

2nd
Announcement

1st ASEAN SPORTS MEDICINE CONFERENCE 2015

**Enhancing Performance Through
Sports Medicine & Sports Science**

Date: 27th to 29th November 2015

Venue: ALOFT Kuala Lumpur Sentral

www.malaysiansportsmed.org

CALL FOR ABSTRACTS!

Submit online your abstracts for Free Paper Oral Presentation & Poster Presentation

Abstract Submission will open in February 2015.

Closing Date : **30th June 2015.**

Awards will be given for BEST Free Paper Oral Presentation & Poster Presentation.

Organised By:



Malaysian Association
of Sports Medicine



Sports Medicine Unit
Faculty of Medicine
University of Malaya



Sports Medicine
Ministry of Health Malaysia

Welcome Message By President Of MASM

Dear Participant,

Welcome to the 1st ASEAN Sports Medicine Conference 2015. This conference coincides with Malaysia assuming the Chairmanship of ASEAN organisation for 2015 in Kuala Lumpur. This conference brings together orthopaedic surgeons, sports physicians, physiotherapists, sports science practitioners, trainers, coaches, other allied health professions and students all with a common link of managing a multitude of conditions related to sports. The theme for the conference is Enhancing Performance Through Sports Medicine & Sports Science which will bring together a variety of exciting topics towards this goal. This would allow the implementation of current research and state of the art understanding in Sports Science to be put into practice and also the current treatment of sports injury. There will be presentations of these topics by experts in their field from ASEAN countries and beyond.

Doping in sports is another area that has caused very serious concerns that will be highlighted during the conference. Additionally there will be several practical pre-conference workshops on various topics that will be of important relevance in our daily practice. This conference will also present a great opportunity for you to network with professionals from various fields that can assist in your practice. Do take this opportunity to rekindle your friendships.

We hope you can join us in this conference to increase your knowledge and professional skills in this exciting and increasingly relevant wide ranging field of Sports Medicine and Sports Science. Lastly, do take the opportunity to visit Malaysia and Kuala Lumpur the host city for the conference where there is much to offer to you and your family.

Yours sincerely,

Dr Chan Kin Yuen

Consultant Orthopaedic Surgeon

President

Malaysian Association of Sports Medicine (MASM)

Welcome Message By Organising Chairman

Dear Colleagues, Friends, Sports Science and Medicine Enthusiasts,

The Malaysian Association of Sports Medicine (MASM) is proud to bring you the 1st ASEAN Sports Medicine Conference 2015 to be held in Kuala Lumpur from 27th to 29th November 2015. The conference is jointly organised by MASM, the Sports Medicine Unit of the Faculty of Medicine, University of Malaya and the Sports Medicine team of Ministry of Health, Malaysia. The theme for this conference is "Enhancing Performance Through Sports Medicine & Sports Science". The conference will be held at the Aloft Kuala Lumpur Sentral which is centrally located, right next to the KL Sentral Station with direct rail & bus links to the city and KLIA 1 & 2 Airports.

We aim to cover areas of injury prevention, recovery and management from both aspects of sports medicine and sports science - namely sports physiology, biomechanics, nutrition, psychology, medical treatment and rehabilitation. We would like to steer the conference towards updating participants with the latest information and techniques as well as how these can be applied to enhance performance in sports.

The conference will start off with several workshops on Day 1 (27th of November 2015) such as ultrasound guided injection techniques, taping techniques, and team physician course. On Day 2 and 3, we will have our full scientific conference which offers several topics by international and national invited speakers and free paper oral presentations. Participants can look forward to thought-provoking keynote lectures and sessions as well as pick up new developments from the free paper oral and poster presentations.

We cordially invite you to participate and make this conference a truly memorable one. We look forward to seeing you at the 1st ASEAN Sports Medicine Conference 2015.

My warmest regards,

Associate Professor Dr Abdul Halim Mokhtar

Consultant Sports Physician

Organising Chairman of 1st ASEAN Sports Medicine Conference 2015

&

Vice President of Malaysian Association of Sports Medicine

MASM Council 2014/2016

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Vice President	Dr Kok Choong Seng
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1st ASEAN SPORTS MEDICINE CONFERENCE 2015 Organising Committee

Organising Chairman	Assoc Prof Dr Abdul Halim Mokhtar
Scientific Chairman	Dr Mohamad Shariff Abdul Hamid
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	Dr Devamalar Selvi Naicker
	Dr Ashril Yusof
	Dr Chong Fook Looi

