



MASM Sports Medicine Workshop:

The Spine 2022

Malaysian Association of Sports Medicine (MASM)

We welcome all sports physicians, clinical master trainees, GPs, MOs, physiotherapists, chiropractors, osteopaths or any healthcare providers who have interest in the spine.

MMA-CPD points & Certificate of Participation will be awarded

Date :

2nd July 2022 (Saturday)

Time :

8.00 am – 5.30 pm

Venue :

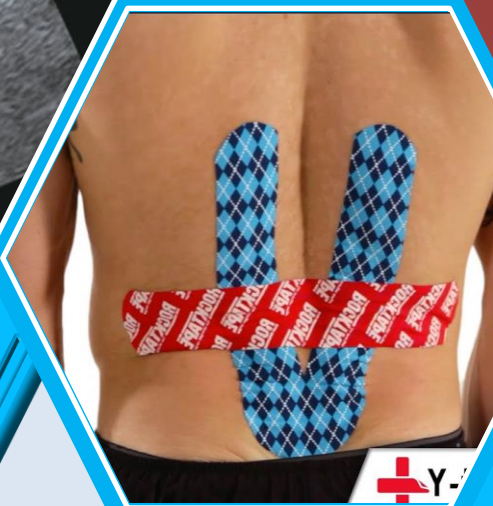
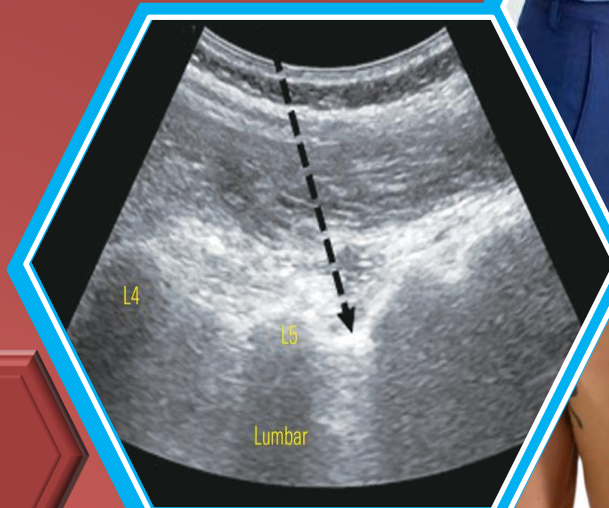
**Armada Hotel's Ballroom,
Pjs 52, Petaling Jaya,
Selangor**

Fees :

MASM Member: RM 200

Non-member: RM 300

***Kindly ensure your membership renewal is up to date.**



Seats are limited. Registration is based on first-come, first-served basis.

Any enquiries, kindly contact

Dr. Alston at 012-3755661 or email to secretariat@malaysiansportsmed.org

Please register online: bit.ly/spine2022
or scan the QR code below:



Time	Programme	
0800 – 0845	Registration and Breakfast	
0845 – 0900	Opening Remarks	
0900 – 0930	An Overview of Spine Injury in Sports - <i>Assoc. Prof. Dr. Abdul Halim Mokhtar</i> (Consultant Sports Medicine Physician, University Malaya Medical Centre)	
0930 – 1000	Spine Trauma - <i>Dr. Chooi Yue Seng</i> (Consultant Orthopaedic & Spine Surgeon, Ara Damansara Medical Centre)	
1000 – 1030	Spondylolysis and Spondylolisthesis in Sports - <i>Assoc. Prof. Dr. Zulkarnain Jaafar</i> (Consultant Sports Medicine Physician, University Malaya Medical Centre)	
1030 – 1045	Tea Break	
1045 – 1115	Injection Therapies for Back Pain - <i>Assoc. Prof. Dr. Anwar Suhaimi</i> (Consultant Rehabilitation Medicine Physician, University Malaya Medical Centre)	
1115 – 1145	Degenerative Spine Diseases - <i>Assoc. Prof. Dr. Nor Faizal Ahmad Bahuri</i> (Consultant Neurosurgeon, University Malaya Medical Centre)	
1145 – 1215	Ultrasound of the Spine - <i>Dr. Abdul Rahman Ab Hamid</i> (Consultant Rehabilitation Medicine Physician, Rehabilitation Hospital Cheras)	
1215 – 1300	Rehabilitation of Low Back Pain - <i>Mr. Cliff Eaton (Sports Physiotherapist, UK)</i>	
1300 – 1415	Lunch & Prayer	
1415 – 1545	Workshop 1 (Room 1): 1. Physical Examination (30 mins) 2. Back Care & Taping (30 mins) 3. Diagnostic Ultrasound (30 mins)	Workshop 2 (Room 2): Low Back Pain Rehabilitation Workshop (by Wellchem)
1545 – 1600	Tea Break	
1600 – 1715	Low Back Pain Rehabilitation Workshop (by Wellchem)	Workshop 1 (Room 1): 1. Physical Examination (30 mins) 2. Back Care & Taping (30 mins) 3. Diagnostic Ultrasound (30 mins)
1715 – 1730	Recap, closing and presentation of certificates - <i>Assoc. Prof. Abdul Halim Mokhtar (President of MASM)</i>	

