



# 8<sup>TH</sup> AFC MEDICAL CONFERENCE KUALA LUMPUR 2025

21 - 25 July 2025

## PROGRAMME





# Excellence in Sports Medicine

Through the delivery of excellence in sports medicine, physiotherapy, sports science, orthopaedic surgery, and rehabilitation, Aspetar helps athletes get back on the track to success despite an injury setback.

Trusted by athletes from more than 140 countries, across countless individual and team sports, our multidisciplinary team of expert clinicians provides seamless patient care at our state-of-the-art facility, supported by the latest technology and research advances. By providing 360° care that enables them to reach their full potential, we are serving both professional and recreational athletes, and the wider sports community.

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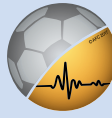


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# INTRODUCTIONS



# INTRODUCTION





## AFC PRESIDENT'S MESSAGE

Dear Esteemed Friends from the Medical Community,

It is with utmost delight that I welcome you to the 8th AFC Medical Conference Kuala Lumpur 2025.

The AFC believes that the key to maintaining its position as a model Confederation and ensuring the success of our teams on the world's biggest stages is through the progress of its Member Associations (MAs) and Regional Associations (RAs), and education remains a cornerstone of realising our bold ambitions.

In only a few years, immense progress has been made in the field of science and technology, and the world as we know it has been rapidly changing. In this continuously evolving landscape, it is imperative that the AFC and the larger Asian football medical community remain as thought leaders and pacesetters in elevating the standards of sport science and medicine across the Continent.

To that end, the AFC, in its pursuit of excellence, is resolute in providing tailormade support to its MAs and RAs so that, together, we can ensure that our players and teams continue to perform at the highest levels.

The AFC Medical Conference embodies our dedication to providing the latest knowledge and innovative practices to those who serve at the forefront of sports medicine.

Therefore, I have no doubt that the 8th AFC Medical Conference Kuala Lumpur 2025 will prove to be the perfect platform for medical professionals from across Asia to share insights and expertise that will inspire growth and chart our continued progress in the years to come.

On behalf of the entire AFC family, I thank all our distinguished speakers and participants for continuing to carry forward the mantle of our Vision and Mission — to maintain our position as a leading Confederation.

I wish all of you a productive and an insightful Conference.



**HE Shaikh Salman bin Ebrahim Al Khalifa**  
AFC President



## MESSAGE BY THE AFC CHAIRPERSON, MEDICAL COMMITTEE AND SCIENTIFIC COMMITTEE

Dear Colleagues,

I bid you a very warm welcome to the 8th AFC Medical Conference Kuala Lumpur 2025.

The Sports medicine fraternity eagerly looks forward to your participation in this conference, where world-renowned experts will deliver presentations based on current, evidence-based research.

FIFA, through its network of Medical Centres of Excellence and collaboration with sister Confederations, has published more than 700 original research papers in peer-reviewed journals which have significantly shaped the global sports medicine landscape.

Recognising these advancements, the Confederation has transitioned the AFC Medical Conference from a quadrennial to a biennial event, ensuring consistent support for its Member Associations and Regional Associations.

Sports Medicine, a young speciality of sport science, has within the last 20 years amassed a large body of original research data. With the current modern technological advancements and the emergence of artificial intelligence in medicine, participants will certainly gain productive and enriching exposure to various areas of sport and medicine. Thus, the theme of the conference, “Medicine and Science – Navigating Through Changing Times,” is befitting these innovations.

Moreover, the Pre-Conference workshops will ensure standardised practical applications of procedures and skills in line with international standards in the areas of emergency medicine, anti-doping, musculoskeletal ultrasound techniques and sports physiotherapy.

I am confident that the participants will leave Malaysia with fond memories of a successful Conference and share their knowledge and experience with their colleagues in their respective Member Associations.

I look forward to meeting you at the conference in 2025.

**Dato' Dr. Gurcharan Singh (Malaysia)**  
Chairperson, AFC Medical Committee





## AFC GENERAL SECRETARY MESSAGE

Dear friends,

It gives me great pleasure to welcome you to the 8th AFC Medical Conference Kuala Lumpur 2025.

This conference has come a long way since its inception in 1995 in Tokyo, Japan. Over the last three decades, it has evolved into a pivotal event of learning in our field, and now, for the third time, the conference returns to Kuala Lumpur, the home of Asian football.

The impact of the learning opportunities provided by the AFC Medical Conference has been so significant that it has transitioned from a quadrennial to a biennial event, underscoring the AFC's commitment to providing tailor-made support to its Member Associations (MAs) and Regional Associations (RAs), ensuring they have access to the latest knowledge, research, and best practices in sports medicine.

Over the years, the programme has become a key gathering for medical professionals dedicated to advancing the health and performance of our athletes.

The modern game of football is constantly evolving, as is the field of scientific research. This year's theme, 'Medicine and Science – Navigating Through Changing Times', aptly reflects the Confederation's determination to uphold the importance of being constantly in search of solutions that will further enhance the field of sports medicine, enabling our Continent's footballers to have the opportunity to perform at their optimal level.

