



8TH AFC MEDICAL CONFERENCE KUALA LUMPUR 2025

21 - 25 July 2025



MEDICINE & SCIENCE
**NAVIGATING THROUGH
CHANGING TIMES**

PROGRAMME (as of 24/06/2025)

Target Audience: Physicians, Allied Healthcare Practitioners, Dentists, Nurses, Pharmacists, Other (Physical Fitness Coaches, Referees, Scientists, Researchers).

Venue: Sunway Resort Hotel

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Create a strategy to improve health and performance of female football players.
2. Describe a management plan for common health conditions in football players.
3. Develop a strategic plan for managing medical emergencies on the field of play.
4. Apply a high-performance team approach to managing footballers' health and performance.
5. Explain the importance of oral health for footballers' health and performance.
6. Create a strategy to protect footballers' mental health.



This activity is an approved activity under ID Event: CPDE68119 for 1110 hours (20 CPD Credits).
This CME/CPD activity developed in partnership with AFC, Aspetar and FIFA.





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Scientific Planning Committee:

Chairperson:	Dato' Dr. Gurcharan Singh (Malaysia)
Co-Chairperson:	Dr Andrew Massey (N. Ireland)
Members:	Dr Abdulaziz Jaham Al-Kuwari (Qatar)
	Dr Paul Dijkstra (Qatar United Kingdom)
	Prof. Dr. Arumugam Sivaraman (India)
	Prof. Dr. Patrick Yung (Hong Kong, China)
	Dr. Saw Khay Yong (Malaysia)
	Dr. Kamaljeet Singh (Malaysia)
	A/Prof. Mohd Nahar (Malaysia)

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CME activity and has implemented procedures to manage any potential or conflicts of interest.

Overall time: 1110 mins
Lecture: 840 mins
Interactive session: 270 mins.





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DAY 1 | July 23, 2025

07:00 - 08:30	Registration
GRAND LAGOON BALLROOM	
09:00 - 09:30	Opening Ceremony
09:30 - 10:00	<p>Chair: Paul Dijkstra (Qatar United Kingdom) Co-Chair: Michiko Dohi-Tashima (Japan)</p> <p>Keynote 1: Sports medicine: what has changed and what are the challenges for the road ahead Andrew Massey (N. Ireland)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i></p> <ol style="list-style-type: none">1) <i>understand the diversity of this field and its limitations</i>2) <i>the availability of evidence and expert consensus to direct management.</i>3) <i>Limitations of research and future challenges ahead.</i>
10:00 - 10:30	<p>Chair: Tim Meyer (Germany) Co-Chair: Jeffrey Jeswant Dillon (Malaysia)</p> <p>Lecture 1: Artificial Intelligence: opening doors for sports medicine Pieter D'Hooghe (Qatar / Belgium)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i></p> <ol style="list-style-type: none">1) <i>Examine the transformative role of AI in injury prevention, diagnosis, treatment, and athlete performance optimization.</i>2) <i>Described how machine learning, predictive analytics, and AI-driven LLM's & changing algorithm protocols are revolutionizing decision- making processes.</i>3) <i>Understand the ethical considerations and practical applications of AI in sports medicine.</i>
10:30 - 11:00	Break



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Lecture 2: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understand the effect of different travel demands on performance and recovery responses in football players.
- 2) Understand the effects of strategies to improve performance and recovery following travel.

Lecture 3: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understand the role of objective testing in ACLR rehabilitation
- 2) Apply objective testing to individualized rehabilitation planning

Lecture 4: Learning Objectives:

On completion of this session, participants should be able to:

- 1) be familiar with elements of the clinical evaluation of acute concussions.
- 2) be able to practice and apply an algorithm to approach and manage a concussed player on the field of play.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
LECTURE 2 TRAVEL, PERFORMANCE AND RECOVERY		LECTURE 3 REHABILITATION – ASSESSMENT OF ACL INJURY		LECTURE 4 CONCUSSION – EVIDENCE-BASED UPDATE	
Chair: Mark Jones (Australia) Co-chair: Keith Wan (Hong Kong, China)		Chair: Arumugam Sivaraman (India) Co-chair: Noura (Saudi Arabia)		Chair: Celeste Geertsema (Qatar / New Zealand) Co-chair: Trevor Law (Australia)	
11:00 - 11:30 30 mins	Optimising performance and recovery following travel in football Rob Duffield (Australia)	11:00 - 11:30 30 mins	"Testing after ACL reconstruction: unlocking the Why, When, What, and How for better outcomes" Roula Kotsifaki (Qatar / Greece)	11:00 - 11:30 30 mins	"Concussion: management & therapy" latest updates Claus Reinsberger (USA)



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Symposium 1: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Recognise how contemporary developments in fitness knowledge, and the utilisation of bespoke modern technology and data, can be adopted to make better informed decisions.
- 2) Understand the importance and challenges of adopting an interdisciplinary approach to player development and performance.

Symposium 2: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Describe the epidemiology of hamstring injury.
- 2) Describe the classification of hamstring injury from imaging.
- 3) Describe prevention strategies for hamstring injury.
- 4) Describe the components of the daily assessment for athletes rehabilitating from a hamstring injury and return to sports considerations.

Symposium 3: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Apply the latest evidence in sport-related concussion care.
- 2) Relate the principles of balance and sensorimotor treatment of concussion.
- 3) Outline the neurocognitive treatment options for concussion.

Symposium 4: Learning Objectives:

On completion of this session, participants should be able to:

- 1) To highlight the importance of dental screening and how it might affect football players' performance.
- 2) The effect of periodontal conditions on football players' health.
- 3) Explain types and management of maxillofacial trauma in the game.
- 4) Support provided by sports dentistry team during football competition.
- 5) The effect of occlusion on football players.
- 6) Understand the causes and effects of diet in oral health.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3		Congress 1	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport		Medical Conditions in Sport	
SYMPOSIUM 1 FITNESS CONDITIONING AND ATHLETES' PERFORMANCE		SYMPOSIUM 2 THIGH MUSCLE INJURIES: PEARLS FOR CLINICAL PRACTICE AND PERFORMANCE		SYMPOSIUM 3 HEAD INJURIES AND CONCUSSION - BEST PRACTICE UPDATE		SYMPOSIUM 4 SPORTS DENTISTRY - OPTIMAL ORAL AND DENTAL HEALTH IN ATHLETES	
Chair: Jibu George Varghese (India) Co-Chair: Mohd Ali Ibrahim (UAE)		Chair: Randolph Molo (Philippines) Co-Chair: Meechai Inwood (Thailand)		Chair: Fenton Desouza (India) Co-Chair: Shin Mynyen (Korea Republic)		Chair: Mohammed Alsaey (Qatar) Co-Chair: Sri Kartik Kunabalan (Malaysia)	
11:30 - 11:45 15 mins	The International Match Calendar in football: increasing workload and injury risk Vincent Goutteborge (Netherlands)	11:30 - 11:45 15 mins	Muscle injuries in football Rod Whitely (Qatar / Australia)	11:30 - 11:45 15 mins	Concussion lessons from FIFA World Cup 2022 Omar Alseyrafi (Qatar)	10:30 - 10:45 15 mins	Sports Dentistry - How dental screening is key to a winning performance Mohammad Alsaey (Qatar)
11:45 - 12:00 15 mins	Strength and conditioning consideration to improve performance and prevent injury Marco Cardinale (Qatar / Italy)	11:45 - 12:00 15 mins	Diagnostic Pitfalls in Clinical and Radiological Assessment of Hamstring Injuries Cristiano Eirale (Qatar / Italy)	11:45 - 12:00 15 mins	Management of Concussion on Field of play – decisions Claus Reinsberger (USA)	10:45 - 11:00 15 mins	Biting into Health: The Sports Diet and Oral Well-being. Sri Karthik Kunabalan (Malaysia)



