

The Shoulder Webinar

The shoulder can be either too tight, too loose or impinging

In this series of shoulder webinar, a panel of international and multidisciplinary speakers from the USA, UK, and Malaysia will share their experience to help clinicians develop clinically relevant diagnosis, and patient-centered treatment and rehabilitation protocol.

Date:

12 June, 2021, Sat

MMA-CPD
Points will be
awarded

Time:

3:00 – 5:00pm (KL Time)



Scan QR Code
to Register

Series 2 - TOO LOOSE

Part 2 of the shoulder webinar will update on surgical treatment for structural instability and conservative treatment for functional instability. For acute and postoperative management, the new principle of “POLICE” (progressive optimal loading) has moved past the traditional RICE to speed up recovery, enable early return to ADL.

The shoulder has got more mobility and the fastest movement than any other joints in the body. As the shoulder doesn't have much bony stability, a lot of the stability and movement of the shoulder depends on muscle function. The importance of proprioception, neuromuscular training and posture control for shoulder rehabilitation exercises are well recognized, yet not much practiced. Recent research shows these can be improved by modality-assisted exercises in the clinic and at home.



Dr. Chan Kin Yuen | BMedSci (Nott), BMBS (Nott), FRCS (Glasg), FRCS (Tr & Orth), CCST (UK)

Dr Chan Kin Yuen currently is a Consultant Orthopaedic and Trauma Surgeon practicing in Gleneagles Hospital Kuala Lumpur and Subang Jaya Medical Centre, Subang Jaya Selangor. He specializes in Orthopaedic Sports Medicine, shoulder, elbow, knee, and foot and ankle Surgery. His particular interest is in arthroscopic sports surgery involving the knee, shoulder, foot and ankle, shoulder and elbow replacement and unicondylar (partial) knee replacement.

Topic: Overview of Shoulder Instability



Cliff Eaton | MSc, BSc (Hons), MCSP

Cliff Eaton has spent his career working in professional sport at an elite level. He has published in internationally recognised Journals on Sport Specific Rehabilitation. Cliff believes in three core skills advocated by the Chartered Society of Physiotherapists: Manual Therapy, Exercise Therapy and Electrotherapy, combined to provide the best care management for patient.

Topic: Functional Shoulder Instability – The Brain & Proprioception