



Malaysian Physiotherapy Association Presents

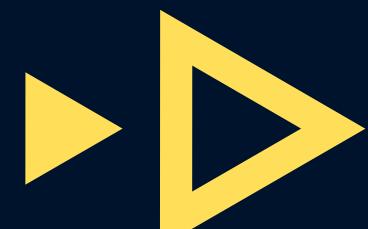
NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration



ASSOC. PROF. JANE ROONEY, FACP, CF
PHYSIO EDUCATORS, AUSTRALIA
"Dry Needling Certification Course Level 1"

MPA Member: RM2000 Non-MPA Member: RM2500



PROF. ALIA A. ALGHWIRI
UNIVERSITY OF JORDAN
"Vestibular Rehabilitation"

MPA Member: RM1000 Non-MPA Member: RM1500



BALACHANDRAN JAYACHANDRAN
WOODLANDS HEALTH CAMPUS, SINGAPORE
"Early Rehabilitation and Respiratory Care in ICU"

MPA Member: RM1000 Non-MPA Member: RM1500



EFRI NOOR MUHAMAD HENDRI
HOSPITAL CANSELOR TUANKU MUHRIZ, MALAYSIA
"High-Velocity Low-Amplitude Thrust Manipulation
of Thoracic and Lumbar Spines Workshop"

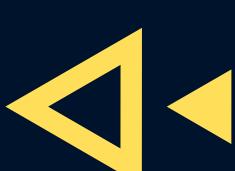
MPA Member: RM1000 Non-MPA Member: RM1500

Save The Date

**16-18 SEPTEMBER
2022**



**DORSETT HOTEL
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Malaysian Physiotherapy Association Presents

NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"DRY NEEDLING CERTIFICATION COURSE LEVEL 1"



ASSOC. PROF. JANE ROONEY, FACP, CF

PHYSIO EDUCATORS, AUSTRALIA

Specialist Sports and Exercise Physiotherapist

- Fellow of the Australian College of Physiotherapists (sub specialty knee, 2009)
- Churchill Fellow (2016)
- Titled Musculoskeletal Physiotherapist (1997)

Jane Rooney has a passion for education and is the sole director of Physio Educators, which provides courses and online masterclass.

Jane is an Associate Clinical Professor at Swinburne University, an Honorary Lecturer at Melbourne University, Guest Lecturer and post-graduate clinical mentor at La Trobe University, an examiner and facilitator for Australian College of Physiotherapists.

Jane has extensive clinical experience in the Sports Medicine field, both in Europe and Australia and is the Clinical Director of Prahran Sports Medicine Centre, Melbourne, Australia.

She has particular interest in ACL injury management, rehabilitation and prevention programs. Jane is currently involved in several ACL injury research projects at Melbourne and Swinburne Universities.

Jane works closely with many Melbourne's leading knee surgeons and sports physicians. Jane enjoys the challenge of working with athletes of all abilities including recreational, school, state, national and international competitors to realise their goals.

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"DRY NEEDLING CERTIFICATION COURSE LEVEL 1"