The AFC can only continue to live its dream of being a leading Confederation if its MAs and RAs can reach their maximum potential and thus, I must encourage you all to make the most of these collaborative efforts.

The success of the past iterations of the AFC Medical Conference has made me optimistic that this eighth edition will be yet another successful endeavour. I hope you will all come away from the conference with fresh insights that will aid you in contributing to the growth of the beautiful game.

I look forward to seeing you all in Kuala Lumpur in 2025.

**Datuk Seri Windsor John**  
General Secretary

ORGANIZING COMMITTEE

AFC EXECUTIVE COMMITTEE (2023-2027)

HE Shaikh Salman bin Ebrahim Al Khalifa	President and FIFA Senior Vice President	Bahrain
Mr. Zaw Zaw	AFC Senior Vice President	Myanmar
Ugyen Tsechup	AFC Vice President	Bhutan
Mr. Mehdi Taj	AFC Vice President	Islamic Republic of Iran
Mr. Hachem Haidar	AFC Vice President	Lebanon
Mr. Ganbaatar Amgalanbaatar	AFC Vice President	Mongolia
Mr. Kohzo Tashima	FIFA Council Member	Japan
Ms. Kanya Keomany	FIFA Council Member <i>* Also AFC Executive Committee Member</i>	Laos
Tan Sri Dato' Haji Hamidin Bin Haji Mohd Amin	FIFA Council Member	Malaysia
Mr. Mariano V. Araneta Jr.	FIFA Council Member	Philippines
HE Sheikh Hamad Bin Khalifa Bin Ahmed Al Thani	FIFA Council Member	Qatar
Mr. Yasser H. Almisehal	FIFA Council Member	Saudi Arabia
Mr. Chris Nikou	Member	Australia
Ms. Mahfuza Akhter Kiron	Member	Bangladesh
Ms. Han Un Gyong	Member	DPR Korea
Mr. Valentino San Gil	Member	Guam
Mr. Eric Fok Kai Shan	Member	Hong Kong
Dr Shaji Prabhakaran	Member	India
Mr. Adnan Darjal Motar	Member	Iraq
Mr. Chung Mong Gyu	Member	Korea Republic
Mr. Abdullah Ahmed Alshaheen Alrabeea	Member	Kuwait
Dastanbek Konokbaev	Member	Kyrgyz Republic
Bassam Adeel Jaleel	Member	Maldives
Pankaj Bikram Nembang	Member	Nepal
Susan Shalabi Molano	Member	Palestine
Mijgona Mahmadalieva	Member	Tajikistan
Pol. Gen. Somyot Poompanmoung	Member	Thailand
Mr. Abdullah Nasser Aljneibi	Member	UAE
Mr. Ravshan Irmatov	Member	Uzbekistan
Dr Tran Quoc Tuan	Member	Vietnam
Datuk Seri Windsor John	AFC General Secretary	Malaysia



## AFC MEDICAL COMMITTEE (2023 – 2027)

Dato’ Dr. Gurcharan Singh	Chairperson	MAS
Prof. Dr. Michiko Dohi	Deputy Chairperson	JFA
Dr. Tohid Seif Barghi	Member	FFIRI
Prof. Dr. Yung Suh Hang Patrick	Member	HKFA
Dr. Arumugam Sivaraman	Member	AIFF
Dr. Yahia Mohammad Hamad Almaharmeh	Member	JFA
Dr. Kim Kwang Joon	Member	KFA
Dr. Abdulaziz Jaham Alkuwari	Member	QFA
Dr. Paisal Chantarapitak	Member	FA THAILAND
Dr. Mustafa Alhashimi	Member	UAE FA
Dr. Nguyen Van Phu	Member	VFF

## SCIENTIFIC COMMITTEE

Dato’ Dr. Gurcharan Singh	Chairperson	Malaysia
Dr. Andrew Massey	Co-Chairperson	N. Ireland
Prof. Dr. Yung Suh Hang Patrick	Member	Hong Kong
Prof. Arumugam Sivaraman	Member	India
Dr. Saw Khay Yong	Member	Malaysia
Dr. Kamaljeet Singh	Member	Malaysia
A/Prof. Dr. Mohd Nahar Azmi Mohamed	Member	Malaysia
Dr Abdulaziz Jaham Al-Kuwari	Member	Qatar
Dr Paul Dijkstra	Member	Qatar   United Kingdom
Dr. Mustafa Alhashimi	Member	United Arab Emirates



## ABOUT THE CONFERENCE

Football is the world's most popular sport. It captures the hearts and minds of millions of fans and unites communities from all backgrounds. Thirty per cent of the global population is directly or indirectly connected to football.

The game's widespread popularity and rapid development have consequently led to significant advancement of sports science, technology and medicine.

It has also compelled stakeholders in sports medicine to remain abreast of the latest scientific best practices and stay up to date with the increasing demands of the sport in order to safeguard the players' health.

The Asian Football Confederation (AFC) values the continuous education of healthcare professionals and consistently emphasises the importance of science and medicine in enhancing the performance of footballers.

Since the first edition that was hosted in Tokyo, Japan in 1995, the AFC Medical Conference has gained significant prominence with the number of participants increasing steadily.

