

CURRICULUM VITAE

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*MD (UKM), PGDip Sports Med (IOC), MSpMed (Malaya),
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- **Consultant Sports, Exercise & Musculoskeletal Medicine Physician in the University Malaya Medical Centre (UMMC) & University Malaya Specialist Centre (UMSC), Kuala Lumpur, Malaysia**
- **Senior Lecturer of Sports and Exercise Medicine in the Department of Sports Medicine, Faculty of Medicine, Universiti Malaya (UM), Kuala Lumpur, Malaysia**
- **Honorary Vice President of the Malaysian Association of Sports Medicine (MASM)**
- **Panel Member of Result Management Committee, Anti-Doping Agency of Malaysia (ADAMAS)**



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Dr. Alston Choong Wai Kwong is currently a Senior Medical Lecture in the Department of Sports Medicine, Faculty of Medicine at the Universiti Malaya, and a Consultant Sports, Exercise & Musculoskeletal Medicine Physician at the University Malaya Medical Centre (UMMC) and University Malaya Specialist Centre (UMSC), Kuala Lumpur, Malaysia. He graduated with a Bachelor's degree in Doctor of Medicine (MD) from the Universiti Kebangsaan Malaysia (UKM). He continued to pursue his postgraduate Master of Medicine in Sports Medicine (MSpMed) at the Universiti Malaya. He is also a certified dry-needling and acupuncturist, medical qigong, tuina practitioner and osteopathic manipulative therapist. He often incorporated traditional and complementary Medicine as an adjunct therapy for various musculoskeletal conditions.

Besides being a conscientious clinician, he conducts various scientific research in Sports and Exercise Medicine, particularly in sports or musculoskeletal injuries prevention, management and rehabilitation, ultrasound-guided pain intervention, anti-doping-related issues and regenerative sports rehabilitation. He published numerous articles in peer-reviewed journals and received several awards, such as Asia's Most Outstanding Achiever Award, International People's Choice Award (Most Outstanding Young Achiever) and the most recent one, the Malaysian Influential Educator Award.

Dr. Alston has been actively involved in various tasks appointed by the Anti-doping Agency of Malaysia (ADAMAS) since 2015 when he was still pursuing his Master of Medicine in Sports Medicine. Currently, he is appointed as one of the Panel Members for the Results Management Committee of the ADAMAS. He had vast medical coverage experiences at local, national and international sporting events. He was appointed as the team physician for various sports clubs before. His active role as an educator is eminent through teaching and supervising undergraduate and postgraduate students. He actively shares his knowledge in Sports and Exercise Medicine through various lectures and presentations at numerous talks, courses, workshops, seminars, symposiums, and conferences at the national and international levels. He is also a sports science instructor for the National Coaching Academy under the National Sports Institute of Malaysia. He is also the invited speaker for the post-basic medical assistant courses in Sports Medicine.

Dr. Alston currently serves as the Honorary Vice President of the Malaysian Association of Sports Medicine (MASM). He is an active member of the International Federation of Sports Medicine (FIMS), American College of Sports Medicine (ACSM), World Institute of Pain (WIP), Asian Federation of Sports Medicine (AFSM), Academy of Medicine, Malaysia (AMM), Malaysian Medical Association (MMA), Society of Exercise is Medicine Malaysia (SEIMM), Malaysian Arthroscopy Society (MAS), Malaysian Orthopaedic Association (MOA), Malaysian Society of International Pain Practice Practitioner (MSIPPP), Tissue Engineering & Regenerative Medicine Society of Malaysia (TESMA), etc.

Besides being a certified high-intensity interval training (HIIT) coach, he is also an internationally-certified dragon boat race coach and technical official by the International Dragon Boat Federation. He is still actively participating in competitive dragon boat racing at the international level. In addition, he spends his time coaching dragon boat athletes and educating the community about the importance of physical activity and exercise in promoting physical and mental health.