Important Notes to All The Participants:

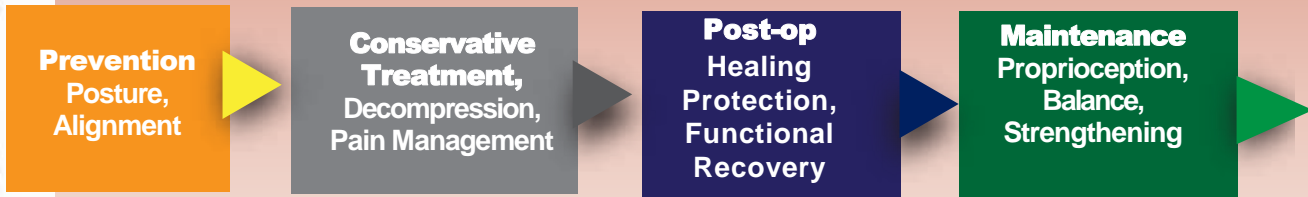
1. Please wear comfortable semi casual/ sports attire to participate in the workshop.
2. Do not use cashless parking system (e.g., Touch 'n Go) Collect the parking ticket instead and get verification from the hotel for a cheaper standard one-day parking rate.
3. All registrations made are not refundable. The registration fee for MASM member is only applicable for active member. If the membership has lapsed, the registration will be reverted to non-member rate and the outstanding fee shall be made before attending the workshop.



Low Back Pain Rehabilitation Workshop



Date : 2nd July 2022 (Saturday)
Time : 1 hour 30 minutes
Venue : Room 2



Up to 80% of the population will experience back pain at some stage in life, and up to 1/3 of the population suffer low back pain (LBP) every year. LBP is difficult to treat, as most are non-specific pain.

Most international guidelines, such as the American Association of Family Physicians (AAFP) and the National Institute for Clinical Excellence (NICE) recommend therapist-supervised exercises and stability training for LBP, but patient compliance has been a known issue. As most patients with chronic LBP will not benefit from surgery (AAFP), more non-invasive, non-pharmacological management for LBP is required. More & more evidence are coming out using physical modalities such as shockwave, deep tissue laser and modality-assisted exercises for back pain to provide a continuum of care (CoC) for patient-focused management.

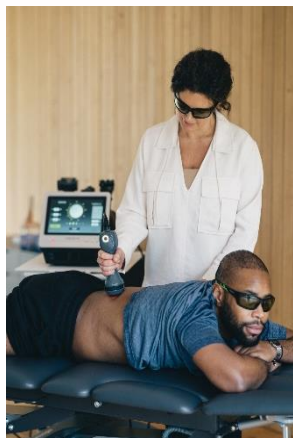
The participants can experience physical modalities in the hands-on workshop following the lectures.

Continuum of Care for the Spine

Prevention Conservative Treatment Post-Op, Rehab Maintenance



Decompression Therapy



Deep Tissue Laser Therapy



Assistive Exercise Therapy



ALIGNMENT

PAIN

STABILITY

STRENGTH