



Malaysian Association
of Sports Medicine

Organised By:



Sports Medicine Unit
Faculty of Medicine
University of Malaya



Sports Medicine
Ministry of Health Malaysia

Supported By:



KEMENTERIAN PENDIDIKAN TINGGI
Ministry of
Higher Education Malaysia

Souvenir
Programme

1st ASEAN SPORTS MEDICINE CONFERENCE 2015

Enhancing Performance Through
Sports Medicine & Sports Science

Date : 28th to 29th November 2015
Venue: Four Points by Sheraton Puchong

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I would like to express my thanks to the organisers for the invitation to pen a few lines in this souvenir programme book to commemorate the 1st ASEAN Sports Medicine Conference 2015 with the theme *Enhancing Performance Through Sports Medicine & Sports Science*.

First and foremost, Congratulations to the organisers, the Malaysian Association of Sports Medicine, University of Malaya and Organising Committee for your immense effort in putting together this programme.

In today's age, top athletes perform at the peak of their physical, mental and psychological abilities. They are aided by advances in medicine, sports equipment, sports nutrition, sportswear and training equipment. This pushes the boundaries of peak performance at every competition and world records are constantly being broken.

A crucial component that aids the success of each and every athlete's performance is their health. This is where healthcare professionals such as yourselves, in the field of sports medicine and sports science, play a critical role. How important is this? If we look at our National Sports Institute, apart from athletes and coaches; the medical team of sports physicians and sports scientists form a large percentage of the team. They render sports medicine and science services behind the scenes. Their presence and support in each and every sport no doubt contributes to the medals and successes of the team.

The Ministry of Higher Education supports your efforts to develop and nurture future sports doctors and scientists through our institutions of higher education. We encourage the growth of sports medicine, science and management in our universities and look forward to more institutions joining these illustrious faculties.

I would like to make a special mention here that I am pleased to see efforts by the Malaysian Association of Sports Medicine to continue the education of the professionals in this field long after they graduate from the institutions. It is through conferences such as this that we gain valuable knowledge and keep up with the development of sports medicine and sports science in our country and region.

Just as importantly, I welcome the Presidents and representatives of the sports medicine associations from our neighbouring countries Brunei, Indonesia, Myanmar, Philippines, Singapore and Thailand. We hope your presence in this meeting will kick-start further collaborations between our countries and propel the development of sports in our region.

I wish all conference participants, speakers and the Organising Committee a fruitful learning and sharing experience at this meeting. Do make the most of this opportunity to build upon your networks and knowledge.

Thank you.

YB Dato' Seri Idris bin Jusoh
Minister of Higher Education Malaysia



Salam 1 Malaysia. Selamat Datang. Welcome to Kuala Lumpur, Malaysia to all our guest speakers, invited presenters, overseas delegates and fellow Malaysians.

It is an honour for me to be asked to share a message in this programme book. I commend the Malaysian Association of Sports Medicine for taking on this tremendous task to host the 1st ASEAN Sports Medicine Conference 2015. I applaud the Organising Committee for their many hours of hard work in making this conference happen.

Sports is an integral part of our society and builds strong individuals. Playing sports instills in us teamwork, sportsmanship, trust and work ethics. It teaches us to face adversity, lose gracefully, learn from our failures and to persevere until we win.

In education, a well-rounded youth that excels academically as well as plays sports often displays the potential to become a successful individual in the future regardless of their choice of career later on in life.

It is indeed important that our young sportsmen and women excel in not just their sporting careers but also have a tertiary education beyond their sporting life. We see that many athletes continue to choose careers that are related to sports such as coaching, sports development, sports management, sports medicine, sports science and in medicine. We also know that there are many of us who have a keen passion for sports and work in the many fields that support the athletes such as sports medicine doctors, sports nutritionists, physiotherapists and many more.

In line with this, our Ministry of Higher Education Malaysia has encouraged our local universities to offer masters and doctorates in sports science and sports medicine. This has resulted in the flourishing of such degrees in Malaysia.

As we all know, learning does not stop once we have completed our degrees. In fact, the learning continues for all of us in our careers. Therefore, this conference is highly supported by the Ministry of Higher Education. We are pleased to see that the University of Malaya is working hand-in-hand with the Malaysian Association of Sports Medicine and the Ministry of Health in organising this conference. I wish to congratulate Associate Professor Dr Abdul Halim Mokhtar, the Organising Chairman and his team for putting together this comprehensive and compact conference.

I wish all of you an enjoyable and productive meeting.

Thank you.

YBhg. Dato' Seri Ir Dr Zaini Ujang

Secretary General

Ministry of Higher Education Malaysia



Dear Participant,

Welcome to the 1st ASEAN Sports Medicine Conference 2015. This conference coincides with Malaysia assuming the Chairmanship of the ASEAN organization for 2015 in Kuala Lumpur. This is the first time we have participants from various ASEAN countries, internationally and locally from different backgrounds gathering, all with a common interest in providing support to sportsmen and sportswomen.

The theme for this conference is *Enhancing Performance Through Sports Medicine & Sports Science*. We have lined up a host of interesting topics towards this goal. We hope this will allow the implementation of current research and state of the art understanding in sports science to be put into practice. We will also cover the current treatment options for sports injuries. There will be presentations on these topics by experts in their field. Additionally we have the oversubscribed and popular ultrasound and taping workshops that will allow hands-on practical training that is invaluable to your practice.

Doping in sports is another area that has caused very serious concerns that will be highlighted during the conference. This conference will also present a great opportunity for you to network with professionals from various fields that can assist you in your practice. We will share the exciting official launch of the Malaysian Association of Sports Medicine home website that will serve as a link for the society and its members locally.