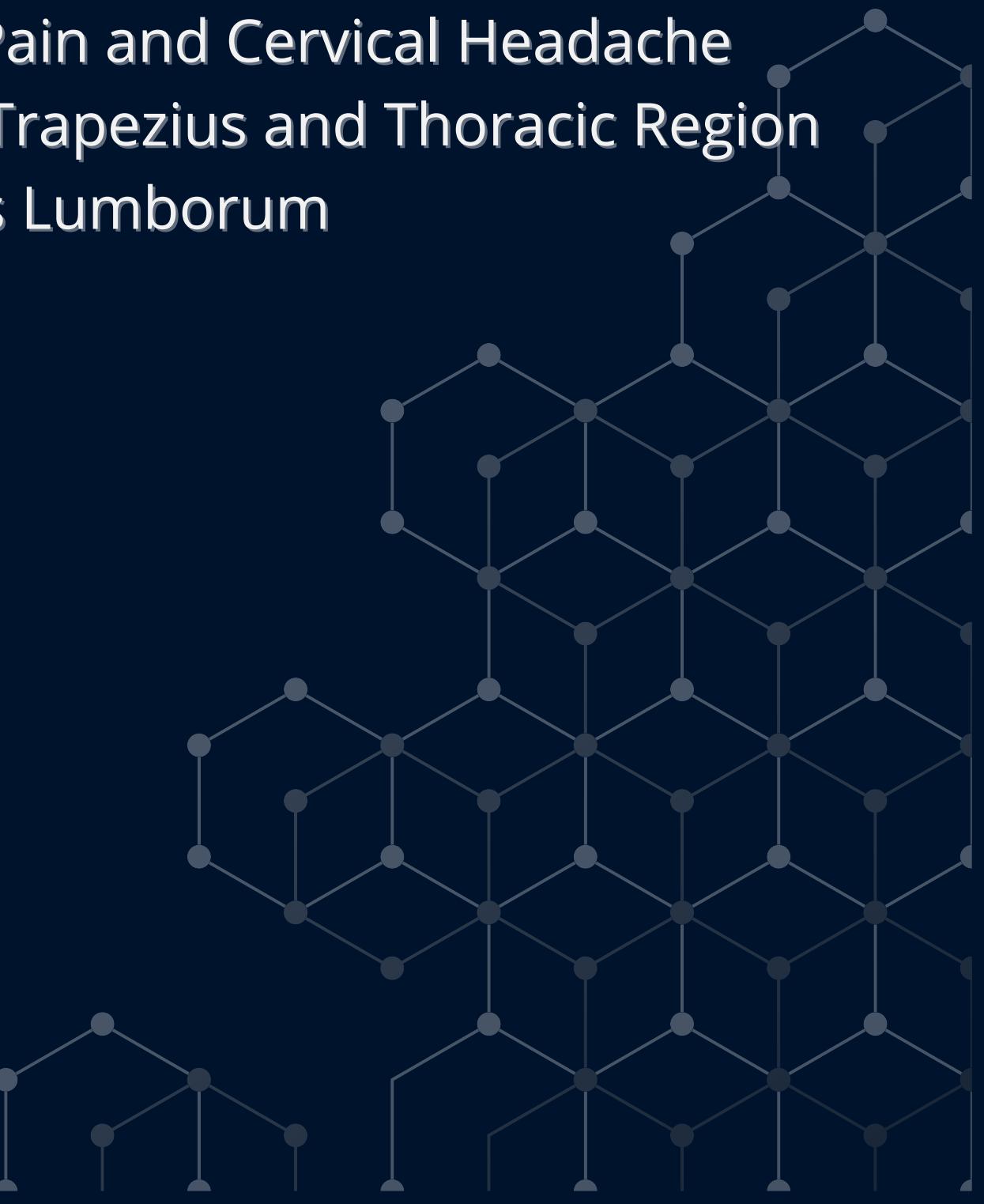
ONLINE LECTURE

Participants are required to attend this online course 4 weeks* prior to the practical course via an online platform which will be announced soon.

PRACTICAL COURSE

FRIDAY, 16th SEPTEMBER 2022 (DAY 1)

08.00 - 09.00 Registration
09.00 - 09.30 Session 1: Group discussion on Dry Needling
09.30 - 10.30 Session 2: Dry Needling Practical Procedure
10.30 - 12.00 Session 3: Dry Needling for lumbar and referred sciatic nerve conditions or nerve root conditions
12.00 - 13.00 Session 4: Dry Needling in the Lumbar Spine
13.00 - 14.30 Lunch and Friday Prayer
14.30 - 15.30 Session 5: Dry Needling for the Neck Pain and Cervical Headache
15.30 - 16.30 Session 6: Dry Needling of the Upper Trapezius and Thoracic Region
16.30 - 17.00 Session 7: Dry Needling for Quadratus Lumborum
17.00 Evening tea





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"DRY NEEDLING CERTIFICATION COURSE LEVEL 1"

PRACTICAL COURSE

SATURDAY, 17th SEPTEMBER 2022 (DAY 2)