From 2022, the AFC Medical Conference is being conducted every two years, where renowned global experts from their respective fields gather to share and discuss the latest developments underlining the Confederation's unwavering commitment towards delivering unparalleled medical care to its athletes.

FIFA, its sister confederations, the Olympic movement and other international sports and medical bodies have supported the past conferences held in Tokyo, Japan (1995), Kuala Lumpur, Malaysia (2000); Muscat, Oman (2005); Kuala Lumpur (2011); New Delhi, India (2015) and Chengdu, China PR (2019). The seventh edition of the AFC Medical Conference was held in Doha, Qatar from March 2 to 6, 2023 and was attended by 700 participants with seminars featuring 170 renowned speakers.

The 8th AFC Medical Conference will be held in Kuala Lumpur for the third time from July 21 to 25, 2025 at the Sunway Hotel and Convention Centre under the theme of "Medicine and Science– Navigating through Changing Times".

Sports medicine as a discipline does not have a robust body of evidence that can direct the management and care of players. In most areas of care, physicians must abide by expert consensus guidelines, though this speciality is continuously evolving due to advances in technology and science.

The Conference will aid physicians and experts in staying updated with the latest advancements and sharing knowledge on emerging trends such as artificial intelligence, genomics and women's football.

The programme will also cover subjects relating to recreational football for all ages and players with special needs. It will include keynote addresses, lectures, symposia, poster presentations, and clinical workshops, while also touching upon topics such as shared decisions on Return to Play and other matters under contentions.

Moreover, pharmaceutical companies, medical, fitness and sports equipment manufacturers, healthcare providers, and other stakeholders from the field of sports science and medicine will have the opportunity to share their knowledge and showcase their cutting-edge developments at various exhibition booths at the conference.

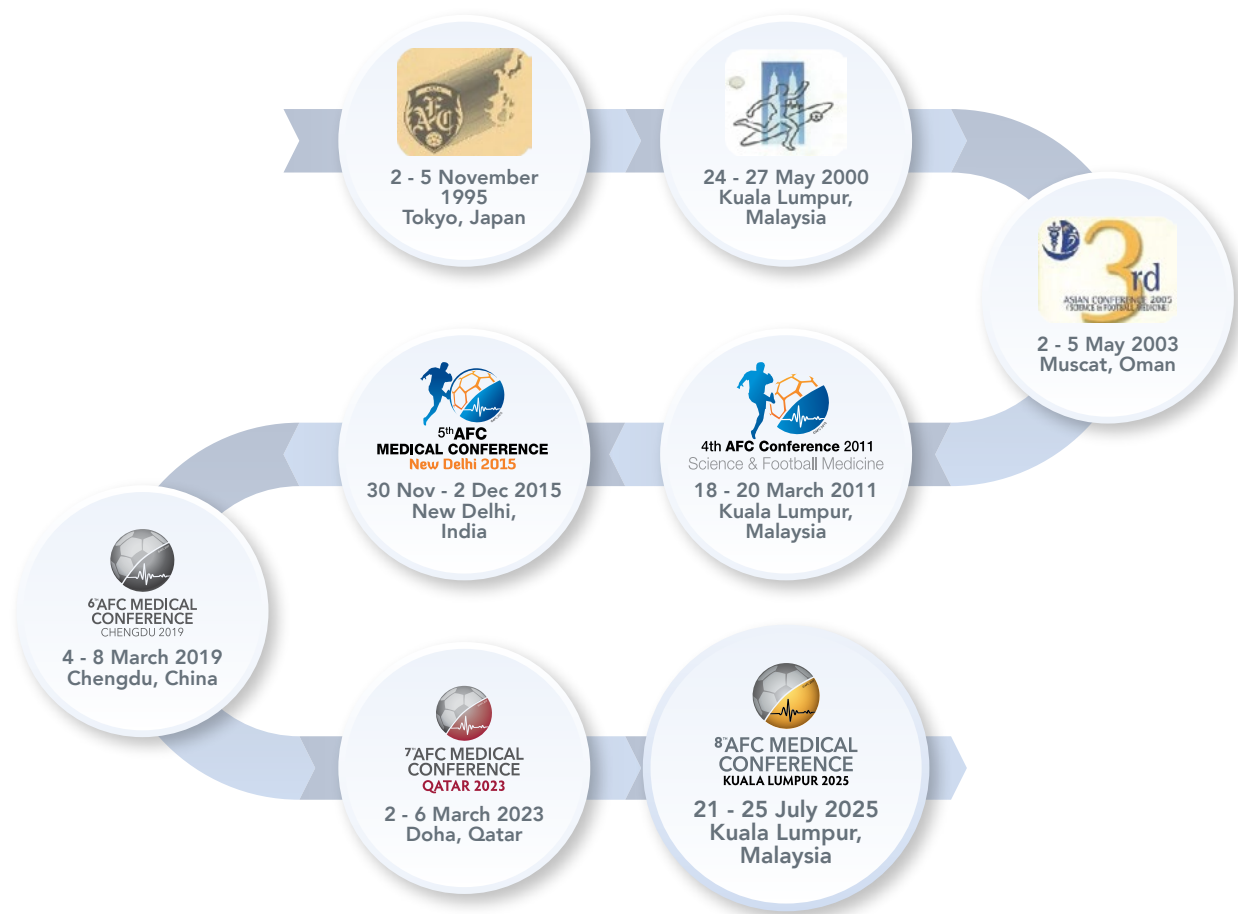
Several pre-conference workshops will also be conducted from July 21 to 22, 2025, which will focus on topics such as Football Emergency Medicine, Sports Physiotherapy, Anti-Doping matters, Musculoskeletal

Ultrasound Guided Injection and Sports Cardiology following which, the conference will shift its attention to women and youth footballers.