We hope this conference is enjoyable and educational in providing the opportunity for you to increase your knowledge and professional skills in this exciting and increasingly relevant wide ranging field of Sports Medicine and Sports Science. Lastly, do take the opportunity to visit the city of Kuala Lumpur, the host city for the conference and the rest of Malaysia, where there is much to offer to you and your family.

Yours sincerely,

Dr Chan Kin Yuen

President

Malaysian Association Of Sports Medicine (MASM)

Consultant Trauma & Orthopaedic Surgeon

BMedSci(Nott), BMBS(Nott), FRCS(Glasg), FRCS(Tr&Orth), CCST(UK), AMM

MASM Council 2014/2016

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Exco Member 4	Dr Azril Syazwan Mohd Ali
Exco Member 5	Dr Simret Singh Randhawa
Exco Member 6	Dr Devamalar Selvi Naicker



The Malaysian Association of Sports Medicine (MASM) is proud to bring you the 1st ASEAN Sports Medicine Conference 2015 to be held in Kuala Lumpur on the 28th & 29th November 2015. The conference is jointly organised by MASM, the Sports Medicine Unit of the Faculty of Medicine, University of Malaya, and the Sports Medicine team of Ministry of Health, Malaysia.

The theme for this conference is *Enhancing Performance Through Sports Medicine & Sports Science*. The conference is held at the Four Points by Sheraton Puchong. We aim to cover areas of injury prevention, recovery and management from both aspects of sports medicine and sports science - namely sports physiology, biomechanics, nutrition, psychology, medical treatment and rehabilitation. We would like to steer the conference towards updating participants with the latest information and techniques as well as how these can be applied to enhance performance in sports.

Participants can look forward to thought-provoking keynote lectures and sessions as well as pick up new developments from the free paper oral and poster presentations.

We have received, up-to-date, 150 registrations from all over the country, ASEAN and several others from Asia and Australia. We are also glad to inform you that the workshops have received hot response, namely the Musculoskeletal Ultrasound and Taping workshops. In the mean time, the sponsors have been very supportive and helped to make the preparation for the conference smooth. This is indeed very encouraging.

My organising committee and I would like to welcome all of you to our conference. I would like to thank our Scientific Committee, who under the capable leadership of Associate Professor Dr Mohamad Shariff Abdul Hamid has put in a lot of effort into putting together a compact and comprehensive scientific programme. We hope that everyone here gains tremendously from this conference.

My warmest regards,

Associate Professor Dr Abdul Halim Mokhtar

Consultant Sports Physician

Organising Chairman of 1st ASEAN Sports Medicine Conference 2015

& Vice President of Malaysian Association of Sports Medicine

1st ASEAN SPORTS MEDICINE CONFERENCE 2015 Organising Committee

Organising Chairman	Assoc Prof Dr Abdul Halim Mokhtar
Scientific Chairman	Assoc Prof Dr Mohamad Shariff Abdul Hamid
Scientific Committee	Prof Dr Rabindarjeet Singh
	Dr Yeo Wee Kian
	Dr Mahenderan Appukutty
	Dr Goh Siew Li
	Dr Mohd Zaidi Saleh
	Dr Arshad Puji
	Dr Devamalar Selvi Naicker
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Arto Remes
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Dr Mahenderan Appukutty

Dr Mazlan Ismail

Dr Michel Gagne

Assoc Prof Dr Mohamed Razif Mohamed Ali

Assoc Prof Dr Nur Ikhwan Mohamad

Prof Dr Rabindarjeet Singh

Dato' Dr Ramlan Haji Abd Aziz

Dr Redzal Abu Hanifah

Col Dr Ridzuan Azmi

Dr Rizal Razman

Rosnah Mat Yatim

Dr Saju Joseph

Dr Saw Khay Yong

Prof Dr Shamsul Azhar Shah

Dr Thariq Khan Azizuddin Khan

Dr Victor S. Selvanayagam

Assoc Prof Dr Zulkifli Abd Kadir

OPENING CEREMONY PROGRAMME

Date : **28th November 2015**
 Time : **0900 to 1100 hrs**
 Venue : **Puteri Ballroom, Four Points by Sheraton, Puchong**

Time	Description
	Entrance of Guest of Honour into Grand Ballroom YBhg. Prof Dato' Dr Mohd Amin Jalaludin <i>Vice Chancellor of University of Malaya</i>
	Accompanied by Dr Chan Kin Yuen <i>President of Malaysian Association of Sports Medicine</i>
0900 - 0902	Assoc Prof Dr Abdul Halim Mokhtar <i>Vice-President of Malaysian Association of Sports Medicine & Organising Chairman of the 1st ASEAN Sports Medicine Conference 2015</i>
	YBhg. Dato' Dr Amarjit Singh Gill <i>Vice-President of Malaysian Association of Sports Medicine</i>
	YBhg. Tan Sri Dato' Dr M. Jegathesan <i>Keynote Speaker</i>
0902 - 0905	Welcome Note by Master of Ceremony – Udesh Chaskar
0905 - 0907	Bacaan Doa – Dr Azril Syazwan Mohd Ali
0907 - 0912	Welcome Speech by Dr Chan Kin Yuen <i>President of Malaysian Association of Sports Medicine</i>
0912 - 0917	Welcome Note by Assoc Prof Dr Abdul Halim Mokhtar <i>Organising Chairman of the 1st ASEAN Sports Medicine Conference 2015</i>
0917 - 0927	Opening Speech by YBhg. Prof Dato' Dr Mohd Amin Jalaludin <i>Vice Chancellor of University of Malaya</i>
0927 - 0930	Official Opening
	Introduction of Keynote Speaker by Assoc Prof Dr Abdul Halim Mokhtar <i>Organising Chairman of the 1st ASEAN Sports Medicine Conference 2015</i>
0930 - 1030	Keynote Lecture Performance Enhancing Methods And Substances: Where Do You Draw The Line? YBhg. Tan Sri Dato' Dr M. Jegathesan <i>Medical Advisor to the Commonwealth Games Federation & Chairman of Medical and Anti-Doping Commission of the Olympic Council of Asia</i>
1030 - 1100	Exhibit Visit followed by Morning Tea
	Thank you



Performance Enhancing Methods and Substances: Where Do You Draw The Line?

