



**Dr Redzal Abu Hanifah**

Brief description: A Sports Medicine physician, raised in Petaling Jaya Selangor, currently serving with the Sports Medicine Unit, Orthopaedic Department, Queen Elizabeth Hospital Kota Kinabalu, Sabah since 2014. Graduated with MBBS from University of Malaya in 2002, with working experience as a house officer in University Hospital (now known as University Malaya medical Centre) and as a Medical and Health Officer in Kota Belud Maternal and Child Health Clinic for more than 5 years. Enrolled into the Masters in Sports Medicine also in University Malaya from 2010-2014.

Special interest: adolescent sports medicine and sports rehabilitation for musculoskeletal injuries and post arthroscopy.

**Publications:**

1) Abu Hanifah, R., Mohamed, M.N.A., Jaafar, Z., et al., 2013. The correlates of body composition with heart rate recovery after step test: an exploratory study of Malaysian adolescents. PLoS ONE 8 (12), e82893

2) Hanifah RA, Majid HA, Jalaludin MY, Al-Sadat N, Murray LJ, Cantwell M, Su TT, Nahar AM (2014) Fitness level and body composition indices: cross-sectional study among Malaysian adolescent. BMC Public Health 14(Suppl 3):S5