The delegates’ attendance at the conference is a low cost–high output sports medicine and science educational journey, which also an opportunity to explore the enchanting city of Kuala Lumpur. Encapsulating the country’s unique diversity, Kuala Lumpur stands out as an exceptional tourist destination. Often known as a “Food Paradise”, Kuala Lumpur boasts a rich tapestry of flavours, including Malay, Chinese and Indian cuisines. The Malaysian capital city also has a rich historical past, with several surrounding towns seeped in influences from Islamic traditions and European cultures from colonial times.

We look forward to welcoming you to Kuala Lumpur for the eighth edition of the AFC Medical Conference in 2025 – a high value and affordable medical conference and networking opportunity that you must not miss!

## PREVIOUS CONFERENCES AND THE 8TH EDITION



# INTRODUCTION

The AFC Medical Conference has steadily but strongly made its mark amongst the medical fraternity, with the number of attendees increasing with each edition of the prestigious event. The inaugural conference held in Tokyo in 1995 attracted 250 delegates, while the second edition in Kuala Lumpur in 2000 saw the participation of 341 medical practitioners.

In 2005, the AFC Medical Conference in Muscat had 357 attendees before the number increased to 455 when the event returned to Kuala Lumpur in 2011.

The 5th AFC Medical Conference New Delhi 2015 witnessed over 600 delegates while the Chengdu, China PR chapter in 2019 saw the number touch the 1000 mark.

In the most recent edition held in Doha, Qatar in 2022, the event was attended by 700 delegates representing 78 countries, marking the highest number of participating countries and the first time that all six FIFA Confederations were represented.

In 2025, the eighth edition of the AFC Medical Conference will be held in Kuala Lumpur, Malaysia from July 23 to 25, 2025 and it is expected that more than 1,000 delegates from across the global sports medicine community will be in attendance. The comprehensive scientific programme is well-supported by renowned faculties from FIFA, its sister confederations, FIFA and AFC Medical Centres of Excellence as well as multiple international sports organisations. The conference also serves as the ideal platform for world experts, industry leaders, as well as regional and international organisations to meet and exchange ideas on the current knowledge and technological advances in various facets of sports medicine.





# 4<sup>th</sup> AFC MEDICAL AWARDS 2025

## AFC Football Medicine Merit Award

Prof. Dr. Shu Hang Patrick Yung (HKG)

Prof. Yung Shu-Hang Patrick is a leading Consultant in Orthopaedic Sports Medicine, widely recognised for his contributions to the field through key roles in organisations such as FIMS and AFSM. Based at the Chinese University of Hong Kong, he is actively involved in education and research, with a focus on sports medicine and arthroscopy. Deeply committed to community service, he provides voluntary medical support to sports communities both in Hong Kong, China and internationally, and serves as a Medical Consultant to the Hong Kong Sports Institute. In recognition of his achievements, he was named one of the “Ten Outstanding Young Persons of Hong Kong” in 2009.



## AFC Young Medical Officer Award

Dr. Khalid Abdulrahman Y A Alkhelaifi (QAT)

Dr. Khalid Abdulrahman Yousif Al-Khelaifi is a prominent figure in the medical community, serving as an orthopaedic surgery consultant and director of the visiting surgeon's programme at Aspetar Orthopedic Sport Medicine Hospital in Doha. He is also the Assistant Chief Editor of the Aspetar Journal and has taught at Qatar's Weill Cornell Medical College and Qatar University Medical College. A Fellow of the Royal College of Surgeons of Canada, Dr. Al-Khelaifi holds memberships in various prestigious medical organisations. He has completed leadership courses and received multiple awards throughout his career, including recognition from His Highness Sheikh Tamim Bin Hamad Al-Thani. Additionally, he has served as a medical officer for several high profile competitions, including the FIFA World Cup Qatar 2022.