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12:00 - 12:15 15 mins	Improving recovery in football Rob Duffield (Australia)	12:00 - 12:15 15 mins	Thigh muscle injury rehab - you see what you look for and you look for what you know? Enda King (Qatar / Ireland)	12:00 - 12:15 15 mins	Using Science and research to guide heading practice Kerry Peek (Australia)	11:00 - 11:15 15 mins	Gum Health Unveiled: The Daily Power of Oral Hygiene for a Lifetime of Wellness Ranjeet Ajit Bapat (Malaysia)
12:15 - 12:30 15 mins	'Navigating the integration of technology and human to optimise football health & performance' Alan McCall (United Kingdom)	12:15 - 12:30 15 mins	Acupuncture and MSK Pain Management Devanandhini Krisnan (Malaysia)	12:15 - 12:30 15 mins	Head & Neck injury Peter Dzendrowskyj (Qatar / New Zealand)	11:15 - 11:30 15 mins	Empowering Athletes to build value for oral health - Krida Danta Suraksha – A sustainable scalable model Atul Surve & Reena Kumar (India)
12:30 - 12:45 15 mins	Merging Ancient Wisdom with Modern Science: Unlocking the Potential of TCM for Optimized Sports Injuries recovery Xin He (Hong Kong)	12:30 - 12:45 15 mins	Pursuit for return to play with focal shockwave in challenging football injuries Aston Ngai Seng Huey (Malaysia)	12:30 - 12:45 15 mins	Management of Head lacerations on the field of play Jonathan Gordon (Scotland)	11:30 - 11:45 15 mins	Dental injuries in sports Siddharth Dhanaraj (Malaysia)
12:45 - 13:00 15 mins	Panel discussion	12:45 - 13:00 15 mins	Panel discussion	12:45 - 13:00 15 mins	Panel discussion	11:45 - 12:00 15 mins	Don't let dental pain (and disabilities) compromised your (sport) performance Mohamad Syahrizal bin Halim (Malaysia)
						12:00 - 12:15 15 mins	Support for domestic league teams and international tournaments held in Japan Hiroshi Churei (Japan)
						12:15 - 12:30 15 mins	Professional football players and orthodontic treatments: contraindications and emergency management. Soheil Salari (IR Iran)
						12:30 - 12:45 15 mins	The role of Neuromuscular Dentistry in Optimising Football Performance - <i>Observations from the Saudi National Team</i> Abdulmajeed Okshah (Saudi Arabia)
						12:45 - 13:00 15 mins	Panel discussion



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13:00 - 14:00 | Lunch | e-Poster Presentation

DAY 1 | July 23, 2025

Symposium 5: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Evaluate contemporary approaches to athlete assessment, rehabilitation, and performance enhancement, with an emphasis on precision testing, biomechanical analysis, and strength development strategies tailored for elite sport.
- 2) Integrate evidence-informed practices to design and implement rehabilitation and return-to-play protocols that promote long-term athlete resilience, reduce reinjury risk, and support high-performance.

Symposium 6: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Describe the different needs of the patients to inform individualized selection criteria for ACL graft selection.
- 2) Evaluate the benefit of the lateral reinforcement in ACL surgery for athletes.
- 3) Plan and implement optimal athlete rehabilitation based on best evidence.
- 4) Discuss some of the current controversies on the discharge criteria after an ACL injury.

Symposium 7: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Describe the history of women's football and factors which contributed to the lack of equality between male and female footballers – including equal access to medical care and sex-specific research.
- 2) Understand the potential advantages and disadvantages of menstrual health tracking in women's football.
- 3) Be familiar with consensus-based practical methods and tools for appropriate menstrual health tracking in women's football.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 5 FAST-TRACK TO RETURN: HIGH-PERFORMANCE REHAB STRATEGIES FOR IN-SEASON SUCCESS <i>[Aspetar & Paris Saint-Germain (PSG) joint Symposium]</i> Chair: Enda King (Qatar / Ireland) Co-Chair: Cyril Praud (France)		SYMPOSIUM 6 CHANGES AND CHALLENGES IN MANAGING ACL INJURIES IN FOOTBALL Chair: Samuel Ling (Hong Kong, China) Co-Chair: Paisal Chantarapitak (Thailand)		SYMPOSIUM 7 WORKING TOWARDS EQUAL CARE IN WOMEN'S FOOTBALL – DREAM OR REALITY? Chair: Dawn Scoot (UK) Co-Chair: Khalilova Gulandom (Tajikistan)	
14:00 - 14:20 15 mins	Precision Testing in Elite Sport: Unlocking Key Metrics for Rehab & Return to Play Roula Kotsifaki (Qatar / Greece)	14:00 - 14:15 15 mins	Footballer ACL injuries: Advance translational research from bench to bedside Patrick Yung (Hong Kong, China)	14:00 - 14:15 15 mins	Women's Football and specific medical developments in women's football Kat Okholm Kryger (Denmark)



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14:20 - 14:40 15 mins	Strength & Power in Rehab: Building Robust Athletes for High-Performance Return Rod Whiteley (Qatar / Australia)	14:15 - 14:30 15 mins	Optimizing surgical outcome in ACL reconstruction Alan Getgood (Qatar / Canada)	14:15 - 14:30 15 mins	Injury prevention for female players- how to get it done Stella Veith (Germany)
14:40 - 15:00 15 mins	Biomechanics in Rehabilitation: Movement Strategies for Pathomechanics, Performance & Injury Reduction Enda King (Qatar / Ireland)	14:30 - 14:45 15 mins	Evidence- based ACL rehabilitation Guidelines Roula Kotsifaki (Qatar / Greece)	14:30 - 14:45 15 mins	Football Team Women Physiotherapist working in adverse conditions: The Challenge & survival kits! Karen Kwong (Hong Kong, China)
15:00 - 15:20 15 mins	Fast-Tracking the Comeback: Strategies for Seamless Return to Training & Competition Cyril Praud (France)	14:45 - 15:00 15 mins	"Differentiated ACL Management: Surgical Interventions and RTS Guidelines for Adolescent, Adult and Female footballers" under Sports Injuries Arumugam Sivaraman (India)	14:45 - 15:00 15 mins	Menstrual health tracking: when is it useful and how to do it well. Evert Verhagen (Netherlands)
15:20 - 15:40 15 mins	Sustaining Peak Performance: Long-Term Resilience & Injury Prevention in Elite Sport Gwenaelle Pele (France)	15:00 - 15:15 15 mins	Ensuring successful outcome of the ACL reconstruction in elite athletes Harjeet Singh (Malaysia)	15:00 - 15:15 15 mins	Menstrual health and the menstrual cycle's influence on football performance Giorgia Brown (Australia)
15:40 - 16:00	Panel Discussion	15:15 - 15:30 15 mins	ACL injury prevention in football club environment setting Raouf Rekik (Qatar / Tunisia)	15:15 - 15:30 15 mins	Anthropometric characteristics of world-class female football players across different playing positions John George (India)
		15:30 - 15:45 15 mins	Meniscal injuries in players with ACL tears Khalid Alkhelaifi (Qatar)	15:30 - 15:45 15 mins	Relationship between lactate metabolic capacity and aerobic and anaerobic exercise capacity in elite female soccer players. An investigation for injury prevention during fatigue Aguri Kamitani (Japan)
		15:45 - 16:00	Panel discussion	15:45 - 16:00	Panel Discussion
16:00 - 16:20	Break				



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DAY 1 | July 23, 2025

Symposium 8: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understand how AI support to achieve to achieve precise load management, injury prevention and performance optimisation.
- 2) To address the associated challenges harnessing the full potential of AI in sports medicine which is continuously evolving.
- 3) To review synthesize existing literature on genetic associations with football performance and injury resistance.

Symposium 9: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Accurately diagnosis of tendon injury to identify surgical approach with regard to timing, tendon repair technique, and rehabilitation protocol.
- 2) Demonstrate the new techniques on tendon injury rehabilitation.

