

Organised by



Society of
Sports and Exercise Medicine
Malaysia (SSEMM)



WCSEM2015

WORLD CONGRESS IN SPORTS & EXERCISE MEDICINE

Official Hotel :

THE *Royale Chulan*
KUALA LUMPUR

4th – 6th November 2015 • The Royale Chulan Kuala Lumpur, Malaysia

Supported by



Year Of Festivals



BUILDING STATE, STRENGTH AND WELLNESS

Over 26 countries and 35 international speakers participating

Associated with



International Federation of
Sports Medicine



FELDA



UNIVERSITY OF
BATH



CONGRESS

4th - 6th November 2015

GRAND OPENING DINNER

5th November 2015

WORKSHOP

Workshop 1

EXERCISE PRESCRIPTION COURSE FOR HEALTHCARE PROFESSIONALS

4th November 2015

Workshop 2

NST INTRODUCTORY TRAINING

4th - 5th November 2015

Workshop 3

INTRODUCTION TO SOPHRO DYNAMIC RELAXATION

5th November 2015

Workshop 4

YOGA AS A THERAPEUTIC TOOL FOR CARDIOVASCULAR DISEASES

5th November 2015

4th November 2015 (Wednesday)

Afternoon Session	Chairperson Dr. Majid Al-Yamani (KSA) Dr. Michael Davison (UK)
14:00 – 14:30	Dr Luis Gonzalez Lago (Spain)
14:30 – 15:00	Customization Mechanisms of Recovery Skills in a Professional Football Team
15:00 – 15:30	Mr Reza Rahimi (Iran) Interventions For Prevention and Rehabilitation of Hamstring Injuries
15:30 – 16:00	Dr Keith Stokes (UK) Nutritional considerations during recovery from injury
	Evening Tea Break
16:00 – 16:30	Chairperson: Dato' Dr Abdul Hamid Abdul Kadir (Malaysia) Dr. Sherif Azmy Rizkalla (Egypt)
16:30 – 17:00	Mr Dominic Uzodimma Ikwuagwu (Nigeria) Preventing Sport Injuries Among Youth
	Dr Ameer Siddiq Amer Nordin (Malaysia) Sport and Tobacco Control

5th November 2015 (Thursday)

Morning Session	Chairperson: Dr. Loris Pegolli (Italy) Dr. Adrian Mellor (UK)
08:00 – 08:30	Registration
08:30 – 09:00	Dr. Keith Stokes (UK) Training load and injury risk in sport
09:00 – 09:30	Prof. Dylan Thompson (UK) Use of technology to enhance physical activity in patients
09:30 – 10:00	Dr. Michael Davison (UK) Injury risk factors, testing and prevention strategies in premier league teams
10:00 – 10:30	Tan Sri Dr. M Jegathesan (Malaysia) Doping in Sport or Move Malaysia Program
10:30 – 11:00	Morning Coffee Break
	Chairperson: Dr James Bilzon (UK) Mr Amrinder Singh (India)
11:00 – 11:30	Mr. Dominic Uzodimma Ikwuagwu (Nigeria) Controlling Emotions during Sport Events
11:30 – 12:00	Dr. Majid Al-Yamani (KSA) PRP In Meniscal Tear Treatment
12:00 – 12:30	Prof. Dylan Thompsom (UK) Energy Balance: What is the role of physical activity?
12:30 – 13:00	Mr Awais Inam (Pakistan) Is Basic Stretching (exercise) & Icing "A True Myth" In The Management Of Shin Splint Syndrome For Amateur Athletes"?
13:00 - 14:00	Lunch

4th November 2015 (Wednesday)

Morning Session	Chairperson: Dr. Luis Gonzalez Lago (Spain) Dr. William Dexter (USA)
08:00 – 08:45	Registration
08:45 – 09:00	Opening remarks
09:00 – 09:30	Dr James Bilzon (UK) Conservative treatment in pre-arthritic joint pain
09:30 – 10:00	Dr Steve Bailey (UK) Effect of Acupuncture on Enhancing Sports Performance particularly in Enhancing Muscle Strength for Performance and Rehabilitation
10:00 – 10:30	Dr Sherif Azmy Rizkalla (Egypt) Nutrition for Optimal Sports Performance
10:30 – 11:00	Morning Coffee Break
	Chairperson: Dr. Steve Bailey (UK) Prof. Dylan Thompson (UK)
11:00 – 12:00	Dr James Stoxen DC (USA) The Integrated Spring-Mass Model Approach To Thoracic Outlet Syndrome
12:00 – 12:30	Dr Sebastian Liew (Singapore) The Role Of Herbs In Assimilation Of Nutrients For Maximum Physical And Mental Endurance And Concentration
12:30 – 13:00	Mr Amrinder Singh (India) Sports Injury in Young Athletes
13:00 – 14:00	Lunch

