



SURGICAL REHABILITATION
IN SPORT INJURIES

ENDORSED BY



SPORTS SURGERY & REHABILITATION EAST COAST SYMPOSIUM 2024



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



H ELITE DESIGN HOTEL,
KOTA BHARU, KELANTAN

REGISTER HERE !



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

ORTHO HRPZ ORTHOEVENT.HRPZ@GMAIL.COM

ORGANISED BY : SPORT UNIT AND SPORT MEDICINE ORTHOPAEDIC HRPZ II , IN CONJUNCTION WITH PHYSIO HRPZ II



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