Symposium 10: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Deepen understanding how to improve players health globally from medical perspective, clinical care and governance
- 2) Explain how team works ensure **players** receive **medical care** and that policies and protocols are applied.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 8 GENOMICS, ARTIFICIAL INTELLIGENCE AND NEW TECHNOLOGIES Chair: Farrah Hani Imran (Malaysia) Co-Chair: Sudeep Satpathy (India)		SYMPOSIUM 9 TENDON INJURIES MANAGEMENT: WHAT'S NEW? Chair: Harjeet Singh (Malaysia) Co-Chair: Minghao Zheng (Australia)		SYMPOSIUM 10 ATHLETES HEALTH CARE Chair: Nora Sulamani Aldohan (Saudi Arabia) Co-Chair: Muhammad Azam Khan (Pakistan)	
16:20 - 16:35 15 mins	Innovative technologies and Artificial Intelligence: how can technology advance football science? Marco Cardinale (Qatar / Italy)	16:20 - 16:35 15 mins	What's new in shoulder tendon injuries Khalid Alkhelaifi (Qatar)	16:20 - 16:35 15 mins	My philosophies in managing elite soccer players Ramon Cugat (Spain)
16:35 - 16:50 15 mins	AI and stem cells in Sports Medicine Pieter D'Hooghe (Qatar / Belgium)	16:35 - 16:50 15 mins	Rotator Cuff tendinopathies rehabilitation: best practice update Rod Whitely (Qatar / Australia)	16:35 - 16:50 15 mins	Transforming Passion into Perfection in an AFC Medical Centre of Excellence Patrick Yung (Hong Kong, China)



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16:50 - 17:05 15 mins	Ethical challenges of AI in health care Paul Dijkstra (Qatar / United Kingdom)	16:50 - 17:05 15 mins	Best rehabilitation practice for lower limb tendinopathies Enda King (Qatar / Ireland)	16:50 - 17:05 15 mins	From Soweto to Sydney: My Journey of Privilege as a Black Football Team Physician Sello Motaung (South Africa)
17:05 - 17:20 15 mins	Genomic predictors of talent in football John George (India)	17:05 - 17:20 15 mins	Application of Advance Technologies in Managing Achilles Tendon Injuries Samuel Ling (Hong Kong, China)	17:05 - 17:20 15 mins	PCMA and athletic performance Assessment Mourad Ghrairi (Tunisia / UAE)
17:20 - 17:35 15 mins	Leveraging AI technologies for injury prevention in football Thung Jin Seng (Malaysia)	17:20 - 17:35 15 mins	Shockwave therapy for tendinopathies Omar Alsherafi (Qatar)	17:20 - 17:35 15 mins	Six-year Injury and Illness Incidence and Burden in Japan Professional football league (J-league) Ryo Matsunaga (Japan)
17:35 - 17:50	Panel discussion	17:35 - 17:50 15 mins	Panel discussion	17:35 - 17:50 15 mins	Panel discussion



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DAY 1 | July 23, 2025

Free Paper 1 and 2

Free Paper 1: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Kyaw Thanh Zin (Myanmar) Co-Chair: Zhou Jin Bin (China PR)	
16:00 - 16:10 10 mins	Nutrition Support Enhances Hydration, Energy Balance, and Match Outcomes in Football Players Observing Ramadan Fasting Puteri Nurshuhada Binti Sharuddin
16:10 - 16:20 10 mins	Awareness on Nutrition, Doping and Dietary Supplement Use among Under-19 Development Cricket Squad in Sri Lanka A.M.D.K.Attanayake (Sri Lanka)
16:20 - 16:30 10 mins	The Relationship Between Supplement Use and Sports Injuries in Iranian Professional football Players Elham Khosravi (Islamic Republic of Iran)
16:30 - 16:40 10 mins	The effectiveness of combining turmeric supplementation and strengthening exercise on knee pain, physical function and quality of life among knee osteoarthritis patients Bawani Ramakrishnan (Malaysia)

Free Paper 2.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Malini Karupiah (Malaysia) Co-chair: Shahnaz Begum Putul (Bangladesh)	
16:00 - 16:10 10 mins	Ultrasound-Guided Leukocyte-Rich Platelet-Rich Plasma Injections vs Conservative Treatment for Pain and Function in Isolated Posterior Cruciate Ligament Injuries: A Randomized Controlled Trial Laimujam Sobhasini Devi (India)
16:10 - 16:20 10 mins	Alleviating Pain and Reducing Knee Load: The Role of PNF in Managing Knee Osteoarthritis Shengdi Tong (China PR)
16:20 - 16:30 10 mins	Harnessing the Power of PRP for Ligament Regeneration: A Case Report See Zhi Huang (Malaysia)
16:30 - 16:40 10 mins	Comparison of Patient-Reported Outcomes Following Combined Anterior Cruciate Ligament Reconstruction With Posterior Lateral Meniscal Root Repair Versus Isolated Anterior Cruciate Ligament Reconstruction Nguyen Thanh Sang (Vietnam)

Free Paper 2.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Bader Aqel (Palestine) Co-chair: Janis Espino-De Vera (Philippines)	
16:00 - 16:10 10 mins	Effects Of Hip Mobility and Flexibility Exercises to Prevent Groin Injuries Among Football Players: A Narrative Review Krishna Bk (India)
16:10 - 16:20 10 mins	Influence of Playing Position Over Cervicocephalic Kinesthetic Sensibility Among Elite Soccers Santhosh Manickan (India)
16:20 - 16:30 10 mins	Relationship Between Hip Shoulder Separation Angle & Ball Velocity During Soccer Instep Kick – A 3D Biomechanical Analysis Nila Chakravarthy (India)
16:30 - 16:40 10 mins	Integration of AMI-Based Exercise Rehabilitation to Improve End Ranges of Motion Following S-ACL-R: A Case Series Lal Thutiamngheti (India)



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DAY 1 | July 23, 2025

Free Paper 1 and 2

Free Paper 1: Sports science, health & performance / Medical conditions in sport	
Congress 1 - Level 12	
Chair: Kyaw Thanh Zin (Myanmar) Co-Chair: Zhou Jin Bin (China PR)	
16:40- 16:50 10 mins	Investigating the relationship between serum ferritin levels and VO _{2max} in female recreational cyclists on a cycle ergometer. Muthu Kumar S (India)
16:50 - 17:00 10 mins	Training and Insight of Athletic Coaches on Nutrition, Doping in Sports: Preliminary Survey A.M.D. K. Attanayake (Sri Lanka)
17:00- 17:10 10 mins	Diet and Body Composition of Soccer (Football) Players and Referees in Iran Tohid Seif Barghi (Islamic Republic of Iran)
17:10 - 17:20 10 mins	Seasonal Variations in Body Composition Among Elite Development Footballers in Malaysia: A Longitudinal Comparative Analysis Across Pre, Mid, And End-Season Phases Wan Nurul Hazirah binti Wan Alkamar Shah (Malaysia)

Free Paper 2.1: MSK injuries and rehabilitation	
Congress 2 – Level 12	
Chair: Malini Karupiah (Malaysia) Co-chair: Shahnaz Begum Putul (Bangladesh)	
16:40- 16:50 10 mins	Acute Compartment Syndrome Localized to the Distal Anterior Compartment Following Tibial Fracture in a Professional Soccer Player: A Case Report and Review Ta Van Thanh Nam (Vietnam)
16:50 - 17:00 10 mins	Post – Operative Muscular Dysfunction Following Tendo – Achilles Repair Among Footballers Darshini S (India)
17:00- 17:10 10 mins	Relevance Between Lumbopelvic Stability Deficits and Groin Injuries in Veteran Football Players: A Cross-Sectional Study Abhinaya Baskaran (India)
17:10 - 17:20 10 mins	Alleviating Pain and Reducing Knee Load: The Role of PNF in Managing Knee Osteoarthritis Shengdi Tong (China PR)

Free Paper 2.2: MSK injuries and rehabilitation	
Congress 3 – Level 12	
Chair: Bader Aqel (Palestine) Co-chair: Janis Espino-De Vera (Philippines)	
16:40- 16:50 10 mins	Effectiveness of Kinetic Chain Neuromuscular Control Exercise for Chronic Ankle Pain Among Footballers Varunigha Nagalingam (India)
16:50 - 17:00 10 mins	AI Scope and Injury Predictive Analysis Sudeep Sathpaty (India)
17:00- 17:10 10 mins	The Hidden Deficit: Lean Body Mass and Fat Mass Changes Post-ACL Surgery Sivaprasanth S (India)
17:10 - 17:20 10 mins	Effectiveness of Hamstring Fatiguing, Hip Stabilization, and Neuromuscular Proprioception Training in Footballers with Patellofemoral Pain Syndrome: A Pilot Study. Sarveshwaran P (India)



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DAY 1 | July 23, 2025

Free Paper 1 and 2

Free Paper 1: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Kyaw Thanh Zin (Myanmar) Co-Chair: Zhou Jin Bin (China PR)	
17:20 - 17:30 10 mins	Exertional Pain in Athletes Ahmed Andijani (Saudi Arabia)
17:30 - 17:40 10 mins	Longitudinal analysis of the incidence rate of time-loss injury in Japan national youth football team for three years including the COVID-19 pandemic. Yosuke Shima (Japan)
17:40 - 17:50	Impact of a FIFA11+-Derived Peroneal Muscle Activation Warm-Up on Decreasing Injury Potential During Side-Cutting in Collegiate Soccer Athletes with Chronic Ankle Instability Xinrui Zhang (China PR)