Performance Enhancing Substances and Methods are banned from sport for three reasons:- to protect the clean athlete; to protect health and to ensure that no practice goes against the true spirit of sports. The enabling instrument that underscores the current procedures and processes in the anti-doping realm is the WADA prohibited list which is updated and validated each calendar year, neither without debate nor controversy.

The battle against doping in sport whilst first introduced in the Mexico Olympics was given its global clout and dimension when the WADA was inaugurated in 1999 and its first "CODE" unveiled in 2003. Sports bodies have to be signatories and be compliant to the Code whilst governments have to demonstrate their buy in through signing the UNESCO convention. Enabling instruments to ensure implementation have been crafted and include International Standards, Technical Documents and Guidelines. Efforts are being gradually racked up through evolution rather than revolution. Is the war being won? This question will evoke mixed responses.

Some feel that this war is constantly challenged by a series of crises, namely crisis of confidence in the processes; crisis of credibility in the enforcers and crisis of cynicism in the performances. There will be some voices calling for a halt to the war citing the high costs and perceived poor returns. However whilst there are certainly gaps it cannot be denied that deterrence testing and education have brought in their dividends. New frontiers like action against non-analytical violations and errant entourage, the athlete's biological passport and the paradigm of intelligent testing are expected to sharpen the teeth of enforcement. The war must indeed continue and persist.

YBhg. Tan Sri Dato' Dr M. Jegathesan

Medical Advisor to the Commonwealth Games Federation
& Chairman of Medical and Anti-Doping Commission of the Olympic Council of Asia

PROGRAMME OVERVIEW

DAY 1, 28th November 2015 (Saturday)

TIME	LECTURE HALL A	LECTURE HALL B	LECTURE HALL C
0700 - 1700	Registration Counter Opens		
0800 - 0830	Plenary 1		
0830 - 0900	Plenary 2		
0900 - 0930	Opening Ceremony		
0930 - 1030	Keynote Address		
1030 - 1100	Tea Break & Exhibit Visit		
1100 - 1200	Sports Development In ASEAN	Sports Nutrition	ACL Injuries
1200 - 1250	Update On Rehabilitation Technique	Sports Injury & Psychology	Free Paper Oral Presentation 1
1250 - 1300			Lunch & Exhibit Visit
1300 - 1400	Lunch & Exhibit Visit		
1400 - 1450	Workshop 1 - Musculoskeletal Ultrasound - Foot & Ankle	Workshop 2 - Elastic Taping	Free Paper Oral Presentation 2
1450 - 1530			Tea Break & Exhibit Visit
1530 - 1600	Tea Break & Exhibit Visit		Paralympic Sports
1600 - 1630	Workshop 1 - Musculoskeletal Ultrasound - Foot & Ankle	Workshop 2 - Elastic Taping	
1630 - 1700			
1700 - 1730	End Of Day 1		
1730 - 1900	MASM Annual General Meeting In Lecture Hall C		
1930 - till late	Faculty Dinner (By Invitation Only)		

DAY 2, 29th November 2015 (Sunday)

TIME	LECTURE HALL A	LECTURE HALL B	LECTURE HALL C
0730 - 1700	Registration Counter Opens		
0830 - 0900	Plenary 3		
0900 - 0930	Plenary 4		
0930 - 1030	Chondral Injuries		
1030 - 1100	Tea Break & Exhibit Visit		
1100 - 1200	Update On Injury Management	Role Of Nutrition In Injury Prevention	Applied Exercise Physiology & Performance
1200 - 1250	Osteoarthritis	Environmental Injuries In Sports	Free Paper Oral Presentation 3
1250 - 1300			Lunch & Exhibit Visit
1300 - 1400	Lunch & Exhibit Visit		
1400 - 1500	Workshop 3 - Musculoskeletal Ultrasound - Shoulder	Workshop 4 - Rigid Taping	Free Paper Oral Presentation 4
1500 - 1530			Tea Break & Exhibit Visit
1530 - 1600	Tea Break & Exhibit Visit		Injury Prevention - Biomechanics And Physiology
1600 - 1630	Workshop 3 - Musculoskeletal Ultrasound - Shoulder	Workshop 4 - Rigid Taping	
1630 - 1700			
1700 - 1715	Closing Ceremony & Award Presentation In Lecture Hall A		
Thank You & See You In Future Conferences			

DAY 2, 29th November 2015 (Sunday)

1200 - 1300	Best Poster Presentation Competition Location : Poster Area, Foyer Of Ballroom
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28th November 2015 (Saturday), Lecture Hall A