08.00 - 09.00 Registration
09.00 - 10.00 Session 8a: Dry Needling shoulder girdle
10.00 - 11.00 Session 8b: Dry Needling tennis elbow
11.00 - 12.00 Session 9: Revision session
12.00 - 13.00 Session 10: Dry Needling for knee conditions and acute muscle injuries
13.00 - 14.00 Lunch
14.00 - 15.00 Session 11: Dry Needling of tensor fascia latae, adductor muscle group and hamstring muscle group
15.00 - 16.30 Session 12: Dry Needling for the foot, ankle and calf
16.30 - 17.00 Session 13: Exam preparation
17.00 Evening tea
19.00 World Physiotherapy Day Celebration (Dinner)

SUNDAY, 18th SEPTEMBER 2022 (DAY 3)

08.00 - 09.00 Registration
09.00 - 12.00 Practical Exam
12.00 - 13.00 Lunch
13.00 - 16.30 Plenary Session
16.30 - 17.00 Closing ceremony
17.00 Evening tea





Malaysian Physiotherapy Association Presents

NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"VESTIBULAR REHABILITATION"



PROFESSOR ALIA A. ALGHWIRI

UNIVERSITY OF JORDAN

Practical Neurological and Vestibular Rehabilitation

- Practical Neurological and Vestibular Rehabilitation (2011-present)
- Traumatic Brain Injury Clinic, University of Pittsburgh Medical Center (2007)
- The Jordan Center of Balance and hearing Disorder, Pittsburgh (2007)

Alia is a Professor at the University of Jordan, an Adjunct Professor at the University of Pittsburgh, Vice Dean for the School of Rehabilitation Sciences University of Jordan, Chair of the Educational Committee at the World Physiotherapy, and an Executive Board Member at World Physiotherapy.

Alia has over eleven years of teaching experience in physical therapy and other rehabilitation sciences for undergraduate and graduate levels.

Alia has worked on various research projects, especially in the field of neuromuscular physiotherapy. She is also a peer reviewer for the Journal of Geriatric Physical Therapy (USA). She received World Confederation for Physical Therapy Outstanding Platform Presentation Award by an Early Career Researcher in 2009.

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2022

World Physiotherapy Day Celebration

"VESTIBULAR REHABILITATION"

FRIDAY, 16th SEPTEMBER 2022 (DAY 1)

08.00 - 08.30 Registration
08.30 - 10.15 Anatomy and physiology of vestibular system
10.15 - 10.30 Coffee break
10.30 - 12.00 Vestibular Physical Examination: VOR Testing
12.00 - 14.00 Lunch and Friday Prayer
14.00 - 15.00 Practical Session: VOR Testing
15.00 - 16.00 Vestibular Physical Examination: VSR and Sensory Integration Testing
16.00 - 17.00 Practical Session: VSR and Sensory Integration Testing
17.00 Evening tea

SATURDAY, 17th SEPTEMBER 2022 (DAY 2)

08.00 - 08.30 Registration
08.30 - 09.30 Vestibular Physical Examination: Balance and Gait Testing
09.30 - 10.30 Practical Session: Balance and Gait Testing
10.30 - 11.00 Coffee break
11.00 - 13.00 Benign Paroxysmal Positional Vertigo (BPPV): Examination and Treatment
13.00 - 14.00 Lunch
14.00 - 15.00 Practical Session: BPPV Examination and Treatment
15.00 - 17.00 Balance progression exercises
17.00 Evening tea
19.00 World Physiotherapy Day Celebration (Dinner)



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NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"VESTIBULAR REHABILITATION"

SUNDAY, 18th SEPTEMBER 2022 (DAY 3)

- 08.00 - 08.30 Registration
- 08.30 - 10.30 Practical Session: Balance progression exercises
- 10.30 - 11.00 Coffee break
- 11.00 - 12.00 Case study
- 12.00 - 13.00 Lunch
- 13.00 - 16.30 Plenary Session
- 16.30 - 17.00 Closing ceremony
- 17.00 Evening tea





