



Dr Mya Lay Sein is a Sport Physician, Director, Sport Medicine Department, Ministry of Sport and a President of the Sport Medicine Committee (Myanmar). Dr Mya has always been very active in sports, culminating in 15- years of international representation in badminton for Myanmar and now Vice President of the Myanmar Badminton Federation. At the same time she has also studied at Yangon Institute of Medicine (1), graduating with an MBBS in 1982. It is this unique background that has brought her into the field of Sports Medicine. She holds the certificate of the Postgraduate Training Sports Medicine (Singapore Sports Council, Singapore) and also received the degrees of MSpMed (Master of Sports Medicine) and PhD (Sports Medicine & Shoulder) from the University of New South Wales, Australia. She is the National Course Director for Sports Leaders within the framework of the Olympic Solidarity Itinerant Administration School, IOC, giving many lectures for the administrators from various Ministry personnel, departments' personnel, and people from States and Divisions of Myanmar. She is also as the Lecturer, Supervisor, and External examiner for helping the medical students, doctors, MSc students, PhD students, and medical personnel, physiotherapists from Ministry of Health, Defense Service Medical Academy, Ministry of Sports, Ministry of Education, BSc Sport programme Dagon University, Yangon and Yadanarbon University Mandalay, National Sports Federations and also International Sports Federations. Dr Mya has so many experiences in International tournaments as a doctor on duty at the Football, Badminton, Weightlifting and Olympic Games. She was also a council member of the International Badminton Federation. Recently, she is sharing her sport medicine knowledge as a medical and doping control officer, AFC, medical committee member AWF and SEARADO Board member. In 27<sup>th</sup> SEA GAMES Myanmar 2013, she genuinely contributed her experiences in the three different committees, as a Chairperson SEAGF Medical Committee, President of the Anti-Doping Committee, and Chief Medical Officer of the 27<sup>th</sup> SEA GAMES. Her main desire is to develop health and fitness programmes for the youth through Sports and Physical education. She would love to do teaching,

clinical and research for people who are participated in various levels and different disciplines of sports.

International publications:

1. **"Reliability of a New Shoulder Laxometer to Assess Inferior Glenohumeral Joint Translation"**

**Mya Lay Sein**, Richard C Appleyard, Judie R Walton, Timothy Bradley and George A Murrell  
*Br. J. Sports Med.* published online 30 Aug 2007; doi:10.1136/bjism.

2. **"Reliability of MRI assessment of supraspinatus tendinopathy"**

**Mya Lay Sein**, Judie Walton, James Linklater, Craig Harris, Tej Dugal, Richard Appleyard, Brent Kirkbride, Donald Kuah and George A C Murrell *Br. J. Sports Med.* 2007; 41;9-; originally published online 8 Feb 2007; doi:10.1136/bjism.

3. **"Shoulder Pain in Elite Swimmers: Primarily Due to Swim-volume induced**

**Supraspinatus Tendinopathy"** **Mya Lay Sein\***, MBBS, MSpMed, PhD; Judie Walton\*, BSc, PhD; James Linklater‡, MBBS, MedSci, FRANZCR; Richard Appleyard\*, BEng, PhD; Brent Kirkbride†, MAppSci (PT); Donald Kuah‡, MBBS, FACSP; George A.C.Murrell, \* MD, DPhil  
\*Orthopaedic Research Institute, University of New South Wales, St George Hospital,  
‡Castlereagh Imaging, and the †New South Wales Institute of Sport, Sydney, Australia, *B JSM*

**Award**

**Sein ML**, Walton J, Linklater J, Appleyard RC, Kirkbride B, Kuah D, Murrell GAC. Supraspinatus tendinosis and elite swimming training. The Australian Conference of Science and Medicine in Sport, October 2004, Alice Springs.

*Australian Sports Medicine Federation Fellows Awards, Best Poster Clinical Award.*