

Physiotherapy in the Ergonomic Era

19th – 20th August 2006

Furama Riverfront Singapore



Singapore Physiotherapy Association
National Congress 2006

Organised by Singapore Physiotherapy Association



Welcome Message

by Congress Chair

Physiotherapy in the Ergonomic Era

I warmly welcome physiotherapists all around to the SPA 6th National Congress 2006. This year we have chosen to focus on an area of physiotherapy which is becoming more and more popular or sought out after – both by clinicians as well as the public: **ERGONOMICS!** The world is changing and we find ourselves constantly spending more time at a task, or attempting to perform a task in a more efficient, energy-saving way. Instead of letting the machines rule us, ergonomics is an area where we decide how the machine or the environment is to be designed. It is time physiotherapists in Singapore make a leap into the Ergonomic Era!

I also ask those who are more interested in other areas, not to fret, as there is something for almost everyone : Sports Rehabilitation, Vascular Rehabilitation and Geriatric Rehabilitation Workshops, and varied plenary lectures touching all areas of physiotherapy.

So keep your calendar free from August 16th to August 20th for the Congress and Pre-Congress workshops. See you there!

Mahadevi Barathi
Chairperson
Organising Committee
6th SPA National Congress

Congress Dates

Pre-congress workshop: 16 – 18 August 2006
Congress : 19 – 20 August 2006

Venue

Furama Riverfront Singapore
(The previous Novotel Apollo Hotel)
405 Havelock Road
Singapore 169633

Congress Topics

The Congress will cover the following areas of Physiotherapy:

Ergonomics
Musculoskeletal
Neurology
Geriatrics
Cardiopulmonary
Woman's Health
Paediatrics

Call for Abstracts

Topics covering all aspects of physiotherapy, especially ergonomics and work related injuries, are welcome. Presenters are required to send in abstracts not later than 10 April 2006. Please refer to www.congress2006.physiotherapy.org.sg for the abstract template. Abstracts would be required for presentations of the following:

Research reports

A research report is a scientific documentation of the results of an organised and systematic data collection. The research can be of any established research approach, design or method.

Special interest reports

A special interest report would include documentation of new programmes or approaches that had been adapted or devised to meet the needs of the physiotherapy practice, education and management. Reports that are associated with the organisation, regulation and management of physiotherapy, research, education and services of physiotherapy can be included in this category.

The Congress committee will review all contributions and make the final decisions on the selection and placement of papers.

Our speakers



Susan Tingley, MS, PT, CAE is a Physical Therapist and a Certified Associate Ergonomist with 20 years of experience in ergonomics, injury prevention and industrial rehabilitation. She develops in-house training classes and materials for business and industry. She provides effective ergonomics consulting in both office and industrial settings.



Dr Simon Yeung is an Associate Professor in the Department of Rehabilitation Science, The Hong Kong Polytechnic University. He has been working as a clinician, educator, researcher and consultant in the areas of physiotherapy and ergonomics for more than 20 years. His research focus is on the optimization of human performance.



Associate Professor Stephen Lord is a Principal Research Fellow at the Prince of Wales Medical Research Institute in Sydney, Australia. His research interests include the identification of risk factors for falls in older people and the evaluation of falls prevention strategies. With colleagues from the Prince of Wales Medical Research Institute, he has recently written a book (Falls in Older People - published by Cambridge University Press) which comprehensively summarizes the work undertaken in this field.



Jacqueline Close is a consultant geriatrician at Prince of Wales Hospital in Sydney, Conjoint Senior lecturer at the University of NSW and a Senior Research Associate at the Prince of Wales Medical Research Institute. Her clinical and academic areas of interest are in evidence based falls prevention strategies and how to implement them into everyday practice.



Roger Fitzgerald has over 20 years experience working with sports people (from many sporting disciplines) at the highest level including Australian Olympic teams. In 2000 he was awarded the Australian Sports Medal for his services to sport. Among other international sporting bodies Roger presently consults to the Singapore Sports Council.

Mr Fitzgerald also has a strong background in rehabilitation of the chronic work injured and consults to organizations such as BHP Billiton and Gold Coast City Council on rehabilitation strategies for their more seriously injured workers.