## 4<sup>TH</sup> AFC MEDICAL AWARDS RECIPIENTS

# AFC DISTINGUISHED SERVICE AWARDS | GOLD



**Dr. Mark Anthony  
Jones**  
(AUS)



**Dr. Hara  
Kunio**  
(JPN)



**Mr. Sivasvaran  
A/L Suppiah**  
(AFC/MAS)



**Dr. Abdullah  
Hassan Baroon**  
(UAE)



**Dr. Mourad Ghrairi**  
(AFC/UAE)



**Dr. Atirek  
Chivabongs**  
(THA)



**Dr. Saleh Mohammed  
Alharthi**  
(KSA)

## 4<sup>TH</sup> AFC MEDICAL AWARDS RECIPIENTS

# AFC DISTINGUISHED SERVICE AWARDS | SILVER



**Mr. Gigy George**  
(IND)



**Dr. Raju Dangol  
Maharjan**  
(NEP)



**Dr. Ahmad Kanjo**  
(SYR)

# AFC DISTINGUISHED SERVICE AWARDS | BRONZE



**Ms. Zeynab Hossein  
Zadeh**  
(IRN)



**Dr. Mohd Zaidi Bin  
Saleh**  
(MAS)



**Ms. Nurhafizah  
Binte Abu Sujad**  
(SGP)







8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# PRE-CONFERENCE EVENT

PRE-  
CONFERENCE

## AFC SPORTS PHYSIOTHERAPY COURSE



### PRE-CONFERENCE EVENT

<b>Target Audience:</b>	<ul style="list-style-type: none"> <li>• Physiotherapists</li> <li>• Athletic Trainer</li> <li>• Sports Medicine Physician</li> </ul>
<b>Date:</b>	21 - 22 July 2025
<b>Time:</b>	08:00hrs - 17:00hrs
<b>Location:</b>	National Institute of Malaysia (ISN) National Sport Institute, National Sport Complex, Bukit Jalil, 57000 Kuala Lumpur
	16 CPD Credits
<b>LEARNING OBJECTIVES:</b>	<p>At the end of this activity, the participants will be able to:</p> <ul style="list-style-type: none"> <li>• Develop a systematic approach to assess and diagnose common musculoskeletal injuries both on the field and in the clinic.</li> <li>• Apply up-to-date, research-driven strategies to design and progress rehabilitation programs that address each phase of tissue healing and promote safe return-to-play</li> <li>• Incorporate objective measurement tools and clinical assessments to monitor progress and refine individualized treatment plans</li> <li>• Establish clear, criteria-based guidelines for return-to-play decisions that prioritize athlete safety, performance optimization, and long-term risk reduction.</li> </ul>

### SCIENTIFIC PLANNING PROGRAMME COMMITTEE:

<b>Chairperson</b>	Konstantinos Epameinontidis	Greece (Aspetar)
<b>Co-Chairperson</b>	Dr. Kamarul Hashimy Bin Hussein	Malaysia (ISN)
<b>Members</b>	Dr. Yung Kai Yeng	Hong Kong
	Dr. Kerry Peek	Australia (FIFA)
	Rod Whitley	Australia (Aspetar)
	Dr. Enda King	Ireland (Aspetar)
	Faezah Md Jais	Malaysia (ISN)
	Muhd Noorfaizalazrul bin Muhd Azalai	Malaysia (ISN)
	Norhayati Binti Mohd Jali	Malaysia (ISN)
	Mohd Harris Zafran Ahmad Haraman	Malaysia
	Sivasasvaran A/L Suppiah	Malaysia



# OUR FACULTY



**KOSTAS EPAMEINONTIDIS**  
Qatar | Greece



**ENDA KING**  
Qatar | Ireland



**RODNEY WHITELEY**  
Qatar | Australia



**PAUL DIJKSTRA**  
Qatar | United Kingdom



**ROULA KOTSIFAKI**  
Qatar | Greece



**KERRY PEEK**  
Australia



**CYRIL PRAUD**  
France



**GWENAELLE PELE**  
France



**JOON PARK**  
Korea Republic



**FAEZAH MD JAIS**  
Malaysia



**YUVARAJ RAMASAMY**  
Malaysia



**MOHD NOORFAIZALAZRUL  
AZALAI**  
Malaysia

DAY 1   21 JULY 2025 (MONDAY) – MORNING SESSION				
Time	Title	Learning Objectives	Speaker	Venue
08:00 - 08:30	Registration		AFC/ISN/Aspetar	Registration Counter
08:45 - 09:00	Welcome			
Session 1: Muscle Injuries (Chair: Kamarul Hussein   Co-chair: Mohd Harris Zafran)				
09:00-09:15	Breaking Barriers: Optimizing Muscle Healing and Tailoring Rehabilitation	Recognize the key phases of muscle healing and how they relate to rehabilitation planning.Identify common barriers to effective muscle rehab Apply individualized rehabilitation strategies that align with the severity and nature of the muscle injury.	Faezah Md Jais (Malaysia)	Dewan Perdana
09:15-09:30	Interpretation of isokinetic testing results in thigh muscle injuries	Explain the principles of isokinetic testing and the parameters commonly measured.Analyze isokinetic data in the context of thigh muscle injuries.Integrate test results into clinical decision-making	Roula Kotsifaki (Qatar   Greece)	
09:30-09:45	Preventive strategies for muscle injuries	Distinguish between intrinsic and extrinsic risk factors for muscle injuries.Outline evidence-based preventive measures Develop a structured prevention program tailored to athletes’ needs and sport demands.	Paris Saint-Germain F.C. (PSG) Group	
09:45-10:00	Session 1 Q&A			
10:00-10:20	Keynote 1: Hamstring Injuries - The Aspetar Way	Describe the Aspetar approach to hamstring injury classification and treatment protocols. Summarize current best practices in hamstring strain rehabilitation, including exercise selection and progression.Evaluate when to implement advanced criteria for return to sport following hamstring injurie	Rodney Whiteley (Qatar   Australia)	
10:20-10:30	Keynote 1 Q&A			Dewan Komanwel
10:30-11:00	Morning Coffee break			

