AM-1000AM	PERASMIAN OLEH TAN SRI DR M. JEGATHESAN		
1000AM-1030AM	MORNING TEA / BOOTH VISIT			
1030AM-1100AM	TENDINOPATHY: CURRENT CONCEPTS DR ARSHAD			
1100AM-1130AM	KEEPING SPORTS CLEAN & FAIR (TAN SRI JEGATHESAN)			
1130AM-1200AM	APPLICATION OF STEM CELLS FOR SPORT INJURIES DR SAW KY (KLSMC)			
1200AM-1230AM	MSK SYSTEM USG Dr rajesh singh			
1230AM-1400PM	LUNCH			
VENUE	BILIK MESYUARAT1 (WORKSHOP) DR HALIM (UMMC)	BILIK SEMINAR PAKAR A (WORKSHOP) DR RAJESH SINGH	BILIK SEMINAR PAKAR B (WORKSHOP) DR ARSHAD	AUDITORIUM VIDEO PRESENTATION
1400PM-1445PM	TAPING LOWER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	HUMEDICAL (CUFF TEAR)
1445PM-1515PM	TAPING LOWER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	MALEX (BANKART/ HTO)
1515PM-1600PM	TAPING LOWER LIMB	ULTRA SOUND + INJECTION	ULTRA SOUND + INJECTION	WELLICHEM (BRACES/ORTHOSES)
1600PM-1700PM	TEA / BOOTH VISIT			
TEA				