Mr Fitzgerald has also lectured on shoulder treatment, muscle energy technique and sports specific therapy in Australasia, Asia and Europe

6th SPA Pre-Congress Workshop Programme

Date	Ergonomic Workshops (EW)	Geriatric Workshop (GW):	Musculoskeletal Workshop (MSW)	Vascular Disease Rehabilitation (VW) :
16th August (Full day)		GW 1 (1 full day): Stephen Lord (Aust) Assessment and Outcome Measures for Geriatric Rehabilitation. A Practical.		
17th August (Full day)	EW 1 (1 full day): Simon Yeung (HK) Ergonomic Intervention for Work-related (Manual Operations) Musculoskeletal Disorders	GW 2 (1 full day): Jacqueline Close (Aust) Falls in Older People: Risk Factors, Assessment and Strategies for Prevention. A Workshop for Community-based PTs	MSW 1 (2 full days): Roger Fitzgerald (Aust) The Difficult Shoulder: The Big Picture Approach.	VW1 (2 full days): Multidisciplinary Speakers : Virginia Tai, Physiotherapist; Ong Hwee Kuan, Physiotherapist; Dr Peter Robless, Vascular Surgeon/Physician; To be announced, Podiatrist (Sin) Vascular Rehabilitation: A Medical Workshop on Arterial and Chronic Venous Insufficiency Management.
18th August (Full day)	EW 2 (1.5 days): Susan Tingley (USA) Principles of Ergonomics. Assessment and Control Strategies in the Office Setting.	GW 3 (1 full day): Stephen Lord (Aust) Falls in Older People: Risk Factors, Assessment and Strategies for Prevention. A Workshop for Hospital-based PTs.	MSW 1: Roger Fitzgerald (Aust) The Difficult Shoulder: The Big Picture Approach.	VW1: Vascular Rehabilitation: A Medical Workshop on Arterial and Chronic Venous Insufficiency Management.
19th August (AM)	EW2 : Susan Tingley (USA) Principles of Ergonomics. Assessment and Control Strategies in the Office Setting.	Note: GW1 and GW2 are extended to community-based physiotherapists who are SPA members at no charge. This is made possible by the kind donation of Toh Kian Chui Foundation		

Congress Programme

Saturday 19 Aug 06

1300hrs	Opening ceremony Message by Congress Chair Message by SPA President Message by Guest-of-Honour			
1400hrs	Keynote Lecture 1: Ms Susan Tingley (USA)			
1500hrs	Keynote Lecture 2: Dr Simon Yeung (HK)			
1600hrs	Cervical Dizziness: Differential Diagnosis and Management - Ng Chong Ching & Susan Niam	The Use of Toe Spreader for Toe Clawing – Wee Seng Kwee	Chest Physiotherapy in Active Pulmonary Tuberculosis - Sandeep Kumar	Sports Specific Screening and Land Training for Swim Team - Roger Fitzgerald
1700hrs	END			
1800hrs -	BANQUET DINNER			

SUNDAY 20 AUG 06

0900hrs	Keynote Lecture 3: Evidence-based Overview of Strategies to Modify Falls Risk: A Physiological Perspective - A/Prof Stephen Lord				
1000hrs	Implementing Research into Clinical Practice: A Pragmatic Approach to Preventing Falls and Fractures in Older People - Dr Jacqueline Close	Pilates and Spinal Pain – Jason Choi	Cardiac Rehabilitation Overview and Updates -Chan Siok Tian	Ergonomics Symposium - Simon Yeung and Jennifer Liaw	
1100hrs	TEA				
1130hrs	PLATFORM PRESENTATIONS				
1230hrs	LUNCH				
1330hrs	Sports Injuries in Adolescents and Children - Dr Benedict Tan; Musculoskeletal Screening and Sports Injury Rehabilitation of Young Athletes - Grace Ho	Pain Management: Interventional Procedures for Spinal Pain - Dr Bernard Lee; Cognitive-Behavioural Approach for Chronic Pain - Loy Fong Ling	Visual deficits in Stroke - Dr Goh Kong Yong	Living with Cancer: Are Physiotherapists Prepared? - Hozaidah Hussein	Public Forum – Adopting Good Posture - Er Beng Siong
1430hrs	Lycra for Spasticity Management - Ong Jing Fang	Promoting Ergonomics in Singapore's Workplaces - Yoong Chi Meng	Updates in ICU Management- Meredith Yeung	Forward Postures - A Myofascial Approach - Sam Kan	Public Forum: Golf Injury Prevention and Management – Mohamed Haris
1530hrs	Incontinence: Overview and Updates- June Chew & Cammy Tsai	Depression in Neurological Disorders - Dr Ng Li Ling	The Role of Physiotherapy in Sports Injury Prevention - Adele Ang	Public Forum – Which Exercise to Pick : Walking, Jogging, Pilates or Tai Chi Chi– Cindy Ng, Jason Choi, Saw Lai Aik	
1630hrs	CLOSING CEREMONY				

Virginia Tai, B Sc (Hons) (Phy)

Ms Tai is currently Senior Physiotherapist in Tan Tock Seng Hospital, Singapore. She is a certified ACSM exercise specialist. She is currently specialising in cardiac rehabilitation, diabetes and weight management and has started a vascular rehabilitation service in TTSH.