DAY 1   21 JULY 2025 (MONDAY) – MORNING SESSION				
Session 2: Clinical & biomechanical assessment, and decision-making processes (Chair: Faezah Md Jais   Co-chair: Sivanasvaran Suppiah )				
11.00-11.15	Knee Alignment Matters: Integrating 3D Gait Analysis to Personalize Return-to-Play Pathways Post-ACL Reconstruction	Identify common biomechanical assessment tools and their relevance in clinical practice. Interpret basic biomechanical findings to guide treatment plans.Integrate clinical and biomechanical data to refine personalized rehabilitation strategies	Yuvaraj Ramasamy (Malaysia)	Dewan Perdana
11.15-11.30	What a physio should assess post-concussion	Understand the typical signs, symptoms, and clinical course following sport-related concussion.Demonstrate appropriate testing and screening procedures Formulate an interprofessional management plan that addresses cognitive, vestibular, and neuromuscular components	Kerry Peek (Australia)	
11.30-11.45	Key decision making in calf rehab	Identify the most common calf injuries and their underlying biomechanical contributors.Apply load management and progressive strengthening principles specific to calf rehabilitation.Determine appropriate milestones and testing criteria for safe return to sport post-calf injury	Cyril Praud (France) & PSG Group	
11.45-12.00	Session 2 Q&A			
12.00-12.20	Keynote 2: Biomechanical Assessment	Explain the rationale and methods for in-depth biomechanical analysis in sports injury management.Interpret biomechanical data to detect movement asymmetries or deficits.Incorporate biomechanical insights into designing individualized rehabilitation and performance programs.	Roula Kotsifaki (Qatar   Greece)	
12.20-12.30	Keynote 2 Q&A			Dewan Komanwel
12.30-14.00	Lunch break			

DAY 1   21 JULY 2025 (MONDAY) – AFTERNOON SESSION		
14.00-15.30	WORKSHOPS	
15.30-15.45	Afternoon Coffee break	Dewan Komanwel
15.45-17.00	WORKSHOPS	

DAY 2   22 JULY 2025 (TUESDAY) – MORNING SESSION				
Time	Title	Learning Objectives	Speaker	Venue
08.00-09.00	Registration			Registration Counter
Session 3: Knee Injuries in Football - Evaluation & Rehabilitation (Chair: Kamarul Hussein   Co-chair: Mohd Harris Zafran)				
09.00-09.15	On-Field Knee Assessment: Making the Call to Continue or Stop	Identify the most common acute and chronic knee injuries encountered in football. Describe key on-field assessment steps versus more in-depth clinical evaluation. Develop a streamlined approach to clinical testing (e.g., ligamentous stress tests, functional movement assessments) to guide early intervention or referral.	Muhd Noorfaizalazrul Muhammad Azalai (Malaysia)	Dewan Perdana
09.15-09.30	Meniscus & Cartilage Injuries in footballers: What the physio should know	Explain the role of the meniscus and articular cartilage in knee stability and function. Recognize signs and symptoms of meniscal and chondral injuries in athletes, including diagnostic imaging considerations. Integrate evidence-based treatment strategies—both conservative and post-surgical—to optimize return to play (RTP).	Kostas Epameinontidis (Qatar   Greece)	
09.30-09.45	Strength progression process for patellar tendinopathy	Outline the pathophysiology and clinical presentation of patellar tendinopathy in footballers. Implement progressive loading protocols—from isometric exercises to plyometric drills—to safely and effectively rebuild tendon capacity. Monitor functional milestones and modify treatment based on pain response, performance measures, and overall load tolerance.	Paris Saint-Germain F.C. (PSG) Group	
09.45-10.00	Session 3 Q&A			
10.00-10.20	Keynote 3: ACL Rehab - The Aspetar Way	Discuss Aspetar’s philosophy and protocols for ACL injury rehabilitation, with emphasis on criteria-based progression. Highlight key components of a comprehensive rehab program. Establish objective return-to-sport markers, addressing re-injury prevention and long-term athlete health.	Enda King (Qatar   Ireland)	
10.20-10.30	Keynote 3 Q&A			Dewan Komanwel
10.30-11.00	Morning Coffee Break			