Free Paper 2.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Malini Karupiah (Malaysia) Co-chair: Shahnaz Begum Putul (Bangladesh)	
17:20 - 17:30 10 mins	Stratifying Injury Risk in Adolescent Female Footballers via Pressure-Sensor High-Speed Treadmill Biomechanical Profiling Ho Ngoc Minh (Vietnam)
17:30 - 17:40 10 mins	Insight On Lumbopelvic Corrective Exercise Program for Hamstring Strain Injuries with Uncontrolled Movements in Pelvis Among Elite Football Players Varshini Yuvarajan (India)
17:40 - 17:50	Effectiveness of Hamstring Fatiguing, Hip Stabilization, and Neuromuscular Proprioception Training in Footballers with Patellofemoral Pain Syndrome: A Pilot Study Sarveshwaran P (India)

Free Paper 2.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Bader Aqel (Palestine) Co-chair: Janis Espino-De Vera (Philippines)	
17:20 - 17:30 10 mins	Effectiveness of Hip Mobility and Lumbopelvic Corrective Exercises for Genu Varum Among Elite Footballers Varshini Rv (India)
17:30 - 17:40 10 mins	Effectiveness of Ultrasound Guided Platelet Rich Plasma Injection in Comparison with Dextrose Prolotherapy on Improving Pain and Function in The Treatment of Plantar Fasciitis: A Randomized Controlled Trial Sagolsem Adarsh Singh (India)



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PROGRAMME (as of 24/06/2025)

DAY 2 – July 24, 2025

08:00 - 09:00	Registration
GRAND LAGOON BALLROOM	
09:00 - 09:30	<p>Chair: Saw Khay Yong (Malaysia) Co-Chair: Kamaljeet Singh (Malaysia)</p> <p>Keynote 2: Practical Application: growth factor, cells and novel therapies in sports medicine Ramon Cugat (Spain)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i></p> <ol style="list-style-type: none"> 1) Understand the biological mechanisms and therapeutic potential of Platelet-Rich Plasma (PRP) 2) Identify and compare current biologic treatments including PRP, cell-based therapies, and emerging exosome-based approaches. 3) Recognize the regulatory landscape and standardization challenges.
09:30 - 10:00	<p>Chair: Gurcharan Singh (Malaysia) Co-Chair: Mustafa Alhashimi (UAE)</p> <p>Lecture 5: Gender in Sports: eligibility considerations & role of androgens. David Handelsman (Australia)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i></p> <ol style="list-style-type: none"> 1) understand the complexity surrounding the determination of eligibility 2) the important determinants to consider with regards to eligibility
10:00 – 10:30	Break



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Lecture 6: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understand the effect of playing football in the heat on physical, physiological and technical performance in football.
- 2) Understand the effects of different strategies to improve performance, physiological and perceptual responses to playing football in the heat.

Lecture 7: Learning Objectives:

On completion of this session, participants should be able to:

- 1) have an insight into the new science of derived cells and outcomes in tendinopathy.
- 2) evaluating the balance between evidence and expert consensus data

Lecture 8: Learning Objectives:

On completion of this session, participants should be able to:

- 1) How to monitor players with infectious diseases in order to minimize risk of complications and still hold the return-to-play time low
- 2) How to identify players at risk for complications
- 3) How to assess presence of myocarditis (and how to handle it when present)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
LECTURE 6 CLINICAL APPROACH TO HEAT RELATED INJURIES IN SPORT: A BEST PRACTICE UPDATE Chair: Arshad Puji (Malaysia) Co-chair: Reema Alhosani (UAE)		LECTURE 7 DOES APPLICATION OF BIOLOGICS IN SPORTS LIVE UP TO THE HYPE? Chair: Patrick Yung (Hong Kong, China) Co-chair: Pakapon Issagaril (Thailand)		LECTURE 8 CLINICAL APPROACH TO INFECTIONS IN ATHLETES Chair: Guido Pies (Qatar / UK) Co-chair: Navanithan Ramakrishnan (Malaysia)	
10:30 - 11:00 30 mins	Playing football in the heat: Strategies for health & performance Rob Duffield (Australia)	10:30 - 11:00 30 mins	Challenges and perspectives of tendon derived cell therapy for Tendinopathy: from bench to the bedside. Minghao Zheng (Australia)	10:30 - 11:00 30 mins	Management of infectious diseases in football players Tim Mayer (Germany)



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DAY 2 – July 24, 2025

Symposium 11: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Summarise how different nutrition strategies can impact on football performance.
- 2) List nutrition practices that are important to support the training and growth needs of elite youth footballers.
- 3) Explain why sports nutrition for the female athlete should be approached differently in some areas compared to male athletes for optimal health and performance.
- 4) Formulate a plan to enhance existing national legislation and practices on dietary supplements used in sport and exercise to safeguard athlete health.

Symposium 12: Learning Objectives:

On completion of this session, participants should be able to:

1. Identify the most common ankle and foot injuries in football.
2. Describe conservative and surgical treatment options for ankle and foot injuries.
3. Appraise the role of podiatry in ankle and foot injuries.

Symposium 11: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Describe the legal framework in Anti-Doping
- 2) Discuss the doping control process from sample collection to results management.
- 3) Make use of the WADA prohibited list.
- 4) Develop a comprehensive athlete Therapeutic Use Exemption (TUE) application.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 11 NUTRITION AND SUPPLEMENTS FOR ATHLETE HEALTH AND PERFORMANCE Chair: Aseel Abu Dhayah (Jordan) Co-Chair: Nguyen Van Phu (Vietnam)		SYMPOSIUM 12 BEST PRACTICE APPROACH TO ANKLE AND FOOT INJURIES IN SPORTS Chair: Aston Ngai Seng Huey. (Malaysia) Co-Chair: Ahmed Alaradi (Bahrian)		SYMPOSIUM 13 DRUGS IN SPORT Chair: Jens Kleinfeld (Germany) Co-Chair: Rachvind Sra (Malaysia)	
11:00 - 11:15 15 mins	Permission to Eat Enough: Low Energy Availability and the Impact on Female Footballers Alicia Edge (Australia)	11:00 - 11:15 15 mins	Syndesmosis Ankle Injuries in Footballers: Latest Evidence and Treatment Strategies Pieter D'Hooghe (Qatar Belgium)	11:00 - 11:10 10 mins	FIFA fights against Doping in Football Carlos Lopez (Argentina)
11:15 - 11:30 15 mins	Nutrition and Supplements in female football players Bahar Hassanmerzaei (Qatar IR Iran)	11:15 - 11:30 15 mins	Recent Advances in treating & preventing ankle ligaments injuries Samuel Ling (Hong Kong, China)	11:10 - 11:20 10 mins	The WADA Code 2025 and 2026 Erling Bjerga (Norway)



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11:30 - 11:45 15 mins	Physical Performance and Functional food in football Mahenderan A/L Appukutty (Malaysia)	11:30 - 11:45 15 mins	Application of Sports Biomechanics to reduce ankle sprain injuries Daniel Fong (Hong Kong, China)	11:20 - 11:35 15 mins	Athlete Biological Passport – “evolution & challenge” Patrick Goh (Singapore)
11:45 - 12:00 15 mins	Role of Selenium and performance Hazreen Bin Abdul Majid (UK / Malaysia)	11:45 - 12:00 15 mins	Surgical advances in tackling cartilage injuries of the ankle joint in football player Bin Song (China PR)	11:35 - 11:50 15 mins	Challenges in analytical methods of banned substances Alka Beotra (India)
12:00 - 12:15 15 mins	Nutritional considerations in the football club environment Raouf Rekik (Qatar / Tunisia)	12:00 - 12:15 15 mins	Cell therapy strategies in cartilage repair – what lessons have we learnt? Minghao Zheng (Australia)	11:50 - 12:05 15 mins	Use and Abuse of substances in sports Ahmad F Shamsuddin (Malaysia)
12:15 - 12:30 15 mins	Vitamin D and Quadriceps strength & function post ACL repair Patrick Yung (Hong Kong, China)	12:15 - 12:30 15 mins	The Differences Between Ankle Injury Research and Football Practice Evert Verhagen (Netherlands)	12:05 - 12:20 15 mins	Case management of an AAF – supplements & meat contamination Erling Bjerga (Norway)
12:30 - 12:45 15 mins	Traditional pharmacopeia & sports value: taskforce update: UNESCO Anti-Doping Convention initiative. Reema Alhosani (UAE)	12:30 - 12:45 15 mins	New ideas on the rehabilitation of chronic ankle instability Daniel Fong (Hong Kong, China)	12:20 - 12:35 15 mins	“Mastering TUEs: protecting your players from harm”? Kartharina Grimm (Switzerland)
12:45 - 13:00 15 mins	Panel discussion	12:45 - 13:00 15 mins	Panel discussion	12:35 - 12:45 10 mins	Medical & Anti-Doping in CONMEBOL Osvaldo Pangrazio (Paraguay)
				12:45 - 13:00 15 mins	Panel discussion
13:00 - 14:00	Lunch Poster Presentation				

DAY 2 – July 24, 2025





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Lecture 9: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understanding of the types of peripheral nerve injuries that are common and unique to each sport.
- 2) Be familiar with the rehabilitation programme and modifications of biomechanics before the nerve injury becomes irreversible.