Ong Hwee Kuan, B Health Sc (Phy)

Ms Ong specialises in the areas of vascular rehabilitation and cardiopulmonary physiotherapy. She is currently Senior Physiotherapist in Singapore General Hospital. She has been awarded Health Manpower Development Plan Fellowship area of Vascular and Circulatory Rehabilitation (USA).

Dr Peter Robless

Dr Robless is currently Consultant Vascular Surgeon in the Cardiac Thoracic and Vascular Surgery Unit in National University Hospital.

Speakers - Plenary Lectures

Ng Chong Ching, M Manual Therapy

Mr Ng is currently with Kinesis Physio and Rehab, Singapore. He specialises in musculoskeletal physiotherapy (since 2000). He has a Graduate Certificate in Orthopaedic Manipulative Therapy (Aust), Masters in Manual Therapy (Aust) and is currently pursuing a Masters in Science (Exercise and Sports Studies).

Susan Niam, M Phy (Neurology)

Ms Niam is the Manager of the Physiotherapy Department at Tan Tock Seng Hospital, Singapore. She has completed the Vestibular Rehabilitation Competency-based Course (USA), conducted by expert Susan Herdman. She was attached to Dr F. Owen Black's Balance and Hearing Center, USA.

Wee Seng Kwee, B Sc(Hons)

Mr Wee is Senior Physiotherapist at Tan Tock Seng Rehabilitation Centre. Mr Wee's interest is in Vestibular (VR) and Traumatic Brain Injury (TBI) rehabilitation, which he has done for 9 years. He has conducted workshops in Serial Casting. He has been for several attachments in USA for VR and TBI.

Sandeep Kumar, M Sc (Phy - Cardiorespiratory)

Mr Sandeep has been working in the field of Cardiopulmonary Physiotherapy for almost 19 years. He is currently General Manager, Rehab Asia Pte Ltd, General Manager Rehab Med Msia Sdn Bhd, as well as lecturing in the area of cardiorespiratory physiotherapy in university - Universiti Kebangsaan Malaysia.

Jason Choi

Mr Choi is currently a physiotherapist at the Changi General Hospital. He has been a physiotherapist for 4 years, and is currently conducting clinical pilates for patients. He has completed Level 3 of the Dance Medicine Australia Clinical Pilates course.

Chan Siok Tian

Mrs Chan is Chief Physiotherapist at National Heart Centre, Singapore. With 26 years of experience in cardiac rehabilitation, she has accomplished several firsts in Singapore; physiotherapist for 1st heart transplant patient, pioneered exercise rehabilitation for patients with renal dialysis, provided expertise in setting up the 1st Singapore Heart Foundation Cardiac Rehabilitation Centre.

Jennifer Liaw, B Sc(Hons)

Ms Liaw is Principal Physiotherapist at the Singapore General Hospital. She is Chief of Ergonomics and Work Rehabilitation Group in SGH. She has also been awarded Certification in Ergonomic Evaluation (USA), Work Hardening and Conditioning (USA) and Work Capacity Evaluation (USA).

Dr Benedict Tan

Dr Benedict Tan obtained his Masters in Sports Medicine in 1997. He is presently Head and Consultant Sports Physician at the Changi Sports Medicine Centre, Changi General Hospital. He is also Visiting Consultant at Singapore Sports Council and KK Women and Children's Hospital.

Grace Ho, B Health Sc(Phy)

Grace Ho has been a physiotherapist for 10 years, and is currently working as Physiotherapist in the Singapore Sports School. Currently she is working with the exercise physiologists on research projects as well as multidisciplinary projects focusing on managing elite adolescents athletes.

Dr Bernard Lee

Dr Lee was awarded Masters of Medicine in Anaesthesiology in 1999. Dr Lee is currently the Director of the Chronic and Interventional Pain Management Service. He has lectured at many conferences and meetings.

Loy Fong Ling, M Sc(Hon) (Phy)

Ms Loy is Senior Physiotherapist in Tan Tock Seng Hospital. Her work consists predominantly of management of spinal conditions and chronic pain conditions, and she has been working in this area for five years. She has also been awarded Graduate Diploma in Pain Management (Aust).

Dr Goh Kong Yong

Dr Goh is currently Senior Consultant in the Ophthalmology Dept, Tan Tock Seng Hospital; Head of the Neuro Ophthalmology Dept, The Eye Institute; and Deputy Director of Medical Manpower, Eye Institute, Singapore. He has had over 10 years of experience in the area of neuro-ophthalmology.