Professor Dr Jiri Dvorak
FIFA

Professor Dr Eugene G. McNally
University of Oxford

Assoc Clinical Professor Dr Andrew P. Winterstein
University of Wisconsin

Tan Sri Dato' Dr M Jegathesan
Olympic Council Of Asia

Dato' Dr Ramlan Abd Aziz
National Sports Institute of Malaysia

Assoc Professor Dr Abdul Halim Mokhtar
University of Malaya

Abdul Rashid Aziz
Singapore Sports Institute

Abraham Joel Victor
Vivae Enterprise

Dr Alzamani Mohammad Idrose
Hospital Kuala Lumpur

Dr Aparajitha Krishnan
Hospital Sungai Buloh

Dr Azril Syazwan Mohd Ali
Hospital Raja Perempuan Zainab II

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Universiti Sains Malaysia

Dr Danish Zaheer
Sports Medicine and Research Centre, Brunei Darussalam

Gobinathan Nair
Southeast Asia Regional Anti-Doping Organization

Lt Col (Dr) Hakimi Abdullah
Tuanku Mizan Armed Forces Hospital

Dr Hishamudin Masdar
Hospital Selayang

Assoc Professor Dr Jason Lee Kai Wei
Defence Medical and Environmental Research Institute Singapore

Professor Dr John George
University of Malaya

Dr Jolly Roy
National Sports Institute of Malaysia

Dr Kamarul Hashimy Hussein
National Sports Institute of Malaysia

Dr Kok Choong Seng
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Universiti Teknologi MARA

Dr Mariam George Mathew
Hospital Queen Elizabeth

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Dr Michel Gagne
Coaching & Training Asia

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University of Malaya

Assoc Professor Dr Mohamed Razif Mohamed Ali
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Major General (R) Dato' Dr Mohd Zin Bidin
University College Shahputra

Professor Ir Dr Noor Azuan Abu Osman
University of Malaya

Dr Nor Azlin Zainal Abidin
Hospital Kuala Lumpur

Professor Dr Rabindarjeet Singh
Universiti Sains Malaysia

Lt Kol (Dr) Ridzuan Azmi
Tuanku Mizan Armed Forces Hospital

Rosnah Mat Yatim
National Sports Institute Of Malaysia

Dr Rozaiman Ebrahim
Hospital Seremban

Assoc Professor Dr Rungchai Chauchaiyakul
Mahidol University (Salaya), Thailand

Dr Saju Joseph
National Sports Institute of Malaysia

Dr Victor Selvarajah Selvanayagam
University of Malaya

Assoc Professor Dr Zulkifli Abdul Kadir
Universiti Teknologi MARA

Workshop 1

MUSCULOSKELETAL ULTRASOUND WORKSHOP – FOCUSING ON SHOULDER, KNEE AND FOOT & ANKLE.

Speaker : Professor Dr Eugene G. McNally
Professor Dr John George

Time : 9.00am to 5.30pm

Objective of workshop :

Musculoskeletal sonography is becoming the gold standard for evaluating and managing joint, soft tissue and musculoskeletal disorders. This one day workshop is designed to shorten the learning curve for health professionals and practitioners interested in developing expertise in musculoskeletal (MSK) ultrasound. Clinicians will learn to recognize normal anatomy, common pathologies, and critically evaluate the images, improving knowledge and technique of ultrasound scanning, thus improving patient outcomes.

Expert faculty will direct participants in understanding how to optimize ultrasound machine settings for diagnostic and evaluation using various machines. They will also practice scanning on shoulder, knee and ankle joints on live models.

After completing this activity, the participant will be able to do the following:

- Explain the capabilities and limitations of musculoskeletal ultrasound imaging.
- Identify normal anatomy visualized during musculoskeletal ultrasound imaging.
- Identify sonographic appearance of commonly seen pathology of the shoulder, knee and ankle.
- Describe techniques and protocols for performing musculoskeletal ultrasound examinations of the shoulder, knee and ankle.
- Describe the dynamic maneuvers employed to evaluate for impingement syndrome or to expose other stress related MSK pathology.
- Better perform and/or interpret MSK ultrasound examinations.
- Optimize ultrasound machine settings for diagnostic and interventional techniques.

Who should attend this workshop :

Sports Physicians, Radiologists, Musculoskeletal Radiologists, Orthopaedic Surgeons

Workshop 2

TAPING WORKSHOP

Speaker : Assoc Clinical Professor Dr Andrew P. Winterstein
Abraham Joel Victor

Time : 9.00am to 12.15pm - Kinesiotaping Workshop
2.30pm to 5.30pm - Rigid Taping Workshop

Objective of workshop :

The aim of this workshop is to introduce participants to the practice of flexible and rigid taping. Participants will gain from this workshop:-

- Knowledge of types of taping and the rationale for it
- Understand the principles of taping
- Identify problems and conditions that may benefit from taping
- Enable the participants to be able to apply tape for specific problems