Malaysian Physiotherapy Association Presents

NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"EARLY REHABILITATION AND RESPIRATORY CARE IN ICU"



**BALACHANDRAN JAYACHANDRAN
WOODLANDS HEALTH CAMPUS SINGAPORE**
Principal Physiotherapist

- Advanced Respiratory Care Course (2017)
- Clinical Practice Improvement Program Facilitator (2016)
- ACSM Clinical Exercise Specialist certified (2008)

Balachandran is currently working as a Principal Physiotherapist in Woodlands Health Campus. He also holds an IHQ (Institute of Healthcare Quality) faculty post at the National Health Care Group.

He has more than two decades of experience in healthcare as a critical care physiotherapist and clinical educator.

His special interest is in Early Mobilisation for intubated patients in ICU. His quality improvement project "Early Mobilization in Surgical Intensive Care Unit" (2013) clinched the Gold award for AHMA (Asian Hospital Management Award). The project also clinched the TTSH Milestone Award (2018) for sustaining over 5 years and creating an influence to spread to ICU's(MICU), Surgical High Dependency(SHD) and General Wards(Surgical). His other interest is in tracheostomy care and decannulation.

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NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"EARLY REHABILITATION AND RESPIRATORY CARE IN ICU"

FRIDAY, 16th SEPTEMBER 2022 (DAY 1)

08.00 - 08.30 Registration
08.30 - 09.00 Evidence Based Approach in Cardiorespiratory Physiotherapy in Critical Care
09.00 - 10.15 Interpretation of investigation relevant to ICU care (X-ray and ABG)
10.15 - 10.30 Coffee break
10.30 - 12.00 Interpretation of investigation relevant to ICU care (Lung function test; PCF/NIF)
12.00 - 14.00 Lunch and Friday Prayer
14.00 - 15.00 Understanding ventilators/drips and lines
15.00 - 16.00 Simulation of Early mobilisation with ETT, drains and lines
16.00 - 17.00 Other equipment's used in ICU (Moto-Met, Hoist, Tilt table)
17.00 Evening tea

SATURDAY, 17th SEPTEMBER 2022 (DAY 2) - RESPIRATORY CARE

08.00 - 08.30 Registration
08.30 - 09.30 Anatomy and physiology of respiratory system
09.30 - 10.30 Evidence for chest physiotherapy
10.30 - 11.00 Coffee break
11.00 - 13.00 Manual hyperinflation: Theory and Practical's
Cough Assist and Manually assisted cough: Theory and Practical's
Lung Volume Recruitment - Theory and Practical's
13.00 - 14.00 Lunch
14.00 - 15.30 Tracheostomy: Theory and Practical's (Decuffing, Secretion Management, Tracheostomy Emergency)
15.30 - 16.00 Coffee break
16.00 - 17.00 Tracheostomy weaning; Preparing Trachy patients home
17.00 Evening tea
19.00 World Physiotherapy Day Celebration (Dinner)



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NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"EARLY REHABILITATION AND RESPIRATORY CARE IN ICU"

SUNDAY, 18th SEPTEMBER 2022 (DAY 3)

- 08.00 - 08.30 Registration
- 08.30 - 10.00 Functional outcome measures in ICU: Theory and Practical's
- 10.00 - 10.30 Coffee break
- 10.30 - 12.00 Acute desaturation: Theory and Practical's
- 12.00 - 14.00 Lunch
- 14.00 - 16.30 Plenary session
- 16.30 - 17.00 Closing Ceremony
- 17.00 Evening tea





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NATIONAL PHYSIOTHERAPY WORKSHOP 2022

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"HIGH-VELOCITY LOW-AMPLITUDE THRUST MANIPULATION OF THORACIC AND LUMBAR SPINES WORKSHOP"



EFRI NOOR MUHAMMAD HENDRI

HOSPITAL CANSELOR TUANKU MUHRIZ

Senior Musculoskeletal Physiotherapist

- Senior Musculoskeletal Physiotherapist at PPUKM
- Clinical Master of Physiotherapy (Orthopaedic Manipulative Therapy), University of Otago, NZ (2016)
- Credentialing for Dry Needling (2014) and certificate of Mulligan Concept, Janda Approach and Dynamic Neuromuscular Stabilization

A Musculoskeletal Physiotherapist in Pusat Perubatan UKM since 2007. He graduated Bachelor of Physiotherapy (Hons) from UKM.