Lecture 11: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Outline the role of cardiac screening in football players
- 2) Examine the ethical implications of cardiac screening in football players

Lecture 10: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Recognise the spectrum of peripheral nerve injuries that can occur in athletes and appreciate the challenges in early diagnosis.
2. Develop a structured clinical approach to the assessment and investigation of nerve injuries in the sporting context.
3. Understand the principles behind surgical and non-surgical management, including when to refer for specialist intervention.
4. Apply rehabilitation strategies that support both neurological recovery and psychological readiness for return to play.
5. Implement a multidisciplinary team approach to optimise outcomes for athletes with peripheral nerve injuries

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
LECTURE 9 Chair: Omar Alsayrafi (Qatar) Co-chair: Lal Ekanayake (Sri Lanka)		LECTURE 10 UEFA INJURIES: NEW EMERGING DATA! Chair: Enda King (Qatar / Ireland) Co-chair: Montassar Tabben (Qatar/France)		LECTURE 11 SPORTS CARDIOLOGY – SCREENING, PREVENTION AND MANAGING COMMON CARDIAC CONDITIONS IN ATHLETES Chair: Jeffrey Jeswant Dillon (Malaysia) Co-chair: Yusifumi Fukushima (Japan)	
14:00 - 14:30 30 mins	Peripheral nerve injuries in athletes Ng Chye Yew (Malaysia)	14:00 - 14:30 30 mins	24 Years Experience with UEFA Injury Study: emerging experience and developments Evert Verhagen (Netherlands)	14:00 - 14:30 30 mins	Sports Cardiology: screening, preventing & management of cardiac conditions in athletes Guido Pieles (Qatar / Germany)



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Symposium 14: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge.
- 2) Identify the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT).
- 3) Develop competency in the clinical approach to athlete mental health symptoms and disorders.

Symposium 15: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Outline the physiopathology and the imaging findings of bone stress injuries.
- 2) Identify the most common injuries affecting the spine of the footballer.
- 3) Classify accurately the muscle sprain in the lower limb.
- 4) Identify the most common injuries affecting the goalkeeper.
- 5) Describe the imaging assessment of groin pain in the football player

Symposium 16: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Outline the role of cardiac screening in football players.
- 2) Examine the ethical implications of cardiac screening in football players.
- 3) Plan for sudden cardiac arrest on the pitch
- 4) Demonstrate the management of sudden cardiac arrest on the pitch.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 14 ATHLETE MENTAL HEALTH – SCREENING & SOLUTIONS Chair: Bahar Hassanmersaei (IR Iran) Co-Chair: Yahia Almaharmeh (Jordan)		SYMPOSIUM 15 THE ATHLETIC HIP AND GROIN: A BEST PRACTICE UPDATE Chair: Alan Getgood (Qatar/Canada) Co-Chair: Alfred Khoury (Lebanon)		SYMPOSIUM 16 SPORTS CARDIOLOGY – TOWARDS BETTER HEART HEALTH IN ATHLETES Chair: Johnny Gordon (Scotland) Co-Chair: Kim Kwang Joon (Korea Republic)	
14:30 - 14:45 15 mins	Mental health in football: from epidemiology and screening to return to play Vincent Gouttebarga (Netherlands)	14:30 - 14:45 15 mins	Hip joint related injuries in young athletes focusing on FAI syndrome Paul Dijkstra (Qatar/United Kingdom)	14:30 - 14:45 15 mins	How to avoid SCD in football different screening approaches around the world Tim Meyer (Germany)
14:45 - 15:00 15 mins	Challenges faced in mental health screening in Athletes Suaran Singh (Malaysia)	14:45 - 15:00 15 mins	Adductor Injuries in Athletes: Present Understanding and Future Directions Cristiano Eirale (Qatar / Italy)	14:45 - 15:00 15 mins	Effectiveness of ECG as screening tools Guido Pieleles (Qatar/Germany)
15:00 – 15:15 15 mins	Enhancing sports performance & endurance through hypnosis: unlocking	15:00 – 15:15 15 mins	Groin injuries in soccer players	15:00 - 15:15 15 mins	Return to Play after SCA – “Hope & Options”



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	the power of the mind for athletic success Karupiah Selvam (Malaysia)		Kamaljeet Singh (Malaysia)		Jeffrey Jeswant Dillon (Malaysia)
15:15 – 15:30 15 mins	Sports Psychology services in team sports Omar Alseyrafi (Qatar)	15:15 – 15:30 15 mins	Differentiating Hip and Groin Pain in Football Players and Management with Manual Therapy Joon Park (Korea Republic)	15:15 – 15:30 15 mins	Emergencies on the pitch and the field of play preparation for emergencies Jens Kleinfeld (Germany)
15:30 - 15:45 15mins	Sports Psychology in high performance sports: Malaysia perspective Vellapandian Ponnusamy (Malaysia)	15:30 – 15:45 15mins	Arthroscopic management of hip, FAI syndrome Yan Xu (China PR)	15:30 – 15:45 15mins	Cardiac Screening in Football Player Tim Meyer (Germany)
15:45 – 16:00 15mins	Panel Discussion	15:45 – 16:00 15mins	Panel Discussion	15:45 – 16:00 15mins	Panel Discussion
16:00 - 16:20	Break				



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DAY 2 | July 24, 2025

Free Paper 1 and 2

Free Paper 3: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Ahmad Andijani (Saudi Arabia) Co-Chair: Abror Piriev (Uzbekistan)	
15:40 – 15:50 10 mins	Knowledge, Attitude, and Perception of Young University Students Engaged in Recreational and Competitive Sports Towards the Prevention of Sports Injuries Raghad Alotaibi (Saudi Arabia)
15:50 – 16:00 10 mins	Against the Odds: Women Football Team Conquering Altitude Kelly Chan (Hong Kong, China)
16:00 – 16:10 10 mins	The Impact of Gaming Addiction on Physical Activity and Stress Levels among Casual Gamers, Saudi Arabia, Nationwide Study Ziyad Abdulrahman Aloraini (Saudi Arabia)
16:10 – 16:20 10 mins	Safe Sport: Combatting Online Abuse of Athletes in the Digital Age Jennifer Mellors (United Kingdom)

Free Paper 4.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Terlochan Singh (Malaysia) Co-chair: Napa-on Chantarapitak (Thailand)	
15:40 – 15:50 10 mins	Management of a high-grade medial collateral ligament injury in a professional goalkeeper: a case report Nathan Ng (Hong Kong, China)
15:50 – 16:00 10 mins	Comparison of Refracture Rates Between Non-Surgical and Surgical Treatments for Fifth Metatarsal Stress Fractures Jin-Su Kim (Korea Republic)
16:00 – 16:10 10 mins	The Efficiency of Focused Extracorporeal Shock Wave Therapy after Intramedullary Screw Fixation for Fifth Metatarsal Stress Fractures in Elite Football Players Shota Morimoto (Japan)
16:10 – 16:20 10 mins	The Clinical Effects of Pulsed Electromagnetic Field Therapy on the Management of Chronic Ankle Instability: A Double-blinded Randomised Controlled Trial (with one-year follow-up) Cheryl Shu Ming CHIA (Singapore)

Free Paper 4.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Ajaya Shumshere JB Rana (Nepal) Co-chair: Isaac Soosay (Malaysia)	
15:40 – 15:50 10 mins	Awareness And Use of Ottawa Ankle Rules (OAR) Among Family Medicine Physicians in Second Health Cluster, Riyadh, Saudi Arabia Turki Abdullah Aldosari (Saudi Arabia)
15:50 – 16:00 10 mins	Prevention is better than cure – Injury prevention for soccer players at all ages Mok (Hong Kong, China)
16:00 – 16:10 10 mins	Gender-Specific Risk Factors for Injury in Soccer Players: A Multifactorial Screening Analysis Joe Zuru LIANG (Hong Kong, China)
16:10 – 16:20 10 mins	Immediate Effects of Kinesio Taping on Gastrocnemius Muscle Activity and Calf Raise Performance: A Study Among Healthy Young Adults K. Rajeeva (Sri Lanka)