Who should attend this workshop :

Physiotherapists, Paramedics, Sports Science Practitioners, Doctors with interest in musculoskeletal medicine, Sports Physician & General Practitioners

Workshop 3

TEAM PHYSICIAN COURSE WORKSHOP

Time : 9.00am to 5.30pm

Content of workshop :

Workshop will cover theory and hands-on demonstration on various topics such as :

- Managing breathing and airway emergencies in sports
- On-field cardiovascular emergencies in sports - cardiopulmonary resuscitation, automated external defibrillator and beyond
- Cerebral concussion - on field assessment and management
- Musculoskeletal emergencies - approach to joint dislocation
- Spine injuries in sports - on field assessment and management
- General sports medicine - pre-participation physical evaluation, the junior athletes, the female athletes and travelling with team

Who should attend this workshop :

Doctors and Sports Physicians

This announcement has been prepared in good faith. There may be changes to some of the workshop and scientific content as the programme develops in the coming few months, as the scientific committee strives to put together for you an interesting compact workshop and meeting.

Day 1, 28th November 2015 (Saturday)

Time	Lecture Hall A	Lecture Hall B	Lecture Hall C
0800 - 0830	Registration		
0830 - 0900	Opening Ceremony		
0900 - 1000	Keynote Address 1		
	FIFA/F-MARC Concept Of Prevention		
1000 - 1030	Tea Break & Exhibit Visit		
1030 - 1130	Injury Prevention Programme In Sports	Environmental Injuries In Sports	Organisation Of Sports Medical Coverage
	Injury Prevention Programme - Does It Work?	Altitude Associated Conditions In Sports	Formula 1 - Organisation of Medical Cover
	Injury Prevention For The Masses (Recreational Athletes)	Heat Related Injuries : Prevention Strategies	Organization Of Mass Sports Events
	FIFA 11+ Programme To Prevent Injuries In Football	Gas Embolism And Decompression Sickness : Return To Diving Assessment	Managing Your Medical Team
	Q&A	Q&A	Q&A
1130 - 1230	Injury Prevention - Biomechanics And Physiology	Extreme Sports	Travel Medicine In Sports
	Sports Movement Analysis And Mechanics Of Sports Injuries	Formula 1 Motorsports Injuries - Malaysia's Experience	Medical Support For The Team
	Integrating Biomechanics Into Training Drills	Climbathon - Conquering Mount Kinabalu	Common Issues When Travelling With The Team
	Role of Biofeedback In Injury Prevention	Skydiving / Parachuting : The Military Experience	Travelling With The Team : What's In My Bag?
	Q&A	Q&A	Q&A
1230 - 1300	Lunch Symposium 1		
	TBC - Sponsored Lunch Talk 1		
1300 - 1400	Lunch & Exhibit Visit		
1400 - 1500	Free Paper Presentation		
1500 - 1600	Sports Injury & Psychology	Role of Nutrition In Injury Prevention	Applied Exercise Physiology & Performance
	The Passive Intermodulation Measurement Training To Regain Skills After Rehabilitation Process	Hydration Advice : Where Are We Heading?	High Performance Support - The Malaysian Experience
	Role of Psychology In Injury Prevention	Role of Free Radicals & Antioxidants on Sports Performance	Exercise & Respiratory Mechanics
	Return-To-Play : Psychological Interventions To Buffer The Negative Effects of Injury	TBC	What Trains Together Gains Together: The Inter-relationship Between Learning And Strength Gains
	Q&A	Q&A	Q&A
1600 - 1630	Tea Break & Exhibit Visit		
1700 - 1900	MASM AGM - Members Only		

Day 2, 29th November 2015 (Sunday)

