

6TH NATIONAL SPORTS MEDICINE SYMPOSIUM 2024

RUNNING MEDICINE ***RUN FOR YOUR LIFE!***



24-25 JULY 2024



**KLANA RESORT
SEREMBAN, NEGERI SEMBILAN**

REGISTER ONLINE: [HTTPS://T.LY/EWQCL](https://t.ly/ewqcl)



REGISTRATION FEES:

SPECIALIST/ CONSULTANT	: RM350
MEDICAL OFFICER/ POST-GRADUATE STUDENT	: RM280
SPORTS ENTHUSIAST/ NON-MEDICAL PERSONNEL	: RM280
ALLIED HEALTH	: RM180

*SPECIAL DISCOUNTED RATE FOR MALAYSIAN ASSOCIATION OF SPORTS MEDICINE (MASM) MEMBERS

TETUAN PERUBATAN SUKAN HTJS
(BANK ISLAM: 05012010095707)
CONTACT US AT SPORTSMEDICINEHTJS@GMAIL.COM

ORGANISED BY:



SPORTS MEDICINE UNIT
ORTHOPAEDIC DEPARTMENT
HOSPITAL TUANKU JA'AFAR SEREMBAN

SUPPORTED BY:



CPD POINTS
WILL BE
AWARDED



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24TH JULY 2024 (WEDNESDAY)

Time	Topic	Presenter
08:00 – 09:00	Registration & welcoming of participants. Set up for poster displays	
09:00 – 10:00	Arrival of VIPs & speech	
10:00 – 10:30	Morning break	
10:30 – 11:00	Benefits of running & how to start? (First)	Dr Muhd Maliki Sports Medicine Physician, HSI
11:00 – 11:30	Common Musculoskeletal Injuries in Running	Dr Rozaiman Ebrahim Consultant Sports Physician, HTJS
11:30 – 12:00	Myth buster: Does running lead to osteoarthritis?	Mr Sasidaran Orthopaedic Arthroplasty Surgeon, HTJS
12:00 – 12:30	Measuring fitness via VO2max (and comparable fitness tests)	Assoc. Prof Dr Mohd Nahar Consultant Sports Physician, UMMC
12:30 – 14:00	Sponsors' booth visit Lunch break	
14:00 – 14:30	RED-S, rest & recovery in running	Dr Vinotha Sports Medicine Physician, HKL
14:30 – 15:00	L.O.V.E & P.E.A.C.E. - no more love for R.I.C.E.?	Dr Lim Zhuang Li Sports Medicine Physician, HTAA
15:00 – 15:30	Strength training for runners: Improving performance & longevity in running	Assoc. Prof Dr Raja Firhad Sports Scientist, UiTM
15:30 – 16:00	Q&A	
16:00 – 17:00	Poster judging	
17:00 – 17:30	Zumba session	Assoc. Prof Dr Mohd Nahar Consultant Sports Physician, UMMC

25TH JULY 2024 (THURSDAY)

Time	Topic	Presenter	
07:30 – 08:00	Registration		
08:00 – 08:30	Running footwear: Is there an "ultimate" shoe for me?	Dr Rizal Razman Sports Biomechanist, UM	
08:30 – 09:00	Data, data EVERYWHERE! – Running gadgets & do they help with my training?	Mr Lim Ee-Van Runner, Triathlete, Blogger	
09:00 – 09:30	Q&A/ Forum: All things running related stuff to buy (sports technology)	Moderator: Dr Au Yong Pui San	
09:30 – 10:00	Morning break		
10:00 – 10:30	Running in pregnancy – safe or taboo?	Dr Kavitha Sports Medicine Physician, HSgB	
10:30 – 11:00	Cancer & returning to running – A doctor's personal experience	Dr Syazana Alia Runner, Doctor & cancer survivor	
11:00 – 11:30	Q&A/ Forum: Women's health & running	Moderator: Dr Amanda	
11:30 – 12:30	Forum: Sudden cardiac arrest during exercise - Will it happen to me?	Moderator: Dr Mohanakumar	
12:30 – 14:00	Lunch break		
14:00 – 14:30	Sponsors' booth visit		
14:30 – 16:00	Concurrent Workshop 1: KT taping for common running issues (Facilitators: Ms Masnen, Dr Mohan, Dr Faridah)	Concurrent Workshop 2: Strength training for runners (Facilitators: Dr Amanda, Dr Harmizie)	Concurrent Workshop 3: Assessment for readiness to run after injury (Facilitators: Dr Pui San, Dr Zul, Dr Lam Jo Ee)
16:00 – 17:00	Prize giving ceremony for best posters		

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