Actively involved as an expert panel and presenter at the Asia Pacific Orthopedic Association Scientific Conference, Malaysia Physiotherapy Association Webinar, Malaysian Orthopedic Association Congress and Interventional Pain Conference & Workshop.

He has appointed as panel of revising UKM and UiTM undergraduate physiotherapy programme. Also, invited lecture, clinical preceptor and practical examiner for physiotherapy students.

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"ULTRASOUND IMAGING FOR MUSCULOSKELETAL REHABILITATION"



DR. MUHAMMAD RAHMANI JAFFAR

UNIVERSITY MALAYA MEDICAL CENTRE

Clinical Specialist in Sports & Exercise Medicine

- National Specialist Register – Specialist in Sports Medicine (2017)
- Credentialed Clinical Specialist in Sports Medicine, UM Medical Centre (2016)
- Credentialed Medical Officer in Sports Medicine, UM Medical Centre (2012)

Rahmani is a clinical specialist in sports and exercise medicine in UM medical Centre since 2015.

He obtained Medical Degree from Gadjah Mada University, Indonesia in 2006. He also completed Master of Sports Medicine from University of Malaya, Malaysia in 2015.

He has vast clinical experiences in the field of sports and exercise medicine, both in local and international games.

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NATIONAL PHYSIOTHERAPY WORKSHOP 2022

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"HIGH-VELOCITY LOW-AMPLITUDE THRUST MANIPULATION OF THORACIC AND LUMBAR SPINES WORKSHOP"

FRIDAY, 16th SEPTEMBER 2022 (DAY 1)

08.00 - 08.30 Registration
08.30 - 09.00 Introduction to spinal manipulation
09.00 - 10.00 Indications, precautions, contraindications for use of HVLA manipulation
10.00 - 10.15 Coffee break
10.15 - 12.00 Practical: Mid-thoracic (T4-9) HVLA thrust manipulation technique
12.00 - 14.00 Lunch and Friday prayer
14.00 - 15.00 Practical: Upper thoracic (T1-3) HVLA thrust manipulation technique
15.00 - 16.00 Thoracic and rib mobilisation technique
16.00 - 17.00 Lab session, Q&A
17.00 Evening tea

SATURDAY, 17th SEPTEMBER 2022 (DAY 2)

08.00 - 09.00 Evidence for use of HVLA thrust manipulation in acute and chronic LBP
09.00 - 10.00 Thoraco-lumbar junction (T11-L1) HVLA thrust manipulation technique
10.00 - 10.15 Coffee break
10.15 - 11.00 Lumbo-sacral junction (L5/S1) HVLA thrust manipulation technique
11.00 - 12.00 Mid-lumbar (L2-4) HVLA thrust manipulation technique
12.00 - 13.00 Clinical reasoning & Case Scenario
13.00 - 14.00 Lunch
14.00 - 15.00 Evidence based diagnosis of sacro-iliac dysfunction
15.00 - 16.00 Sacro-iliac joint HVLA thrust manipulation technique
16.00 - 17.00 Lab session, Q&A
17.00 Evening tea
19.00 World Physiotherapy Day Celebration (Dinner)



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"ULTRASOUND IMAGING FOR MUSCULOSKELETAL REHABILITATION"

SUNDAY, 18th SEPTEMBER 2022 (DAY 3)

- 08.00 - 09.00 Registration
- 09.00 - 10.30 Workshop: Ultrasound imaging for musculoskeletal rehabilitation
- 10.30 - 11.00 Coffee break
- 11.00 - 13.00 Workshop
- 13.00 - 14.00 Lunch
- 14.00 - 16.30 Plenary session
- 16.30 - 17.00 Closing Ceremony
- 17.00 Evening tea