Hozaidah Hussein, B Phy

Ms Hozaidah is Principal Physiotherapist and Chief of Oncology Rehabilitation and Lymphoedema Management at the Singapore General Hospital. She has just been awarded Singhealth Health Manpower Development Plan for Rehabilitation in Oncology (USA).

Er Beng Siong, M Appl Sc (Manipulative Phy)

Mr Er has been in private practice (Physiotherapy Associates Pte Ltd) since 2000. He has been has been providing ergonomic services to NMCs, Government Ministries, Statutory Boards, and other organizations and corporations.

Ong Jing Fang, B Sc(Hons) (Prosthetics and Orthotics)

Ms Ong has been Prosthetist/Orthotist at Tan Tock Seng Hospital, Singapore since 2003. Her work experience encompasses working with patients with varied diagnoses. She has a keen interest in the management of spasticity and had been sent by TTSH for the National Lycra Course in UK.

Yoong Chi Meng

Mr Yoong is from the Ministry of Manpower.

Meredith Yeung

Ms Yeung is a physiotherapist at the Singapore General Hospital.

Sam Kan, MPT

Mr Kan, Physiotherapist and certified Rolfer® has collaborated with local National Sports Asso-

ciations, Singapore Sports Council, and Arts Performance groups with his sports medicine clinic, BODYWORKS STUDIO. His specialization lies in the area of manual therapy with emphasis in movement works.

Mohamed Haris, M Phy (Musculoskeletal)

Mr Haris is currently Senior Physiotherapist at Tan Tock Seng Hospital. He has more than 6 years experience in the musculoskeletal and sports fields. He has completed a program in golf screening and rehabilitation from Melbourne Golf Injury Clinic under Ramsay Macmaster, renowned golf specialist physiotherapist.

June Chew, B Phy

Ms Chew is currently Senior Physiotherapist at the KK Women's and Children's Hospital, Singapore. She has been a physiotherapist since 1997 and has 6 years experience in the field of women's health. She has received a Post Graduate Certificate in Pelvic Floor and Continence Rehabilitation (Aust).

Cammy Tsai, B Phy

Ms Tsai is currently a physiotherapist at the National University Hospital. She has been awarded the Certificate in Physiotherapy, Continence and Pelvic Floor Rehabilitation.

Dr Ng Li Ling

Dr Ng Li Ling is currently Senior Consultant in the Department of Psychological Medicine in Changi General Hospital, Singapore.

Adele Ang, M Manipulative Phy

Ms Ang is currently Principal Physiotherapist at the Sports Medicine Centre of Alexandra Hospital. She has been in physiotherapy for the past 10 years, and has been in the Sport area for 6 years.

Cindy Ng, M Sc (Exercise and Nutrition Science)

Ms Ng is currently Senior Physiotherapist at the Singapore General Hospital. She has had 6 years of experience in the areas of exercises prescription, weight management and pulmonary rehabilitation (PR). She has conducted courses for physiotherapists and public talks on exercise physiology and (PR).

Celeste Saw, M Appl Sc

Ms Saw is currently Senior Physiotherapist at the Tan Tock Seng Hospital. She has been a physiotherapist for 7 years, and is currently specialising in the area of Geriatric Rehabilitation. She has a keen interest in exercise prescription in special populations especially Geriatrics.

* At the time of printing the profiles of some of the speakers were not available. Please visit our website for the complete profiles of all our speakers.

Registration Fees

Please refer to the registration form for the fee structure.

Full Registration fee includes:

- Participation in all conference sessions and technical exhibition
- Lunches, morning and afternoon refreshments during the conference
- One set of conference package – inclusive of book of abstract

Cancellation of registration and refunds

The conference secretariat must be notified in writing of cancellation and registration.

Before 15 July 06	50% of registration fees will be refunded
After 15 July 06	no refund

Exhibition

The Organiser would like to invite you to exhibit your products and services at the 6th SPA National Congress. This event would provide an optimal platform for networking and an excellent opportunity to collect feedback and discussion on your products and services.

Cost : SGD2,500 Size : 6m² (open shell scheme)

Each exhibition registration is entitled to one complimentary registration. Application of booth is on a first come first paid basis. All payments are to be made to 'Singapore Physiotherapy Association – 2006 Congress'.

The booth fee can be made by credit card, cheque on Singapore bank or bank draft.

For more information, please contact the conference secretariat at rosalindzee@avconsultants.com.sg

Organiser

This conference is organized by the Singapore Physiotherapy Association.