Time		Topic	Speaker
Start	End		
0700	1700	Registration Counter Opens	
0800	0830	Plenary 1	
		Chairperson	Assoc Prof Dr Abdul Halim Mokhtar
		Hydration Advice For Endurance Performance: Controversy Or Concurrence?	Assoc Prof Dr Jason Lee Kai Wei
0830	0900	Plenary 2	
		Chairperson	Assoc Prof Dr Abdul Halim Mokhtar
		High Performance Support - The Malaysian Experience	Dato' Dr Ramlan Abd Aziz
0900	0930	Opening Ceremony	
0930	1030	Keynote Address	
		Chairperson	Assoc Prof Dr Abdul Halim Mokhtar
		Performance Enhancing Methods And Substances : Where Do You Draw The Line?	YBhg. Tan Sri Dato' Dr M. Jegathesan
1030	1100	Tea Break & Exhibit Visit	
		Sports Development In ASEAN	
		Chairperson	Dato' Dr Amarjit Singh Gill
1100	1115	Importance Of Sports Institute In Sports Development - Indonesia Model	Dr Junaidi
1115	1130	Importance Of Sports Institute In Sports Development - Brunei Model	Dr Haji Danish Zaheer
1130	1145	Importance Of Sports Institute In Sports Development - Myanmar Model	Dr Mya Lay Sein
1145	1200	Q&A session	All Speakers Above
		Update On Rehabilitation Technique	
		Chairperson	Dr Arshad Puji
1200	1215	Hamstring Injury Rehabilitation	Faezah Md Jais
1215	1230	Rehabilitation Post ACL Reconstruction : Then And Now	Rosnah Mat Yatim
1230	1245	Elastic Tape : More Than Just Fashion?	Abraham Joel Victor
1245	1300	Q&A session	All Speakers Above
1300	1400	Lunch & Exhibit Visit	
		Workshop 1 - Musculoskeletal Ultrasound	
		Keypersons	Dr Arshad Puji Assoc Prof Dr Mohamad Shariff Abdul Hamid
1400	1700	Musculoskeletal Ultrasound Workshop - Foot & Ankle	Prof Dr Eugene McNally
1700	1730	End Of Day 1	
1730	1900	MASM Annual General Meeting In Lecture Hall C	
1930	till late	Faculty Dinner (By Invitation Only)	

28th November 2015 (Saturday), Lecture Hall B

Time		Topic	Speaker
Start	End		
0700	1700	Registration Counter Opens	
0800	1030	Main Sessions & Opening Ceremony In Lecture Hall A	
1030	1100	Tea Break & Exhibit Visit	
		Sports Nutrition	
		Chairperson	Dr Mahenderan Appukutty
1100	1115	Modulating Nutrition Specific Strategies For Enhancing Performance	Prof Dr Rabindarjeet Singh
1115	1130	Using Microtechnology (GPS) To Examine The Impact Of Ramadan Fasting On Physical Performance In Football Players	Abdul Rashid Aziz
1130	1145	Functional Foods And Sports Performance	Dr Mahenderan Appukutty
1145	1200	Q&A Session	All Speakers Above
		Sports Injury & Psychology	
		Chairpersons	Dr Azril Syazwan Mohd Ali Dr Simret Singh Randhawa
1200	1215	The Practice In Mind (PIM) Training To Regain Skills And Psychological Performance Of Injured Athletes Prior To Participating In The Competition: Case Study	Dr Mazlan Ismail
1215	1230	Multi-Sensory Imagery Training - Role Of Psychology In Injury Prevention	Dr Michel Gagne
1230	1245	The Use Of Psychological Interventions For Injured Athletes To Regain Peak Performance	Dr Thariq Khan Azizuddin Khan
1245	1300	Q&A Session	All Speakers Above
1300	1400	Lunch & Exhibit Visit	
		Workshop 2 - Elastic Taping	
		Coordinator Assistant	Dr Devamalar Selvi Naicker Rosnah Mat Yatim
1400	1700	Elastic Taping Workshop - Shoulder, Knee & Ankle	Abraham Joel Victor
1700	1730	End Of Day 1	
1730	1900	MASM Annual General Meeting In Lecture Hall C	
1930	till late	Faculty Dinner (By Invitation Only)	