DAY 2   22 JULY 2025 (TUESDAY) – MORNING SESSION				
Session 4: Groin injuries in Football - Evaluation & Rehabilitation (Chair: Faezah Md Jais   Co-chair: Sivanasvaran Suppiah )				
11.00-11.15	FAI: What is it, and what it is not	Define femoroacetabular impingement (FAI) and distinguish it from other groin pathologies in footballers.Understand the clinical presentations of FAI, including typical movement limitations, pain patterns, and imaging findings. Select appropriate conservative and/or surgical interventions based on current evidence and athlete-specific factors.	Paul Dijkstra (Qatar   United Kingdom)	Dewan Perdana
11.15-11.30	Manual therapy for groin pain in elite footballers	Identify the primary soft tissue and joint structures involved in groin pain presentations. Demonstrate specific manual therapy techniques targeting common dysfunctions.Incorporate manual therapy into a broader rehabilitation framework, including exercise and load management.	Joon Park (Korea Republic)	
11.30-11.45	Pitch Rehab Process and RTP decision making	Outline the stages of on-pitch rehabilitation, including progression from controlled drills to full-contact training.Recognize key objective and subjective markers that guide safe RTP. Employ a risk-based decision-making model to balance athlete performance demands with re-injury prevention.	Cyril Praud (France) & PSG Group	
11.45-12.00	Session 4 Q&A			
12.00-12.20	Keynote 4: Thigh Muscle Injuries - The Aspetar Way	Review current best practices for diagnosing and classifying thigh muscle strains.Describe Aspetar’s structured rehab principles, including exercise progression and neuromuscular retraining. Implement evidence-based return-to-play criteria to reduce the likelihood of re-injury and optimize performance	Enda King (Qatar   Ireland)	
12.20-12.30	Keynote 4 Q&A			Dewan Komanwel
12.30-14.00	Lunch break			

DAY 2   22 JULY 2025 (TUESDAY) – AFTERNOON SESSION		
14.00-15.30	WORKSHOPS	
15.30-15.45	Afternoon Coffee break	Dewan Komanwel
15.45-17.00	WORKSHOPS	

LEARNING OBJECTIVES

<b>Workshop 1</b>  Hamstrings Rehab (Rod Whiteley)	Demonstrate practical assessment techniques (palpation, flexibility testing, functional screening) to identify key deficits in hamstring injuries.Implement progressive hamstring rehabilitation protocols to optimize recovery and reduce re-injury risk.
<b>Workshop 2</b>  Ankle Rehab (PSG group)	Recognize common ankle injury mechanisms and use targeted clinical tests to guide treatment.Design a staged rehabilitation program emphasizing proprioception, neuromuscular control, and sport-specific reintegration for ankle injury prevention.
<b>Workshop 3</b>  Biomechanical Jump Assessment (Roula Kotsifaki)	Understand the fundamentals of jump mechanics (e.g., force production, landing strategy) and how to measure key metrics (e.g., jump height, power).Interpret jump assessment data (force plates, video analysis) to identify asymmetries or inefficiencies and tailor individualized training interventions.
<b>Workshop 4</b>  Blood Flow Restriction Training DAY 1 only (Kostas Epameinontidis)	Explain the physiological basis for BFR, including how it can aid muscle strength and hypertrophy at lower loads.Apply BFR techniques in a rehab setting by determining appropriate cuff pressures, exercise selection, and session parameters for different phases of rehabilitation
<b>Workshop 5</b>  Groin Rehab DAY 2 only (Enda King)	Identify common pathologies affecting the groin region and correlate them with clinical findings.Develop an evidence-based rehabilitation plan, combining targeted exercise progressions and sport-specific drills to facilitate safe return to play.

# HANDS-ON MUSCULOSKELETAL ULTRASOUND WORKSHOP

## PRE-CONFERENCE EVENT

Target Audience:	<ul style="list-style-type: none"><li>Physicians</li><li>Surgeons</li><li>Sonographers</li><li>Physiotherapists</li></ul>
Date:	Tuesday, 22 July 2025
Time:	08:00hrs - 17:30hrs
Location:	Congress Hall 1 - 3, Sunway Resort Hotel Selangor
	8 CPD Credits
OVERALL LEARNING OBJECTIVES	<p>Upon completion of this workshop, participants will be able to:</p> <ul style="list-style-type: none"><li>Demonstrate the basic knowledge of Ultrasound and knobology</li><li>Understand Musculoskeletal Ultrasound Anatomy of the lower limb</li><li>Apply practical knowledge of ultrasound scanning technique to diagnose MSK injuries/pathologies.</li><li>Apply knowledge of scanning to aid in ultrasound guided injections.</li></ul>

OUR FACULTY



**ANDREW MASSEY**  
Northern Ireland



**KAMALJEET SINGH**  
Malaysia



**MARCELO BORDALO**  
Qatar | Brazil



**CRISTIANO EIRALE**  
Qatar | Italy



**CHATHCHAI  
POOKARNJANAMORAKOT**  
Thailand



**JUN SASAHARA**  
Japan



**JUNSUKE NAKASE**  
Japan



**ARVIN RAJ**  
Malaysia



**FARIHAH BINTI ABD GHANI**  
Malaysia



**NURUL AIDA SELAMAT**  
Malaysia



**SANDEEP SIDHU**  
Malaysia



**ANWAR SUHAIMI**  
Malaysia



**MOHAMAD SHARIFF**  
Malaysia



**VINOTHA GENISAN**  
Malaysia

PROGRAMME			
Time (hrs)	Duration (mins)	Topic	Speaker
0800 - 0830	30	Registration/AFC	
0830 - 0845	15	Welcome Address	Andrew Massey
0845 - 0900	15	Significance of US -Team Physicians	Andrew Massey
0900 - 0930	30	Introduction & Basics of Ultrasound	Kamaljeet Singh
0930 - 1000	30	Tea/Coffee Break	
1000 - 1100	60	Hands on Workshop (Groups)	Facilitators
1100 - 1200	60	Hands on Workshop (Groups)	Facilitators
1200 - 1300	60	Hands on Workshop (Groups)	Facilitators
1300 - 1400	60	Tea/Coffee Break	
1200 - 1300	60	Hands on Workshop (Groups)	Facilitators
1400 - 1500	60	Hands on Workshop (Groups)	Facilitators
1500 - 1600	60	Hands on Workshop (Groups)	Facilitators
1600 - 1700	60	Hands on Workshop (Groups)	Facilitators
1700 - 1715	15	Q&A	Faculty
1715 - 1730	15	Closing Ceremony	Andrew Massey