Time	Lecture Hall A	Lecture Hall B	Lecture Hall C
0830 - 0900	Opening Ceremony		
0900 - 1000	Keynote Address 2		
	Enhancing Sports Through Sports Technology		
1000 - 1030	Tea Break & Exhibit Visit		
1030 - 1130	Update On Injury Management	Sports Nutrition	Update on Rehabilitation Technique - Lower Limb
	Looking Beyond Musculoskeletal Issues In Sports	Modulating Nutrition Specific Strategies For Enhancing Performance	Hamstring Injuries Rehabilitation
	Role of Hyperbaric Oxygen Therapy For Soft Tissue Injuries	Using Microtechnology (GPS) To Examine The Impact Of Ramadhan Fasting On Physical Performance In Football Players	Rehabilitation Post ACL Reconstruction : Then And Now
	Current Evidence On Platelet Rich Plasma	Functional Foods And Sports Performance	Kinesiotape : More Than Just Fashion?
	Q&A	Q&A	Q&A
1130 - 1230	Concussion In Sports	Paralympic Sports	ACL Injuries
	Confused Over Diagnosis?	The Functional Classification System	Are You Sure I Can't Play Without Reconstruction Doc?
	On-field Management Of Concussed Athletes	Paralympic Sports And Injuries	ACL Reconstruction In The Elite Athletes : How Successful Are We?
	Return-To-Play After Concussion	Biomechanics In Paralympic	Factors Associated With Complications Of ACL Reconstruction
	Q&A	Q&A	Q&A
1230 - 1300	Lunch Symposium 2		
	TBC - Sponsored Lunch Talk 2		
1300 - 1400	Lunch & Exhibit Visit		
1400 - 1500	Free Paper Presentation		
1500 - 1600	Doping In Sports	Conditioning - How Much Do We Train?	Chondral Injuries
	Performance Enhancing Methods And Substances : Where To Draw The Line?	High Intensity Interval Training. Where Is The Evidence?	Radiological Imaging And Knee Chondral Injuries
	Doping Susceptability In Athletes	Optimizing Exercise Intensity	Clinical Management Of Patellar Chondral Injuries
	WADA Code And It's Implications	Significance Of Balanced Resistance Training	Update On Surgical Management of Knee Articular Cartilage Injury
	Q&A	Q&A	Q&A
1600 - 1630	Closing Ceremony & Award Presentation		
1630 Onwards	Tea Break		

Call For Abstracts

Guidelines for Free Paper Oral Presentation & Poster Presentation Format.

ABSTRACT FORMAT

1. Word limit is between 250 - 300 words.
2. Do not include figures, graphs or tables in the abstract as these will not be published.
3. Abstract title must be in Title Case and should be brief and clearly indicate the content of the abstract, **e.g. Badminton Injuries in Youth Competitive Players.**
4. Author and co-author names should be presented as follows: surname followed by initials, e.g. Goh SL¹, Mokhtar AH² & Mohamad Ali MR³
 - follow numbering of superscripts as given if more than one institution is involved
 - underline the presenting author
 - do not include degrees or professional titles (Prof, Dr, PhD, MD, etc.)
5. Affiliations or organisations
 - follow numbering of superscripts as given if more than one institution is involved, e.g.
¹Sports Centre, University of Malaya, Kuala Lumpur, Malaysia;
²Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia;
³Faculty of Physical Education and Sport Science, University of Isfahan, Isfahan, Iran

ABSTRACT CONTENT

Make the abstract as informative as possible. Conclusions must be supported by data.

Prepare the abstract in one paragraph, with the following headings: Introduction: (purposes of the study), Methods: (study design, analytical methods), Results: (specific data), and Conclusions: (key aspects derived from the study). Use single spacing and bold the terms Introduction:, Methods:, Results: and Conclusions:.

Use British English spelling; check language and grammar before submitting.

At the end of the abstract, provide five keywords.

TERMS & CONDITION

1. Only abstracts submitted online at the conference website www.malaysiansportsmed.org will be accepted.
2. Abstracts must be submitted by the author who will be presenting during the conference.
3. Abstracts will be reviewed by the Scientific Committee. The Committee reserves the right to:-
 - A) Select the abstracts relevant to the session
 - B) Decide on the final form of presentation.
4. All successful and selected abstract presenters MUST register for the conference as a participant.
5. Conference Secretariat will inform everyone of the status of their abstract by early August 2015.

Registration Fees

Dates	Category	MASM Member (Malaysians)	Non-MASM Member (Malaysians) & ASEAN countries	Other Non-ASEAN Countries
27 th Nov 2015 Pre-Conference Workshop	Limited places. Register early to avoid disappointment.	RM 250	RM 300	USD 100
28 th & 29 th Nov 2015 Conference	Early Bird before 31 st Aug 2015	RM 800	RM 1100	USD 470
	Post Early Bird between 1 st Sept to 14 th Nov 2015	RM 1100	RM 1400	USD 570
	Onsite – 15 th Nov 2015 to during conference	RM 1400	RM 1700	USD 670

Online
Registration is
NOW OPEN!

Cancellation and Refund Policy

The secretariat should be informed in writing of all cancellations. Refund will be made only after the conference and only applicable under the following circumstances.

- 1) Cancellation on or before 30th September 2015 : 95% refund.
- 2) Cancellation on or after 1st October 2015 : no refund.

If no refund is required but a change in participant registration is needed, please inform the secretariat in writing via email to registration@malaysiansportsmed.org

Exhibitor Enquiry

To receive information regarding exhibit and sponsorship for this conference, please contact our Secretariat or visit www.malaysiansportsmed.org

Secretariat

For further information, please contact:-

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Conference Venue & Accommodation

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