28th November 2015 (Saturday), Lecture Hall C

Time		Topic	Speaker
Start	End		
0700	1700	Registration Counter Opens	
0800	1030	Main Sessions & Opening Ceremony In Lecture Hall A	
1030	1100	Tea Break & Exhibit Visit	
		ACL Injuries	
		Chairpersons	Dr Chan Kin Yuen Dr Hishamudin Masdar
1100	1115	Are You Sure I Can Play Without Reconstruction Doc?	Dr Lim Yii Hong
1115	1130	ACL Reconstruction In Elite Athletes : How Successful Are We?	Dr Jose Raul C. Canlas
1130	1145	The Factors Within The Complications Of Post ACL Surgery	Assoc Prof Mohamed Razif Mohamed Ali
1145	1200	Q&A Session	All Speakers Above
		Free Paper Oral Presentation 1	
		Chairperson	Dr Ashril Yusof Mohd Ali
		Judges	Dr Yeo Wee Kian Dr Mya Lay Sein Assoc Prof Dr Rungchai Chaunchaiyakul
1200	1210	Osteochondritis Dissecans Of The Humeral Capitellum In A Swimmer	Dr Yasuhiro Seki
1210	1220	A Rare Case Of Bilateral Hip Pain In A Young Gymnast	Dr Pabrinder Kaur Naginder
1220	1230	Avulsion Fracture Of Tibial Tuberosity In Sports : Case Report	Dr Mohammad Al-Hafiz Sa'adon Zubir
1230	1240	Biomechanical And Muscle Strength Risk Markers Of Anterior Cruciate Ligament Injuries In Soccer : The Influence Of Match Related Fatigue	Dr Raja Mohammed Firhad Raja Azidin
1240	1250	Monteggia Fracture With Posterior Interosseous Nerve Palsy And Compartment Syndrome In A Snowboarder	Dr Masaki Amemiya
1250	1400	Lunch & Exhibit Visit	
		Free Paper Oral Presentation 2	
		Chairperson	Dr Simret Singh Randhawa
		Judges	Dr Yeo Wee Kian Dr Mya Lay Sein Assoc Prof Dr Rungchai Chaunchaiyakul
1400	1410	Hydration Status Of Malaysian Athletes During Singapore SEA Games 2015	Mohd Qusyairy Ajmain Mohd Amin
1410	1420	Prevalence Of Exercise Induced Bronchoconstriction Among The Athletes Of University Of Malaya	Dr Fakhrizzaki Shamsul Baharain
1420	1430	Functional And Clinical Outcomes Following LARS ACL Reconstruction	Dr Scott Tulloch
1430	1440	Effects Of 6 Weeks Exercise On Breast Cancer Survivors' Health And Fitness	Dr Gabriel Lingesh
1440	1450	Food Quality And Services At The Singapore SEA Games 2015 : Feedback From The Malaysian Contingent	Tania Lee Xu Yar
1450	1530	Tea Break & Exhibit Visit	
		Paralympic Sports	
		Chairpersons	Dr Kok Choong Seng Dr Junaidi
1530	1545	Functional Classification In Paralympic Sports	Prof Dr Shamsul Azhar Shah
1545	1600	Paralympic Sports And Injuries	Col Dr Ridzuan Azmi
1600	1615	Biomechanics In Paralympic Sports	Dr Saju Joseph
1615	1630	Q&A Session	All Speakers Above
1630	1730	End Of Day 1	
1730	1900	MASM Annual General Meeting In Lecture Hall C	
1930	till late	Faculty Dinner (By Invitation Only)	

29th November 2015 (Sunday), Lecture Hall A

Time		Topic	Speaker
Start	End		
0730	1700	Registration Counter Opens	
		Plenary 3	
		Chairperson	Dato' Dr Amarjit Singh Gill
0830	0900	The Enigma Of The Patellofemoral Pain Syndrome (PFPS)	Assoc Prof Mohamed Razif Mohamed Ali
		Plenary 4	
		Chairperson	Dato' Dr Amarjit Singh Gill
0900	0930	Injury Prevention Programme - Does It Work?	Prof Dr Andrew P. Winterstein
		Chondral Injuries	
		Chairperson	Dr Chan Kin Yuen
0930	0945	Radiological Imaging And Knee Chondral Injuries	Prof Dr Eugene McNally
0945	1000	Clinical Management Of Patellar Chondral Injuries	Dr Saw Khay Yong
1000	1015	Update On Surgical Management Of Knee Articular Cartilage Injury	Dr Hishamudin Masdar
1015	1030	Q&A Session	All Speakers Above
1030	1100	Tea Break & Exhibit Visit	
		Update On Injury Management	
		Chairperson	Dr Azril Syazwan Mohd Ali
1100	1115	Looking Beyond Musculoskeletal Issues - The Queen Elizabeth Hospital Experience	Dr Redzal Abu Hanifah
1115	1130	Role Of Hyperbaric Oxygen Therapy For Soft Tissue Injuries	Lt Col Dr Hakimi Abdullah
1130	1145	Current Evidence-Based On The Clinical Applications Of Platelet-Rich Plasma In Sports Medicine	Dr Benedict F. D. Valdecanas
1145	1200	Q&A Session	All Speakers Above
		Osteoarthritis	
		Chairpersons	Dr Ashril Yusof Assoc Prof Dr Abdul Halim Mokhtar
1200	1215	The Seniors And Osteoarthritis - The Sports Physicians Challenge	Dr Redzal Abu Hanifah
1215	1230	Osteoarthritis And Exercise	Prof Mark E. Batt
1230	1245	Treatment Of Knee Osteoarthritis Aside From Total Knee Replacement	Dr Jose Raul C. Canlas
1245	1300	Q&A Session	All Speakers Above
1300	1400	Lunch & Exhibit Visit	
		Workshop 3 - Musculoskeletal Ultrasound	
		Keypersons	Dr Arshad Puji Assoc Prof Dr Mohamad Shariff Abdul Hamid
1400	1700	Musculoskeletal Ultrasound Workshop - Shoulder	Prof Dr John George
1700	1715	Closing Ceremony & Award Presentation	

