



MALAYSIAN PHYSIOTHERAPY SEMINAR

2025



**14 - 15 JUNE 2025
8 AM - 5 PM**



**HOTEL MARDHIYYAH,
SHAH ALAM**



**MEMBER : RM 100
NON MEMBER : RM 350**

Persatuan Fisioterapi Malaysia
CIMB Bank 8000505817

REGISTER NOW!





AGENDA

14th JUNE 2025 (SATURDAY)

08:00 AM - 08:30 AM

Registration

08:30 AM - 09:00 AM

Morning Tea

09:00 AM - 12:30 PM

Seminar 1: Women's Health (GASING 1 - LEVEL 2)

- Empowering Women: From Menarche to Menopause: **Dr. Seri Suniza Sufian, Prince Court Medical Centre (9:00 AM - 9:45 AM)**
- More Than Just Kegels: Optimizing Pelvic Health through Fitness & Physiotherapy: **Neng Shahidah Sabullah, Prince Court Medical Centre (9:45AM - 10:30AM)**
- Pelvic Floor Muscle Imaging: Bridging Ultrasound Technology with Clinical Practice: **Assoc. Prof. Dr. Parwathi Alagirisamy, KPJ (10:30AM - 11:15AM)**
- Physiotherapy Case Reports in Vaginismus Management: **Norazlina Ya'acob, Hospital Putrajaya (11:15AM - 12:00PM)**

Seminar 2: Cardiac Rehabilitation (KOMPANG - LEVEL 1)

- Cardiac Rehabilitation Program: Cardiologist Expectation, Referral & Safety Considerations: **Prof Dr. Sazzali Sahlan Kassim, Hospital Al-Sultan Abdullah (9:00 AM - 9:45 AM)**
- Cardiac Rehabilitation with Rehabilitation Specialist: Advances in CRP Today: **Assoc. Prof. Dr Anwar Suhaimi, Universiti Malaya Medical Centre (9:45AM - 10:30AM)**
- Maximal vs Submaximal Exercise Testing in CRP Exercise Prescription: Pros & Cons: **Prof. Dr Hashbullah Ismail, Universiti Teknologi MARA (10:30AM - 11:15AM)**
- CRP Consideration for Different Heart Condition: Assessment, Safety & Exercise Intensity: **Mohd Hafizi Abdul Rahim, Institut Jantung Negara (11:15AM - 12:00PM)**



AGENDA

14th JUNE 2025 (SATURDAY)

09:00 AM - 12:30 PM

Seminar 3: Sports Rehabilitation (GASING 2&3 - LEVEL 2)

- Restoring Cartilage, Restoring Function: Regenerative Approaches to Chondromalacia: **Assoc. Prof. Dr Mohamad Shariff A Hamid, Universiti Malaya (9:00 AM - 9:45 AM)**
- Chronic Pain Rehabilitation: **Assoc. Prof. Dr Nadia Mustafah, Universiti Teknologi MARA (9:45AM - 10:30AM)**
- Pacing and Graded Exposure: **Dr Saiful Adli Bukry, Universiti Teknologi MARA (10:30AM - 11:15AM)**
- Smash and Strain: Rethinking Injury Prevention and Rehabilitation in the New Era of Badminton: **Dr Muhammad Noh Zulfikri Mohd Jamali, Universiti Tunku Abdul Rahman (11:15AM - 12:00PM)**

Seminar 4: Exercise Science (SERULING - LEVEL 3)

- Breaking Barriers: How Eccentric Exercise Empowers Clinical Rehabilitation: **Assoc. Prof. Dr Ahmad Munir Che Muhamed, Universiti Sains Malaysia (9:00 AM - 9:45 AM)**
- Application of Eccentric Training in Rehabilitation: **Norhayati Mohd Jali, Institut Sukan Negara (9:45AM - 10:30AM)**
- Minimal Effective Dose for Goal-oriented Exercise Program: **Muhammad Faiz Alias, Institut Latihan Kementerian Kesihatan Malaysia (10:30AM - 11:15AM)**
- Home-based Exercises for Diabetes Management: Safe and Effective Strategies: **Dr Nurul Amirah Mustapa, International Islamic University Malaysia (11:15AM - 12:00PM)**

12:30 PM - 14:00 PM

Lunch



AGENDA

14th JUNE 2025 (SATURDAY)

14:00 PM - 17:30 PM

Seminar 5: Geriatric (GASING 2&3 - LEVEL 2)