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Free Paper 1 and 2

Free Paper 3: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Ahmad Andijani (Saudi Arabia) Co-Chair: Abror Piriev (Uzbekistan)	
16:20 - 16:30 10 mins	Understanding the importance of mental health challenges among collegiate athletes Nivetha Sankarraj (India)
16:30 - 16:40 10 mins	Sleep, Stress, and Success: The Impact of Sleep on Footballers' Mental Health Muthyapwar Vinayak (India)
16:40- 16:50 10 mins	Managing Emotions of Athletes During Major Sports Events Dominic Uzodimma Ikwuagwu (Nigeria)
16:50 - 17:00 10 mins	Advancing Brain Health in Football: Neurocognitive Performance Assessment of Persian Gulf Pro League Players Zohreh Haratian (Islamic Republic of Iran)

Free Paper 4.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Terlochan Singh (Malaysia) Co-chair: Napa-on Chantarapitak (Thailand)	
16:20 - 16:30 10 mins	BrACL: use of bracing protocols in the non-surgical management of anterior cruciate ligament (ACL) injury Kabir Singh (United Kingdom)
16:30 - 16:40 10 mins	Adjusted rehabilitation protocol for post-arthroscopy femoral neuropraxia: a case report Nguyen Khanh Chi (Vietnam)
16:40- 16:50 10 mins	Transition to Minimalist Footwear Caused Immediate Kinematic Alterations in Runners with Shin Splint: A Biomechanical Perspective Nguyen Quyet Thang (Vietnam)
16:50 - 17:00 10 mins	The Relationship Between Preseason Body Composition and Sports Injuries in Iranian Professional Male Football Players Vahid Seifi (Islamic Republic of Iran)

Free Paper 4.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Ajaya Shumshere JB Rana (Nepal) Co-chair: Isaac Soosay (Malaysia)	
16:20 - 16:30 10 mins	Three cases of ultrasound-guided bursoscopic surgery for residual Osgood-Schlatter disease. Manase Nishimura (Japan)
16:30 - 16:40 10 mins	Integrated Ultrasounds and Photoacoustic Imaging with Shoulder Functional Assessment for Shoulder Injury Screening in athletes Ben Chi-yin CHOI (Hong Kong, China)
16:40- 16:50 10 mins	Form recovery to return-to-play: evaluating the pillars of effective rehabilitation and making the best decision on RTP Amrinder Singh (India)
16:50 - 17:00 10 mins	Current Trends in ACL Injury: A Worldwide Benchmark Study Analysis. Alfred Khoury (Lebanon)



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DAY 2 | July 24, 2025

Free Paper 1 and 2

Free Paper 3: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Ahmad Andijani (Saudi Arabia) Co-Chair: Abror Piriev (Uzbekistan)	
17:00- 17:10 10 mins	A Parallel-Group Experimental Clinical Trial on the Effect of Mindfulness Counselling Sessions on Burnout Symptoms in Young Professional Football Players Tohid Seif Barghi (Islamic Republic of Iran)
17:10 - 17:20 10 mins	Development and validation of the brief mental fatigue scale Yi-Wen Chneg (Chinese Taipei)
17:20 - 17:30 10 mins	10 Years of Sports Emergency Education On-Field: The Pitfalls and Recommendations Zohreh Haratian (Islamic Republic of Iran)
17:30 - 17:40 10 mins	Medical Encounters of Soccer and Futsal during Sukan Institut Pendidikan Tinggi 6 (SUKIPT 6) 2024 Muhd Kashani bin Mohd (Malaysia)

Free Paper 4.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Terlochan Singh (Malaysia) Co-chair: Napa-on Chantarapitak (Thailand)	
17:00- 17:10 10 mins	Correlation Between Torso Endurance and Ankle Injury Among Amateur Football Players-A Cross-Sectional Study Hephzibah R (India)
17:10 - 17:20 10 mins	Impact of Transcutaneous Electrical Nerve Stimulation on Physical Recovery and Psychological Readiness in Footballers with Peroneus Longus Tendinopathy: A Randomised Control Trial Shwetha B (India)
17:20 - 17:30 10 mins	Beyond Single-Metric Clearance: Multi-Domain Assessment Reveals Hidden Deficits After ACL Reconstruction Than Tra My (Vietnam)
17:30 - 17:40 10 mins	"The magic touch with precision: Ultrasound guided Regenerative Interventions in hand and wrist injuries among athletes" Harleen Uppal (India)

Free Paper 4.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Ajaya Shumshere JB Rana (Nepal) Co-chair: Isaac Soosay (Malaysia)	
17:00- 17:10 10 mins	Knee strength changes during the season in professional soccer players Kojiro Hyodo (Japan)
17:10 - 17:20 10 mins	Primary ACL Repair: Where Do We Stand and Is It Applied to Football Player? Alfred Khoury (Lebanon)
17:20 - 17:30 10 mins	Correlation between tibial rotation and anterior knee pain in footballers- A cross-sectional study Praveen D (India)
17:30 - 17:40 10 mins	Acute pyomyositis: a rare lesion in athlete population, likely to misdiagnosed and minimally invasive approach case report Vu Quoc Anh Dang (Vietnam)



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DAY 2 | July 24, 2025

Free Paper 1 and 2

Free Paper 3: Sports science, health & performance / Medical conditions in sport Congress 1 - Level 12 Chair: Ahmad Andijani (Saudi Arabia) Co-Chair: Abror Piriev (Uzbekistan)	
17:40 - 17:50 10 mins	Impact of a FIFA11+-Derived Peroneal Muscle Activation Warm-Up on Decreasing Injury Potential During Side-Cutting in Collegiate Soccer Athletes with Chronic Ankle Instability Binghe Wang (China PR)

Free Paper 4.1: MSK injuries and rehabilitation Congress 2 – Level 12 Chair: Terlochan Singh (Malaysia) Co-chair: Napa-on Chantarapitak (Thailand)	
17:40 - 17:50 10 mins	Management of Chronic Non-Specific Mechanical Low Back Pain in Elite Indian Football Players – A Case Series Nishaa Bharathi M (India)

Free Paper 4.2: MSK injuries and rehabilitation Congress 3 – Level 12 Chair: Ajaya Shumshere JB Rana (Nepal) Co-chair: Isaac Soosay (Malaysia)	
17:40 - 17:50 10 mins	Predicting Factors for Ankle Injuries Among University Football Players. Kavimani B (India)

19:30 - 22:00	Gala Dinner & 4th AFC Medical Awards Sponsored by:  
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PROGRAMME (as of 24/06/2025)

DAY 3: July 25, 2025

08:00 - 09:00	Registration
GRAND LAGOON BALLROOM	
09:00 – 09:30	<p>Chair: Osvaldo Pangrazio (Paraguay) Co-Chair: Sello Muaotang (South Africa)</p> <p>Keynote 3: Beyond the Game: Evolving Women's Football Through Science and Medicine Dawn Scott (USA)</p>
09:30 – 10:00	<p>Chair: Rob Duffield (Australia) Co-Chair: Marco Cardinali (Qatar / Italy)</p> <p>Lecture 12: Football training load and injury risk prediction Kate Yung (Hong Kong, China)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i> 1) Understand Training Load and Its Association with Injury Risk 2) Describe the Complexity of Injury in Football 3) Evaluate Machine Learning Approaches for Injury Risk Prediction</p>
10:00 – 10:30	Break

DAY 3 – July 25, 2025





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Lecture 13: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Be familiar with the data which does not support the media claims of an 'ACL epidemic' in elite women's football
- 2) Be familiar with appropriate strategies to reduce ACL injury rates in football
- 3) Be familiar with the vast list of proposed ACL injury risk factors

Lecture 14: Learning Objectives:

On completion of this session, participants should be able to:

1. Understand the limitations of articular cartilage healing and review current
2. surgical and biological treatment options for cartilage repair.
Explore the role of peripheral blood stem cells (PBSC) in cartilage
3. regeneration, including their mechanisms of action and clinical application.
Evaluate the latest clinical evidence, future directions, and challenges in using
4. PBSC therapy for cartilage repair.