29th November 2015 (Sunday), Lecture Hall B

Time		Topic	Speaker
Start	End		
0730	1700	Registration Counter Opens	
0830	0930	Main Sessions in Lecture Hall A	
		Conditioning - How Much Do We Train?	
		Chairpersons	Udesh Chaskar Dr Saju Joseph
0930	0945	High Intensity Interval Training. Where Is The Evidence?	Assoc Prof Dr Nur Ikhwan Mohamad
0945	1000	Early Detection Of Heart Rhythm Abnormalities Helps Preventing Serious Cardiac Failures Of Top Athletes	Arto Remes
1000	1015	Significance Of Balanced Resistance Training	Assoc Prof Dr Zulkifli Abdul Kadir
1015	1030	Q&A Session	All Speakers Above
1030	1100	Tea Break & Exhibit Visit	
		Role of Nutrition In Injury Prevention	
		Chairpersons	Prof Dr Rabindarjeet Singh Dr Mahenderan Appukutty
1100	1115	Effects Of Ingesting Low Glycemic Index Carbohydrate Food For The Sahur Meal On Subjective, Metabolic, And Physiological Response And Endurance Performance In Ramadan Fasted Men	Abdul Rashid Aziz
1115	1130	Role of Free Radicals And Antioxidants On Sports Performance	Assoc Prof Dr Chen Chee Keong
1130	1145	Supporting The Injured And Rehabbing Athlete With Evidence Based Nutrition Strategies	Jeni Pearce
1145	1200	Q&A Session	All Speakers Above
		Environmental Injuries In Sports	
		Chairperson	Assoc Prof Dr Chen Chee Keong
1200	1215	Altitude Associated Conditions In Sports	Dr Alzamani Mohammad Idrose
1215	1230	Effects Of Environmental Conditions On Marathon Performance And Heat Illnesses In The Tropics	Assoc Prof Dr Jason Lee Kai Wei
1230	1245	Gas Embolism And Decompression Sickness : Return To Diving Assessment	Lt Col Dr Hakimi Abdullah
1245	1300	Q&A Session	All Speakers Above
1300	1400	Lunch & Exhibit Visit	
		Workshop 4 - Rigid Taping	
		Coordinator Assistant	Dr Devamalar Selvi Naicker Rosnah Mat Yatim
1400	1700	Rigid Taping Workshop - Upper Limb, Knee & Ankle	Prof Dr Andrew P. Winterstein
1700	1715	Closing Ceremony & Award Presentation In Lecture Hall A	

29th November 2015 (Sunday), Lecture Hall C

Time		Topic	Speaker
Start	End		
0730	1700	Registration Counter Opens	
0830	1030	Main Sessions in Lecture Hall A	
1030	1100	Tea Break & Exhibit Visit	
		Applied Exercise Physiology & Performance	
		Chairperson	Assoc Prof Dr Jason Lee Kai Wei
1100	1115	Rapid Palm Cooling On Sports Performance : A Study In Taekwondo	Assoc Prof Dr Rungchai Chaunchaiyakul
1115	1130	Respiratory Mechanics During Exercise	Assoc Prof Dr Rungchai Chaunchaiyakul
1130	1145	What Trains Together Gains Together : The Inter-relationship Between Learning And Strength Gains	Dr Victor Selvarajah Selvanayagam
1145	1200	Q&A Session	All Speakers Above
		Free Paper Oral Presentation 3	
		Chairperson	Dr Victor Selvarajah Selvanayagam
		Judges	Dr Yeo Wee Kian Dr Mya Lay Sein Assoc Prof Dr Rungchai Chaunchaiyakul
1200	1210	Pattern Of Injuries And Illnesses Among Malaysian Athletes During The XXVII Asian Games 2014	Assoc Prof Dr Mohamad Shariff Abdul Hamid
1210	1220	Pitfalls In Diagnosing Slipped Capital Femoral Epiphyses In A Young Athlete : A Case Report	Dr Choong Wai Kwong
1220	1230	Avulsion Fracture Of Anterior Superior Iliac Spine In Sports : Case Report	Dr Mohammad Al-Hafiz Sa'adon Zubir
1230	1240	Pediatric Anterior Cruciate Ligament (ACL) Reconstruction : Case Report	Dr Zaraiyah Mohd Rashid
1240	1250	Complication Following Arthroscopic ACL Reconstruction - A 7 Years Follow Up With Special Emphasis On Arthrofibrosis	Dr Rushdi Isnin
1250	1400	Lunch & Exhibit Visit	
		Free Paper Oral Presentation 4	
		Chairperson	Dr Mahenderan Appukutty
		Judges	Dr Yeo Wee Kian Dr Mya Lay Sein Assoc Prof Dr Rungchai Chaunchaiyakul
1400	1410	Maximum Oxygen Intake Of The Female College Student Athlete	Cho Chu Hwa
1410	1420	Effects Of Branched-Chain Amino Acids Intake During Lacrosse Training On Blood Lactate Level	Akane Omori
1420	1430	A Doctor's Struggle With Writers Cramp	Dr Syed Nashraf Shah
1430	1440	Treatment Of Persistent Pain And Functional Limitation After Arthroscopic Supraspinatus Repair, Subacromial Decompression And Acromioplasty With Platelet-Rich Plasma: A Case Series	Dr Fakhrizzaki Shamsul Baharain
1440	1500	Extracorporeal Shock Wave Therapy - A Modern And Efficient Method For Treating Musculoskeletal Disorders	Dr Alin Nicolae Popescu
1500	1530	Tea Break & Exhibit Visit	
		Injury Prevention - Biomechanics And Physiology	
		Chairperson	Dr Victor Selvarajah Selvanayagam
1530	1545	Mechanics Of Injuries In Sports	Dr Saju Joseph
1545	1600	Introducing Movement Variability In Training And Rehabilitation	Dr Rizal Razman
1600	1615	Injury Causation And Prevention: The Recursive Model And The Role Of Biofeedback	Dr Juliana Usman
1615	1630	Q&A Session	All Speakers Above
1630	1700		
1700	1715	Closing Ceremony & Award Presentation In Lecture Hall A	

