



Malaysian Physiotherapy Association Presents

# NATIONAL PHYSIOTHERAPY WORKSHOP 2022

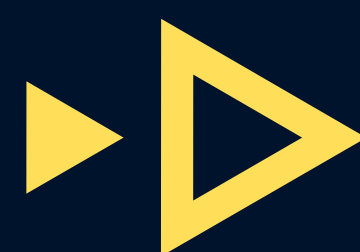
World Physiotherapy Day Celebration



**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  
SUBANG**



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# NATIONAL PHYSIOTHERAPY WORKSHOP 2022

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## **"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





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## **"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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## **"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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**"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



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# NATIONAL PHYSIOTHERAPY WORKSHOP 2022

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## **"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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## **"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**

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**"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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## **"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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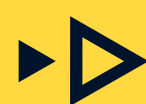


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## **"HIGH-VELOCITY LOW-AMPLITUDE THRUST MANIPULATION OF THORACIC AND LUMBAR SPINES WORKSHOP"**

### **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