Lecture 15: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Outline the future of AI in medical imaging and its potential on significantly improve diagnostic accuracy.
- 2) To realize the potential of AI in imaging and its key challenges, such as seamless data integration, system interoperability, and ensuring that AI is used ethically within healthcare settings.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
LECTURE 13 ACL Injuries in Women's Football Chair: Donna Lu (Australia) Co-chair: Janis Espino-De Vera (Philippines)		LECTURE 14 CARTILAGE INJURIES AND REPAIR – AN EVIDENCE UPDATE Chair: Mourad Ghrairi (Tunisia / UAE) Co-chair: Roy Arya (India)		LECTURE 15 IMAGING IN SPORTS INJURIES Chair: Cristiano Eirale (Qatar/Italy) Co-chair: Sandeep Sidhu (Malaysia)	
10:30 - 11:00 30 mins	ACL injuries in Women's Football Kat Okholm Kryger (Denmark)	10:30 - 11:00 30 mins	Cartilage injuries and repair – an evidence update Saw Khay Yong (Malaysia)	10:30 - 11:00 30 mins	Opportunities and Challenges using Artificial Intelligence in Sports Imaging Marcelo Bordalo (Qatar Brazil)



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DAY 3 | 25 July 2025

Symposium 17: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Recall practical ways in which injury surveillance can assist football teams.
- 2) Appraise current injury prevention strategies and assess further improvement possibilities.
- 3) Explain how load management can assist in injury prevention and describe associated limitations.

Symposium 18: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Describe the principles of injury and illness surveillance and the benefits of recent advances in the field.
- 2) Evaluate the benefits and challenges of injury and illness surveillance.
- 3) Discuss strategies to be undertaken by team medical staff to inspire and develop Risk Management Plans within the team.
- 4) Identify potential pitfalls when establishing an injury surveillance program.

Symposium 19: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Define the effect of heat stress on a football player.
- 2) Explain the effect of heat stress on a football game.
- 3) Adapt the game strategy to the environmental conditions.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 17 SPORTS MEDICINE RESEARCH – CHAMPIONING EVIDENCE TO GUIDE PRACTICE Chair: Andreas Serner (Denmark) Co-Chair: Alan Mc Call (UK)		SYMPOSIUM 18 INJURY PREVENTION IN TEAM SPORTS Chair: Kate Yung (Hong Kong, China) Co-Chair: Kiran Kulkarni (India)		SYMPOSIUM 19 CHALLENGING ENVIRONMENTS AND SPORTS PARTICIPATION Chair: Mustafa Alhashimi (UAE) Co-Chair: Husam Abu Soud (Jordan)	
11:00 - 11:15 15 mins	Global Football Research Andreas Serner (Denmark)	11:00 - 11:15 15 mins	Failure analysis of anterior cruciate ligament reconstruction using Ligament Advanced Reinforcement System: A nationwide multicenter study by China Artificial Ligament Study Group (CALSG) Chen Shiyi (China PR)	11:00 - 11:15 15 mins	From Field to Policy: Managing Climate and Air Pollution in Sports Victor Hoe Chee Wai (Malaysia)
11:15 - 11:30 15 mins	Knowledge translation, bridging research and Education Carolina Wilke (United Kingdom)	11:15 - 11:30 15 mins	Low backpain and concept of segmental stabilization - transfer Jaspal Sandhu (India)	11:15 - 11:30 15 mins	Air pollution and its impact on performance and recovery in football players John George (India)



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PROGRAMME (as of 24/06/2025)

11:30 - 11:45 15 mins	How to appraise and disseminate research Alan McCall (United Kingdom)	11:30 - 11:45 15 mins	Lessons Learned from Implementing Injury and Illness Surveillance in Professional Football Montasser Tabben (Qatar / France)	11:30 - 11:45 15 mins	Team Doctor on Field & Travelling tips & Pearls Keith Wan (Hong Kong, China)
11:45 - 12:00 15 mins	Player Health Surveillance Andreas Serner (Denmark)	11:45 - 12:00 15 mins	Principles of risk management in sports injury and illness prevention – introducing the Aspetar RMP tool Bahar Hassanmerseai (Qatar / IR Iran)	11:45 - 12:00 15 mins	Traveling with the Team - sharing your experience as a Team Doctor Mark Jones (Australia)
12:00 - 12:15 15 mins	Brain Health and Dementia risk in Scottish professional footballers John Anderson Maclean (Scotland)	12:00 - 12:15 15 mins	Training monitoring and content: managing load to improve performance and prevent injuries Marco Cardinale (Qatar Italy)	12:00 - 12:15 15 mins	Female athlete participation in the heat Celeste Geertsema (Qatar New Zealand)
12:15 - 12:30 15 mins	Injuries through the junior and senior women's national teams Donna Lu (Australia)	12:15 - 12:30 15 mins	"There's a hole in my knee!" Challenges for the athlete and the therapist during the rehabilitation of cartilage lesions in the knee Konstantinos Epameinontidis (Qatar / Greece)	12:15 - 12:30 15 mins	Travelling with teams to challenging environment Raouf Rekik (Qatar Tunisia)
12:30 - 12:45	Football Australia Perform+ - a new national injury prevention system Matt Whalan (Australia)	12:30 - 12:45	Return to play at a high level after third/fourth ACL repair: is it wise? Alfred Khoury (Lebanon)	12:30 - 12:45	Heat management for sports in a warming world Jason Lee Kai Wei (Singapore)
12:45 - 13:00 15 mins	Panel discussion	12:45 - 13:00 15 mins	Panel discussion	12:45 - 13:00 15 mins	Panel discussion
13:00 - 14:00	Lunch Poster Presentation				



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PROGRAMME (as of 24/06/2025)

DAY 3 – July 24, 2025

Symposium 20: Learning Objectives:

On completion of this session, participants should be able to:

- 1) Identify normal maturation parameters in young athletes.
- 2) Summarize the Young Footballer Pathway.
- 3) Analyse musculoskeletal injuries in young footballers.
- 4) Evaluate the treatment options in growth related injuries.

Symposium 21: Learning Objectives:

On completion of this session, participants should be able to:

- 1) To present the orthopaedic-trauma pathologies related to sports activities with particular interest to the role of exercise in functional rehabilitation in trauma injuries.
- 2) to outline the functional adaptations induced by the different typology of physical activity, the pathologies that may limit or contraindicate the practice of sports activities, with particular interest of the role of exercise in the prevention and in the therapeutic approach

Symposium 22: Learning Objectives:

On completion of this session, participants should be able to:

1. Outline the stadium medical plan and preparation during the FIFA World Cup Qatar
2. Provide new initiatives introduce in medical services and health care.
3. To provide an overview of the available evidence from up-to-date systematic reviews about the effects of implementation strategies for health systems in low-income countries.

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
SYMPOSIUM 20 SPECIAL POPULATIONS – FOCUSING ON THE YOUNG ATHLETE Chair: Jason Lee (Singapore) Co-Chair: Bader Aqel (Palestine)		SYMPOSIUM 21 SPORTS TRAUMATOLOGY Chair: Marcelo Bordalo (Qatar Brazil) Co-Chair: Chen Shiyi (China PR)		SYMPOSIUM 22 MEDICAL SERVICES AT TOURNAMENTS – WHAT'S IMPORTANT? Chair: Raouf Nader Rekik (Qatar/Tunisia) Co-Chair: Mohd Nahar (Malaysia)	
14:00 - 14:15 15 mins	"Integration of Science & Medicine into the Football Ecosystem – From Grassroots to Elite levels Thiagarajan Alwar (India)	14:00 - 14:15 15 mins	Last line of defence: the hidden dangers to goalkeeper hands Roy Arya (India)	14:00 - 14:15 15 mins	Planning of medical services at FIFA competitions Katharina Grimm (Switzerland)
14:15 - 14:30 15 mins	Lumbar Spine Bone Stress Injuries in Male Youth Footballers: Risk Factors and Management Justin To (Australia)	14:15 - 14:30 15 mins	Hand injuries in Goalkeepers Jeremy Prakash Silvanathan (Malaysia)	14:15 - 14:30 15 mins	Emergency medical services at the field of play Celeste Geertsema (Qatar New Zealand)