POSTER IN BEST POSTER PRESENTATION COMPETITION

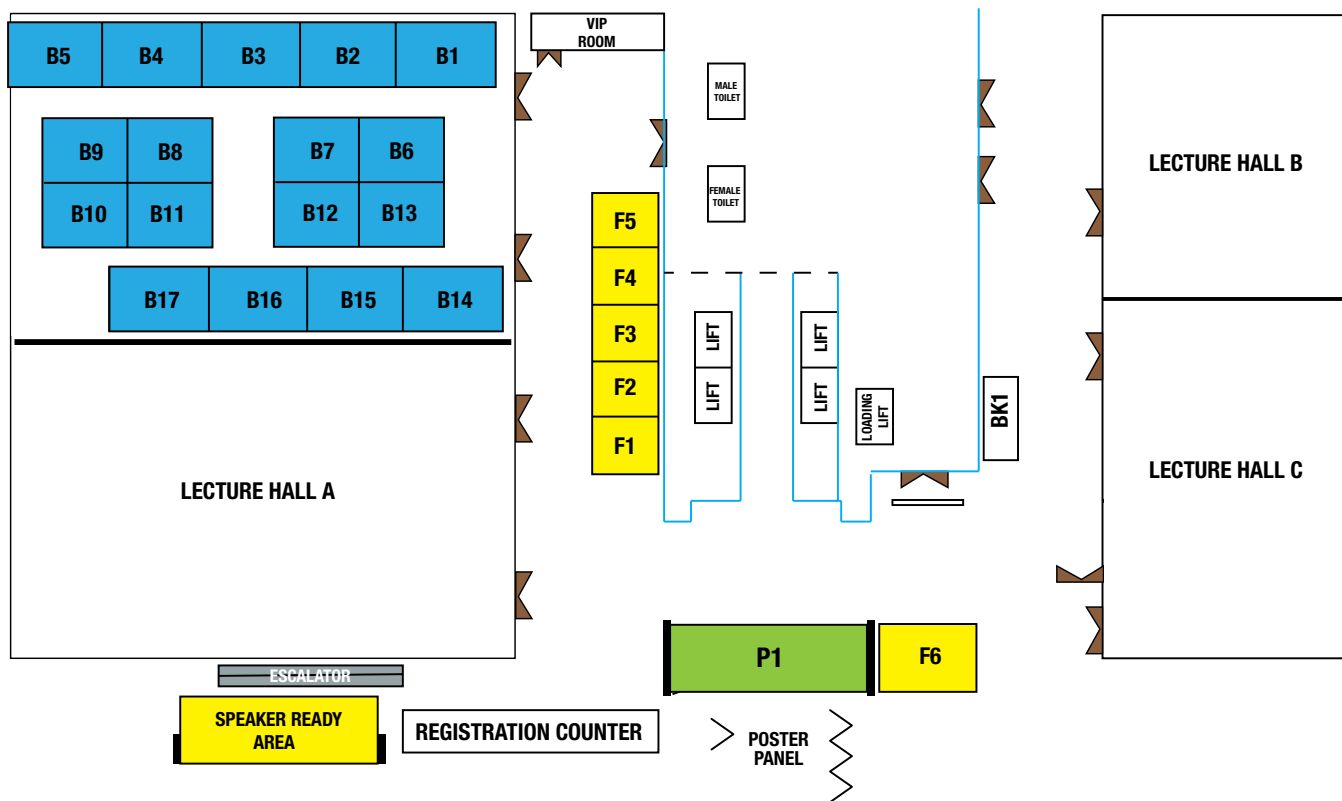
Judging Session

Date : **29th November 2015 (Sunday)** Judges : (1) **Dr Lim Yii Hong**
 Time : **1200 – 1300 hours** (2) **Dr Junaidi**
 Coordinator : **Dr Devamalar Selvi Naicker** (3) **Prof Dr Rabindarjeet Singh**

Abstract ID	Title
PP1	Force Distribution In Ankle Instability Using Kinesiotape And Rigid Tape During Sprinting Saiful AB , Norazlin M, Haidzir M, Maria J, Siti Ili 'Aainaa SMS. Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam, Selangor, Malaysia
PP2	The Relationship Between Pre-Competitive Anxiety And Performance Results According To The Individual Characteristics Of Korean Olympic Players Lee CH¹ , Cha JH ² , Kim TG ³ ¹ Pusan National University Yangsan Hospital, Yangsan, Korea ² Dept. of Community Sport, Korea National Sport University, Seoul, Korea ³ Dept. of Sports Medicine, Taeneung National Training Center of the Korean Olympic Committee, Seoul, Korea
PP3	Effects Of A 6-Week Neuromuscular Rehabilitation On The Ankle Evertor Strength And Postural Stability In Elite Women Hockey Players With Chronic Ankle Instability Kim EK¹ , Cha JH ² , Kim TG ³ ¹ Dept. of Physical Education, Korea National Sport University, Seoul, Korea ² Dept. of Community Sport, Korea National Sport University, Seoul, Korea ³ Dept. of Sports Medicine, Taeneung National Training Center of the Korean Olympic Committee, Seoul, Korea
PP4	Analysis Of Sports Injuries Among Korean National Players During Official Training Kim TG¹ , Kim EK ² , Cha JH ³ ¹ Dept. of Sports Medicine, Taeneung National Training Center of the Korean Olympic Committee, Seoul, Korea ² Dept. of Physical Education, Korea National Sport University, Seoul, Korea ³ Dept. of Community Sport, Korea National Sport University, Seoul, Korea
PP5	Predictors Of Functional Outcome In Anterior Cruciate Ligament (ACL) Reconstruction With Meniscus Surgery In Kuala Lumpur Hospital Gurmeet G Dept. of Sports Medicine, University Malaya Medical Centre, Kuala Lumpur, Malaysia
PP6	Anterior Cruciate Ligament (ACL) Deficiency: Assessment Of Stress Distribution By Finite Element Analysis (FEA) Md Nasir NA¹ , Usman J ^{1,2} , Goh SL ³ , Hamzaid NA ^{1,2} ¹ Dept. of Biomedical Engineering, Faculty of Engineering, University of Malaya, Kuala Lumpur, Malaysia ² Centre of Applied Biomechanics, University of Malaya, Kuala Lumpur, Malaysia ³ Sports Medicine Unit, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia
PP7	Endurance Performance Between Follicular And Luteal Phase Among Eumenorrhic Young Adults Nabila AH , Norlizah AH, Mahenderan A Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Shah Alam, Selangor, Malaysia
PP8	The Aspect Of Lower Body And Muscle Mass In Japanese Female Collegiate Rhythmic Gymnasts During Competition Season Koizumi K¹ , Misawa M ¹ , Takahashi Y ² , Omori A ² , Kisara K ¹ ¹ Dept. of Movement Sciences, Sports Science Major, Japan Women's College of Physical Education, Tokyo, Japan ² Master's Course in Sports Science, Japan Women's College of Physical Education Graduate School, Tokyo, Japan
PP9	The Prevalence Of Injuries In Malaysia Elite Track And Field Athletes Mohd Sharif SA¹ , Wahab SA ² , Ampofo-Boateng K ² , Othman SIR ³ , Abdul Aziz R ⁴ , Ismail H ² , Raja Azidin RMF ² ¹ Malaysia Japan Higher Education Program MJHEP-UniKL IPROM, Selangor, Malaysia. ² Faculty of Sport Science and Recreation, Universiti Teknologi MARA, Selangor, Malaysia. ³ Faculty of Computer and Mathematical Sciences, Universiti Teknologi MARA, Selangor, Malaysia ⁴ National Sport Institute, Kuala Lumpur, Malaysia.