5th November 2015 (Thursday)

Afternoon Session	Chairperson Dr. James Stoxen DC (USA) Mr. Reza Rahimi (Iran)
14:00 – 14:30	Dr. Adrian Mellor (UK) High Altitude Performance- Factors Influencing Acclimatisation
14:30 - 15:00	Dr. James Bilzon (UK) Exercise and health in people with disabilities
15:00 - 15:30	Dr. Loris Pegolli (Italy) Arthroscopic TFCC Repair in Young Sport Patients
15:30 - 16:00	Evening Tea Break
	Chairperson: Dr. Keith Stokes (UK) Dr. Michael Davison (UK)
16:00 - 16:30	Dr Sherif Azmy Rizkalla (Egypt) Fit For Life
16:30 – 17:00	Dato' Dr Gurcharan Singh (Malaysia) Gender Verification in Sport
7.30pm	1M – WCSEM 2015 Opening Ceremony and Gala Dinner Venue : Taming Sari Grand Ballroom

6th November 2015 (Friday)

	Chairperson: Dr Michael Nixon – Livy (Australia) Dr Steve Bailey (UK)
08:00 – 08:45	Registration
08:45 – 09:00	Opening remarks
09:00 – 09:30	Dr Michel Gagne (Canada) Multi-Sensory Imagery Training
09:30 – 10:00	Dr Hari Krishna Bandi (India) A Randomized Controlled Trial To Explore The Myocyte Level Evidence For The Beneficial Effect Of Yoga Therapy In Heart Failure.
10:00 – 10:30	Morning Coffee Break
10:30 – 11:00	Dr Akhmal Yusoff (Malaysia) Increasing the numbers of industry sponsored clinical trials in Malaysia
11:00 – 12:00	Mr S. Mayooran (Sri Lanka) Prevalence Of Musculoskeletal Injuries Related To Running And Predisposing Factors Leading To The Injuries: A Study Among Short-Distance Runners In Sri Lanka
12:00 – 12:30	Dato' Dr Ramlan Abdul Aziz (Malaysia) Management in National Sport

SPEAKERS

	AUSTRALIA Dr. Michael Nixon Livy Neurostructural Integration Technique
	CANADA Dr. Michel Gagne President of the Chartered Institute of Management Specialist (USA) i. Introduction to Sophro Relaxation ii. Multi-sensory imagery training
	EGYPT Dr. Sherif Azmy Rizkalla Sports Nutrition Consultant of the Egyptian Military Sports Section i. Fit for Life ii. Nutrition for Optimal Sports Performance
	INDIA Mr. Amrinder Singh Assistant Professor Faculty of Sports Medicine & Physiotherapy Guru Nanak Dev University,Amritsar. i. Effect Of “Lower Extremity Sportsmetric Training Program” On Lower Limb Alignment, Strength And Dynamic Balance In Elite Female Basketball Players ii. Sports Injuries in young Athletes
	INDIA Dr Hari Krishna Bandi i. A Randomized Controlled Trial To Explore The Myocyte Level Evidence For The Beneficial Effect Of Yoga Therapy In Heart Failure. ii. Yoga As A Therapeutic Tool For Cardiovascular Diseases
	INDIA Dr. Kannan Pugazhendhi The Role Of Yoga In The Practice Of Sports Medicine

The final Program shall be out towards end of September, 2015. Any addition or changes would be subject to discretionary powers of the Organizing Committee and it shall be final. The first programs will however be retained in the final edition, except the nature of the format



IRAN
Mr. Reza Rahimi
Executive Secretary

Interventions for Prevention and Rehabilitation of Hamstring Injuries



IRAQ
Mr. Ahmed Farhan

The Effectiveness of a Neuromuscular Training Programme to Reduce Ankle Injuries in Children Soccer Players