- Sarcopenia: From Diagnosis to Treatment Strategies: **Assoc. Prof. Dr Terence Ong Ing Wei, Universiti Malaya (14:00 PM - 14:45 PM)**
- The Dual Burden of Osteoarthritis and Diabetes: Implications for Muscle Strength and Fall Prevention: **Dr Sumaiyah Mat, Universiti Kebangsaan Malaysia (14:45PM - 15:30 PM)**
- Physical Activity Approaches in Persons with Dementia: Evidence-Based Physiotherapy Interventions: **Hasleezan Arifin, Universiti Malaya Medical Centre (15:30 PM - 16:15 PM)**
- Frailty: Do we really have a role?: **Julaida Embong, Hospital Kuala Lumpur (16:15 PM - 17:00 PM)**

Seminar 6: Neurology (KOMPANG - LEVEL 1)

- Targeting Neuroplasticity in Stroke Rehabilitation: The Role of Non-Invasive Brain Stimulation: **Professor Datin Dr Lydia, ReGen Rehab Hospital (14:00 PM - 14:45 PM)**
- Instability to Stability: Physiotherapy Interventions for Balance in Ataxia: **Parimalaganthi Varadan, Universiti Malaya Medical Centre (14:45PM - 15:30 PM)**
- Spinal Cord Injury Physiotherapy Guideline: **Dr Noor Hafifi Noorhisham, Universiti Kebangsaan Malaysia (15:30 PM - 16:15 PM)**
- Postural Alignment & Postural Control- Physiotherapy Approach in Parkinsons: **R.Rubini Ravandaran, ReGen Rehab Hospital (16:15 PM - 17:00 PM)**



AGENDA

14th JUNE 2025 (SATURDAY)

14:00 PM - 17:30 PM

Seminar 7: Hand (SERULING - LEVEL 3)

- Mangled/ Crush Injury of the Hand: **Prof. Dato Dr Rashdeen Fazwi Datuk Mohd Nawawi, Hospital Selayang (14:00 PM - 14:45 PM)**
- Healing the impact : Physiotherapy's Role After The Pressure of Crush Injury - scar therapy management: **Lily Ashraf Jamaludin, Hospital Universiti Kebangsaan Malaysia (14:45PM - 15:30 PM)**
- Update in BPI Rehabilitation: **Nik Kasmawani Nik Hussien, Universiti Malaya Medical Centre (15:30 PM - 16:15 PM)**
- Hand Injury: From Diagnosis to Recovery: **Hafizah Maidin, Hospital Kuala Lumpur (16:15 PM - 17:00 PM)**

Seminar 8: Pediatrics (GASING 1 - LEVEL 2)

- Practices & Effects of Early Intervention Physiotherapy in Infants Motor Development: **Nor Azizah Mohamad, Hospital Universiti Kebangsaan Malaysia (14:00 PM - 14:45 PM)**
- Health Play Therapy: **Mazni Dato Mohamed Zainal Abidin, Hospital Universiti Kebangsaan Malaysia (14:45PM - 15:30 PM)**
- Beyond Movement: Unveiling the Untapped Role of Physiotherapy in Autism Care: **Nazurah Alwi, Pejabat Kesihatan Marang (15:30 PM - 16:15 PM)**
- Conservative Management for Adolescent Idiopathic Scoliosis: **Ng Chao Feng, Hospital Sultan Ismail (16:15 PM - 17:00 PM)**



AGENDA

15th JUNE 2025 (SUNDAY) DEWAN PERDANA - Level 2

08:00 AM - 08:30 AM

Registration

08:30 AM - 09:30 AM

Keynote Speaker 1:

Healing the Unhealable - New Frontiers in ACL Injury Management

Dr Jane Rooney

09:30 AM - 10:30 AM

Keynote Speaker 2:

Accuracy in Clinical Musculoskeletal Diagnosis

Timothy Mann, PT, CMP, MCTA

10:30 AM - 11:00 AM

Coffee Break

11:00 AM - 12:00 PM

Forum Session:

ACT774's Strategic Blueprint: Driving Growth & Innovation

- **Mdm. L.Mageswary a/p Lapchmanan, Director of BSKB**
- **Mr. Saravanakumar a/l Maniam, Chief Assistant Director of BSKB**

12:00 PM - 14:00 PM

Lunch

14:00 PM - 17:00 PM

MPA AGM