



EARLY ACLR REHAB: WORKSHOP



30-31 March
2026



8:30 am -
5:00 pm



Physiotherapy
Lab, FSK, UNISEL
Shah Alam



TOPICS TO BE COVERED

- Identify the main knee dysfunctions following ACLR and their causes
- Deliver high quality early post-op treatment and exercises to overcome the knee dysfunctions
- Deliver targeted motor control exercises to set a solid foundation for the advanced phase of rehabilitation
- Optimally and safely transition ACL patients through subsequent stages of rehabilitation program



Sara Yasmin Talib

Sarah is a highly experienced sports physiotherapist currently practising at Aspetar Orthopaedic and Sports Medicine Hospital in Qatar, where she specialises in ACL injury management. She holds an MSc in Sports Medicine, Exercise and Health from University College London, a BSc (Hons) in Physiotherapy from Manchester Metropolitan University, and a Diploma in Physiotherapy from Universiti Teknologi MARA.

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