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14:30 – 14:45 15 mins	Health challenges in retired professional footballers Vincent Gouttebarger (Netherlands)	14:30 – 14:45 15 mins	“Dos & Don’ts: acute & chronic wound management in football Farah Hani Imran (Malaysia)	14:30 - 14:45 15 mins	Planning for emergencies on the football pitch Jonathan Gordon (Scotland)
14:45 – 15:00 15 mins	Benefits of playing football at older age; Preparation and Injury Prevention: Rehabilitation strategies Trevor Law (Australia)	14:45 – 15:00 15 mins	Shoulder Surgeries in Out-field Footballers: Timing and Techniques Pakapon Issaragrisil (Thailand)	14:45 - 15:00 15 mins	Being a venue medical officer at large football events – lessons from the FIFA Qatar 2022 World Cup and Qatar AFC Asian Cup 2023 Omar Alsayrafi (Qatar)
15:00 – 15:15 15mins	Knee injuries in adolescent footballers Roshan Gunalan (Malaysia)	15:00 – 15:15 15mins	New cutting-edge technologies in tackling cartilage injuries of the knee Patrick Yung (Hong Kong, China)	15:00 - 15:15 15mins	Beyond the Game: Promoting Health and Safety Through Football Khlood Sebak (USA)
15:15 – 15:25 10 mins	Research results on screening process and early diagnosis criteria for athletes' cardiovascular disease Vo Tuong Kha (Vietnam)	15:15 – 15:30	“Assessment of Fascial tensegrity limitations to prevent injuries in Footballers” Jibu George Varghese (India)	15:15 – 15:30	Implementation of FIFA Female health project in Japan Michiko Dohi (Japan)
15:25 – 15:40 15mins	The Role of Para-Football in promoting inclusion and social responsibility Bachir Abdul Khalek (Lebanon)	15:30 – 15:45 15mins	Panel Discussion	15:30 – 15:45 15mins	Panel Discussion



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PROGRAMME (as of 24/06/2025)

DAY 3 – July 25, 2025

GRAND LAGOON BALLROOM

16:00 - 16:30	<p>Chair: Khloud Sebak (USA) Co-Chair: Kat Okholm Kryger (Denmark)</p> <p>Lecture 16: Promoting female athlete health and performance: have we been safe and fair? Celeste Geertsema (Qatar New Zealand)</p> <p>Learning Objectives: <i>On completion of this session, participants should be able to:</i></p> <ol style="list-style-type: none">1. Describe the physiological and psychological differences between men and women and how they affect health and performance2. Identify gaps related to the treatment, training and support of female athletes3. Develop and implement policies to address fairness and safety in promoting female athlete health and performance
16:30 – 17:00	Closing Ceremony



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PROGRAMME (as of 24/06/2025)

e-Poster Presentation

23 - 25 July 2025

Displayed at the Grand Lagoon Ballroom Foyer

- | | |
|-----------------|--|
| Poster 1 | Sleep for adolescent athletes, impacting their physical recovery, cognitive function, and overall health
Sanghoon Kim (Korea Republic) |
| Poster 2 | Prevalence of dietary supplement use among Iranian elite soccer players
Mahdi Rahnema (IR Iran) |
| Poster 3 | Ultrasonography is useful for diagnosing muscle belly and musculotendinous injuries in hamstring strain
Yusuke Hirahata (Japan) |
| Poster 4 | Sex differences in physical characteristics of previous MT-5 elite soccer player
Kohei Hikawa (Japan) |
| Poster 5 | Beyond the Primary Pathology: A Case of Recurrent Popliteal Cyst Following Arthroscopic Meniscal Repair and ACL Thermal Shrinkage in a High-Demand Athlete
Tan Chen Liang (Malaysia) |
| Poster 6 | "Kicking Goals Off the Field: The Role of Football in Shaping Adolescents' Social and Emotional Growth"
Muthyapwar Vinayak (Malaysia) |
| Poster 7 | Arthroscopic Treatment for Dysplasia Epiphysealis Hemimelica of the Talus in a Juvenile Football Player: A Case report
Nakamura Masashi (Japan) |
| Poster 8 | Stress Fractures in Adolescent Football Players
Saeko Takahashi (Japan) |
| Poster 9 | Sports Emergency Course and JFA+PUSH course for emergency situation in sports by Japan Football Association
Shinsuke Furuya (Japan) |





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- Poster 10** Entrapment of the Lateral Meniscus Associated with Tibial Plateau Fracture: A Case Report in a Soccer Player
Ryo Kanto (Japan)
- Poster 11** Understanding Injury Prevalence in Grassroots Cricket: A Community Based Cross Sectional Study 2023-2024
Vignesh Kumar R (India)
- Poster 12** The Effect of Auditory Stimulation on Physiological and Performance Metrics During the 12-Minute Cooper Test
Vignesh Kumar R (India)
- Poster 13** Lower Limb Power and Ankle Mobility Are Associated with Agility in Youth Basketball Players: Correlation among Three Functional Performance Tests
Tran Quang Tien (Vietnam)
- Poster 14** Silent entrapment: A rare case of isolated infraspinatus atrophy in elite volleyball player
Bipin Tom Thariyan (India)
- Poster 15** Effectiveness of inclined treadmill walking vs level treadmill walking in obese individuals
Edwin Joseph V F (India)
- Poster 16** The Efficiency of Freeze-Dried Platelet-Derived Factor Concentrate in Surgical Treatment for Achilles Tendon Ruptures in High-Level Football Players
Mitsuki Shimizu (Japan)
- Poster 17** Revision surgery for Re-fracture after patella stress fracture surgery in a female professional football player: A case report.
Takatoshi Morooka (Japan)
- Poster 18** Avoiding the Knife: Integration of FIFA11+ in Rehabilitation of Anterior Cruciate Ligament Tear
A Case Report of an Amateur Footballer in Sabah, Malaysia
Cedric Wee Jia Yih (Malaysia)
- Poster 19** Clinical Characteristics of Lumbar Spondylolysis in Youth Football Players
Yasuhiko Hirade (Japan)
- Poster 20** Attitudes Towards Doping Among Iranian Professional Football Players
Vahid Seifi (Islamic Republic of Iran)
- Poster 21** Assessment of body composition and anthropometric indices in Iranian Professional Football Players according to age
Elham Khosravi (Islamic Republic of Iran)





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- Poster 22** The Art of Centralized Pre-Competition Medical Assessment: 10 Years of Success
Zohreh Haratian (Islamic Republic of Iran)
- Poster 23** Knee Biomechanics in Action: Understanding the Synergistic Role of Flexion and Valgus Angles in Male Football Players during the Dynamic Athletic Movements
Nguyen Quyet Thang (Vietnam)
- Poster 24** Effectiveness of Lumbo-Pelvic Corrective Exercises for Functional Leg Length Discrepancy Among Adductor Strain Football Players
Varshini RV (India)
- Poster 25** Body Composition and Dietary Pattern of Iranian Male Soccer Player
Tohid Seif Barghi (Islamic Republic of Iran)
- Poster 26** The frequency of injuries of Iranian male professional soccer players: a cross-sectional study
Tohid Seif Barghi (Islamic Republic of Iran)
- Poster 27** The latest developments in football medicine based on current evidence
Tohid Seif Barghi (Islamic Republic of Iran)
- Poster 28** Factors Associated with Return to Sports in Medial Tibial Stress Syndrome (MTSS)
Ryunosuke Suzumoto (Japan)
- Poster 29** Acute Osteomyelitis of the Pubic Symphysis in a high school male football player
Nobuyoshi Suzuki (Japan)
- Poster 30** Correlation Between Obesity, Mental Health, and Quality of Life in Riyadh, Saudi Arabia: A Cross-Sectional Study
Akram N. Al Hazmi
- Poster 31** Jump Height in Badminton Smash: Power vs. Injury Risk
Yeap Ming Wei (Malaysia)
- Poster 32** Integration between Eastern and Western Medicine for Spasticity Management Post Stroke
Devanandhini Krisnan (Malaysia)
- Poster 33** Ultrasound Guided Dextrose Prolotherapy for Chronic Medial Collateral Ligament Injuries in young footballers: A case study
Muhammad Harith Bin Rosdi (Malaysia)





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- Poster 34** The Association between Physical Fitness and Injury Patterns in Young Footballers of the National Football Development Programme (NFDP) in Malaysia
Muhammad Harith Bin Rosdi (Malaysia)
- Poster 35** Effectiveness of Intermittent Pneumatic Compressions (IPC) vs. Thrombo Emboli Deterrent (TED) Stockings in Prevention of Deep Venous Thrombosis in Critically Ill Patients
Nida Rizvi (Pakistan)





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