



SURGICAL REHABILITATION
IN SPORT INJURIES

ENDORSED BY



SPORTS SURGERY & REHABILITATION EAST COAST SYMPOSIUM 2024



5TH & 6TH JUNE 2024
(WEDNESDAY & THURSDAY)

REGISTER HERE !



H ELITE DESIGN HOTEL,
KOTA BHARU, KELANTAN



REGISTRATION FEE

- RM 300** SPECIALIST
- RM 150** MEDICAL OFFICER
- RM 100** PARAMEDICS / PHYSIOTHERAPIST
SPORT COACH / TRAINERS

REGISTRATION : DR HANNAN 019-222 0050
EVENT PROMO : DR NG 016-682 7305
: DR AYUNNI 012-272 3260

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SURGICAL REHABILITATION IN SPORT INJURIES

SPORT SURGERY AND REHABILITATION EAST COAST SYMPOSIUM 2024

H ELITE DESIGN HOTEL KOTA BHARU , 5 AND 6 JUNE 2024

| DAY 1 | PROGRAMME |
|------------------|---|
| 8.00 - 8.30 AM | REGISTRATION |
| 8.30 - 9.00 AM | DOA AND OPENING REMARK |
| 9.00 - 9.20 AM | UPDATE ON ACL INJURIES |
| 9.20 - 9.40 AM | WHEN CAN I START WALKING? A TIMEFRAME FOR ACL REHAB |
| 9.40 - 10.15 AM | OFFICIATING CEREMONY AND PHOTOGRAPHY SESSION |
| 10.15 - 10.45 AM | BREAK |
| 10.45 - 11.05 AM | TIPS & TRICKS IN MANAGEMENT OF MULTILIGAMENT KNEE INJURY |
| 11.05 - 11.25 AM | CHALLENGES IN MULTILIGAMENT RECONSTRUCTION REHAB. |
| 11.25 - 11.45 AM | HANDLING ON MENISCUS TEAR |
| 11.45 - 12.15 PM | OVERCOMING MENISCUS INJURY? A STEP BY STEP BY REHAB. PLAN |
| 12.15 - 12.45 PM | LUNCH TALK BY COMPANY REPRESENTATIVE |
| 12.45 - 2.00 PM | BOOTH VISIT / BREAK |
| 2.00 - 4.30 PM | WORKSHOP - KNEE ULTRASOUND / PAIN MODALITIES (e.g infrared) - KNEE INJECTION TECHNIQUES - KNEE TAPPING - KNEE REHABILITATION - BODY IMPEDANCE ASSESSMENT - DRY KNEE ARTHROSCOPE |
| 4.30 - 5.00 PM | TEA |

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| DAY 2 | PROGRAMME |
|------------------|---|
| 8.30 - 8.50 AM | APPROACH TO SHOULDER INSTABILITY |
| 8.50 - 9.15 AM | SHOULDER INSTABILITY REHABILITATION - WHEN DO I START MOVING THE SHOULDER? |
| 9.15 - 9.35 AM | HOW TO TACKLE ROTATOR CUFF INJURY |
| 9.35 - 9.55 AM | THE DO'S AND DON'TS POST ROTATOR CUFF REPAIR |
| 9.55 - 10.30 AM | BREAK AND BOOTH VISIT |
| 10.30 - 12.30 PM | WORKSHOP - SHOULDER ULTRASOUND (PAIN MODALITIES) - SHOULDER INJECTION TECHNIQUE - SHOULDER TAPING - SHOULDER REHABILITATION |
| 12.30 PM | LUNCH , END OF SYMPOSIUM |