POSTER PRESENTATION

PP10	A First Reported Case Of An Isolated Displaced Trochlea Fracture Due To A Sporting Activity Randhawa SS , Chung WH, Khirusman Y, Kumar CS Dept. of Orthopaedic Surgery, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia
PP11	Two-Year Changes In Knee Function And Health Related Quality Of Life Following Knee Injury In Active Females Winterstein AP , McGuine TA, Bell DR, Hetzel SJ University of Wisconsin-Madison, Madison, WI
PP12	Reliability Of Active Knee Extension (AKE) Test Among Healthy Adults A Hamid MS¹ , Mohamed Razif Mohamed Ali MR ¹ , Yusof A ² ¹ Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia ² Sports Centre, University of Malaya, Kuala Lumpur, Malaysia
PP13	Cost-Effective Platelet-Rich Plasma Preparation Technique For Clinical Use A Hamid MS Faculty of Medicine, University Of Malaya, Kuala Lumpur, Malaysia
PP14	The Effect Of 10-Day Continuous Fasting On Fuel Utilization Cross-Over During High Intensity Aerobic Performance Ashril Y , Mohamed Nasharudin N Sports Centre, University of Malaya, 50603 Kuala Lumpur, Malaysia



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MEETING INFORMATION

CONFERENCE VENUE

The conference will be held at:-
FOUR POINTS BY SHERATON PUCHONG
First Floor, 1201, Tower 3,
Puchong Financial Corporate Centre (PFCC)
Jalan Puteri 1/2, Bandar Puteri
47100 Puchong,
Selangor, Malaysia
Tel: +603 5891 8888
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CONFERENCE SECRETARIAT

Malaysian Association of Sports Medicine
c/o Bloom Communications
P1-2-1, Andalucia, Pantai Hill Park
Jalan Pantai Permai, Bangsar South
59200 Kuala Lumpur, Malaysia
Tel: +603 2242 0902 / +6016 335 0036
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Website: www.malaysiansportsmed.org

REGISTRATION

All delegates are required to register at the Registration Counter, located on the First Floor, adjacent to the ballroom area to collect their name badge, certificate of attendance, conference bag, souvenir programme and other materials.

REGISTRATION COUNTER OPENING HOURS

28th November 2015, Saturday : 0700 – 1700 hrs
29th November 2015, Sunday : 0700 – 1700 hrs

SPEAKER READY AREA

The Speaker Ready Area is located on the First Floor, next to the Registration Counter of the meeting venue. All speakers are required to submit their presentation(s) at least 24 hours before their scheduled presentation time to ensure a smooth presentation.









SPEAKER READY AREA OPENING HOURS

28th November 2015, Saturday : 0700 – 1700 hrs
29th November 2015, Sunday : 0700 – 1700 hrs

ABSTRACT

As a green initiative, the organising committee has decided not to print an abstract book. You may download presentation abstracts in PDF format from the official website at www.malaysiansportsmed.org/Conf/ASMC2015/. The compiled abstracts include all abstracts sent in by invited speakers, free paper oral presenters and poster presenters. We hope you will find this resource useful now and in the future.

BADGE CATEGORIES

 Council Member	 Delegate (Ultrasound Workshop)
 Organising Committee / Facilitator	 Delegate (Taping Workshop)
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CONFERENCE BAG

Each delegate will receive a complimentary conference bag. Kindly be advised that in accordance with our go-green initiative, no replacement bag will be provided if bags are lost. On the last day, you may opt to leave your conference bags at the registration counter if you do not want to keep it. The returned bags will be donated to underprivileged students in local orphanages.

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Free wireless internet access is available throughout the conference level. The following are the wireless internet access details:

Network I.D. : FourPoints@Puchong
Password : fppuchong

MOBILE PHONES

Delegates are requested to put their mobile phones on silent mode during sessions inside lecture halls and workshops.

DRESS CODE

The dress code for the meeting is formal. Delegates are advised to bring along a light jacket as the venue is air-conditioned.

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Please take care of all your belongings. The organisers and secretariat will not be held liable in cases of loss, theft or damage to personal belongings. Any found items may be brought to the registration counter.

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