IRAQ
Dr. Ayman AL-Bedri

**Lecture; Exercise Is Medicine Malaysia
Exercise Prescription Course For Healthcare Professionals**



ITALY
Dr. Pegole Loris

Arthroscopic TFCC Repair In Sport Young Patients



KSA
Dr. Majid A. A. Al-Yamani
Orthopedic Oncology and Arthroscopy
Consultant Surgeon at KFSH, Dammam, SA

PRP In Meniscal Tear Treatment



MALAYSIA
Dato' Dr. Abdul Hamid Abdul Kadir
Professor And Head Department of Orthopaedics,
Faculty Of Medicine,
MAHSA University College, KL

MALAYSIA
Dr. Akhmal Yusof

Increasing the Numbers of Industry Sponsored Clinical Trials in Malaysia



MALAYSIA
Dr. Amer Siddiq Amer Nordin
Associate Professor

Sports and Tobacco Control



MALAYSIA
Dato' Dr Gurcharan Singh
Chairman of AFC Medical Committee

Gender Verification in Sports



MALAYSIA
Tan Sri Dato' Dr. M. Jegathesan
Honorary Medical Advisor of the Commonwealth
Games Federation

Doping In Sport or Move Malaysia Program



MALAYSIA
Professor Rabindarjeet Singh

High-Intensity Interval Training and Management of Non-Communicable Diseases



MALAYSIA
Dato' Dr. Ramlan Abd Aziz
CEO ISN - Malaysia

Management In National Sport TBC



MALAYSIA
Dr. K. Sudha Nathan
Past President of AFPM MBBS(IND), MPH.OCC. MED(USA),
CIME, MAFP(HON), FRACGP,DIP.P.C. DERM

Exercise Prescription Course For Healthcare Professionals



NIGERIA
Mr. Dominic Uzodimma Ikwuagwu
Founder/ Director @ Unique Ultimate FC & Academy-Lagos

**i. Controlling Emotions During Sport Events
ii. Preventing Sport Injuries Among Youth**

SPEAKERS

	PAKISTAN Dr Awais Bin Inam Physical Therapy/Deputy Director Is Basic Stretching (Exercise) & Icing “A True Myth” In The Management Of Shin Splint Syndrome For Amateur Athletes?
	SINGAPORE Dr. Sebastian Liew Doctor of Naturopathy, Medical Herbalist (Australia registered) of Sebastian Liew Centre Pte Ltd The role of herbs in assimilation of nutrients for maximum physical and mental endurance and concentration
	SPAIN Dr. Luis Gonzalez Doctor for the Baniyas Sports Football Club, in Abu Dhabi, United Arab Emirates Customization Mechanisms of Recovery Skills in a Professional Football Team
	SRI LANKA Mr. Sithravelayuthan Mayooraan Prevalence Of Musculoskeletal Injuries Related To Running And Predisposing Factors Leading To The Injuries: A Study Among Short-Distance Runners In Sri Lanka
	UK Dr Adrian Mellor High Altitude Performance-Factors Influencing Acclimatisation
	UK Professor Dylan Thompson i. Energy Balance: What Is The Role Of Physical Activity? ii. Use Of Technology To Enhance Physical Activity In Patients
	UK Dr. James Bilzon i. Conservative treatment for pre-arthritis joint pain ii. Exercise and health in people with disabilities

	UK Dr Keith Stokes i. Training load and injury risk in sport ii. Nutritional considerations during recovery from injury
	UK Dr. Michael Davison Isokinetic Medical Group Injury Risk Factors, Testing And Prevention Strategies In Premier League Team
	UK - NOTTINGHAM Mr. Steve Bailey Visiting Lecture at Coventry University Effect of Acupuncture on Human Performance in Sports: A Systematic Review
	USA Dr. James Stoxen Doctor, President, Team Doctors™ The Integrated Spring-Mass Model Approach To Thoracic Outlet Syndrome

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- Subsidized registration fees for the professionals with CME points.
- Special rates for the general public, students, physiotherapist, nurses and paramedics.
- Well-known International Speakers and participants from 25 over countries.
- Special interest on uniformed forces training programme.
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For more information visit :
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