The organising committee includes:

- Chairperson: Ms Mahadevi Barathi, Tan Tock Seng Hospital
- Vice Chairperson: Mr Shawn Soh, Rehab Asia Private Limited
- Vice Chairperson: Ms Loy Fong Ling, Tan Tock Seng Hospital
- Secretary: Ms Jenny Tan, Tan Tock Seng Hospital
- Treasurer: Siow Lee Shan, Singapore General Hospital

Scientific Committee

- Ms Eva Chan Yee Wah, Singapore General Hospital
- Ms Yvonne Hwong, Tan Tock Seng Hospital
- Ms Geetha Kayambu, National University Hospital
- Mr Loh Hsien Chih, National University Hospital
- Ms Luah Chay Ling, KK Women's and Children's Hospital
- Mr Christopher Ng, Tan Tock Seng Hospital
- Ms Jean Tan, Changi General Hospital
- Ms Phoenix Tong, Tan Tock Seng Hospital

Administrative Assistant

Maureen Loh Swee Suat, Singapore Physiotherapy Association

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Visit our website:

www.congress2006.physiotherapy.org.sg

**for the most updated
programme!**

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Contact: Ms Rosalind Zee
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Congress Registration Form

Please complete in BLOCK Letters and return this form with full payment to:
 (Please visit www.congress2006.physiotherapy.org.sg for online registration)

6th Singapore Physiotherapy Association National Congress 2006
 c/o AV Consultants Pte Ltd
 232A River Valley Road, Singapore 238290
 Tel: (65) 6735 6255, Fax: (65) 6735 2091, E-mail: rosalindzee@avconsultants.com.sg

Name : Dr/Mr/Ms _____

Organisation : _____

Address : _____

City : _____ Postal Code : _____ Country : _____

Tel No : _____ Fax No : _____ SPA No : _____

E-mail : _____ Date : _____

Workshop Registration	By 30 June 06	After 30 June 06	Workshop	By 30 June 06	After 30 June 06
EW 1 – SPA Member	\$200	\$250	GW 3 – SPA Member	\$210	\$250
EW 1 – Non Member	\$250	\$300	GW 3 – Non Member	\$250	\$290
EW 1 – SPA Student Member	\$150	\$200	GW 3 – SPA Student Member	\$160	\$210
EW 1 – Student, Non Member	\$200	\$250	GW 3 – Student, Non Member	\$210	\$250
EW 2 – SPA Member	\$320	\$370	MSW 1 – SPA Member	\$380	\$430
EW 2 – Non Member	\$370	\$420	MSW 1 – Non Member	\$430	\$480
EW 2 – SPA Student Member	\$270	\$320	MSW 1 – SPA Student Member	\$330	\$380
EW 2 – Student, Non Member	\$320	\$370	MSW 1 – Student, Non Member	\$380	\$430
GW 1 – SPA Member	\$100	\$140	VW 1 – SPA Member	\$300	\$350
GW 1 – Non Member	\$140	\$180	VW 1 – Non Member	\$350	\$400
GW 1 – SPA Student Member	\$600	\$100	VW 1 – SPA Student Member	\$250	\$300
GW 1 – Student, Non Member	\$100	\$140	VW 1 – Student, Non Member	\$300	\$350
GW 2 – SPA Member	\$210	\$250			
GW 2 – Non Member	\$250	\$290			
GW 2 – SPA Student Member	\$160	\$210			
GW 2 – Student, Non Member	\$210	\$250			
Congress Registration					
SPA Member	\$400	\$450	Non Member	\$480	\$530
SPA Student, Member	\$250	\$300	Student, Non Member	\$400	\$450
Banquet Dinner	\$55	\$70			

*For student registration, please enclose a copy of student card or letter by Head of Department certifying student status.
 **GW1 and GW2 are extended to community-based physiotherapists who are SPA members at no charge. This is made possible by the kind donation of Toh Kian Chui Foundation.

A discount of 10% will be given to both workshop and congress registration.
 E.g. GW1 SPA Member + Congress + Banquet Dinner = (\$180 + \$400) – 10% + \$60 = \$582.00

Workshop	Congress	Banquet Dinner	Discount	Total
\$	\$	\$	\$	\$

Please specify workshop(s) : _____

Note: A 10% discount is applicable for combined workshop and congress registration only.

Mode of Payment

Please indicate
 Bank Draft/Cheque No: _____

Payment made by bank draft drawn on a bank in Singapore in SGD is to be made payable to:
 Account Name: **Singapore Physiotherapy Association – 2006 Congress**

Please contact the secretariat for information on credit card payment facilities