8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# CONFERENCE PROGRAMME

Conference  
Programme

# CONFERENCE PROGRAMME

23 -25 JULY 2025

<b>Target Audience:</b>	Physicians, Allied Healthcare Practitioners, Dentists, Nurses, Pharmacists, Other (Physical Fitness Coaches, Referees, Scientists, Researchers).
<b>Venue:</b>	Sunway Resort Hotel
<b>Overall Learning Objectives:</b>  <i>On completion of this activity, participants will be able to:</i>	<ol style="list-style-type: none"> <li>1. Create a strategy to improve health and performance of female football players.</li> <li>2. Describe a management plan for common health conditions in football players.</li> <li>3. Develop a strategic plan for managing medical emergencies on the field of play.</li> <li>4. Apply a high-performance team approach to managing footballers' health and performance.</li> <li>5. Explain the importance of oral health for footballers' health and performance.</li> <li>6. Create a strategy to protect footballers' mental health.</li> </ol>
<b>Scientific Planning Committee</b> Chairperson: Co-Chairperson: Members:	Dato' Dr. Gurcharan Singh (Malaysia) Dr. Andrew Massey (Northern Ireland) 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.	
<b>Overall time:</b>	1110 mins
<b>Lecture:</b>	840 mins
<b>Interactive session:</b>	270 mins
<b>CPD Credits:</b>	This activity is an approved activity by the Malaysian Medical Association (MMA) under ID Event: CPDE68119 for 1110 hours (20 CPD Credits).  This CME/CPD activity developed in partnership with AFC, Aspetar and FIFA.



8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# DAY 1 JULY 23, 2025

DAY 1  
July 23, 2025

# DAY 1

## JULY 23, 2025

07:00 - 08:30	Registration
GRAND LAGOON BALLROOM	
09:00 - 09:30	Opening Ceremony
KEYNOTE 1	
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</p> <p>Andrew Massey (Northern Ireland)</p> <p>Learning Objectives: On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the diversity of this field and its limitations</li> <li>2. The availability of evidence and expert consensus to direct management.</li> <li>3. Limitations of research and future challenges ahead.</li> </ol>
LECTURE 1	
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</p> <p>Pieter D'Hooghe (Qatar   Belgium)</p> <p>Learning Objectives: On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Examine the transformative role of AI in injury prevention, diagnosis, treatment, and athlete performance optimization.</li> <li>2. Described how machine learning, predictive analytics, and AI-driven LLM's &amp; changing algorithm protocols are revolutionizing decision- making processes.</li> <li>3. Understand the ethical considerations and practical applications of AI in sports medicine.</li> </ol>
10:30 - 11:00	Break



# DAY 1

## JULY 23, 2025

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>LECTURE 2</b> <b>TRAVEL, PERFORMANCE AND RECOVERY</b>		<b>LECTURE 3</b> <b>REHABILITATION – ASSESSMENT OF ACL INJURY</b>		<b>LECTURE 4</b> <b>CONCUSSION – EVIDENCE-BASED UPDATE</b>	
<i>Lecture 2: Learning Objectives:</i>		<i>Lecture 3: Learning Objectives:</i>		<i>Lecture 4: Learning Objectives:</i>	
<i>On completion of this session, participants should be able to:</i>		<i>On completion of this session, participants should be able to:</i>		<i>On completion of this session, participants should be able to:</i>	
<ol style="list-style-type: none"><li>Understand the effect of different travel demands on performance and recovery responses in football players.</li><li>Understand the effects of strategies to improve performance and recovery following travel.</li></ol>		<ol style="list-style-type: none"><li>Understand the role of objective testing in ACLR rehabilitation</li><li>Apply objective testing to individualized rehabilitation planning</li></ol>		<ol style="list-style-type: none"><li>Be familiar with elements of the clinical evaluation of acute concussions.</li><li>Be able to practice and apply an algorithm to approach and manage a concussed player on the field of play.</li></ol>	
Chair:	Mark Jones (Australia)	Chair:	Arumugam Sivaraman (India)	Chair:	Celeste Geertsema (Qatar   New Zealand)
Co-chair:	Keith Wan (Hong Kong, China)	Co-chair:	Erving Bernardo (Philippines)	Co-chair:	Trevor Law (Australia)
<b>11:00 - 11:30</b> <b>30 mins</b>	Optimising performance and recovery following travel in football  Rob Duffield (Australia)	<b>11:00 - 11:30</b> <b>30 mins</b>	“Testing after ACL reconstruction: unlocking the Why, When, What, and How for better outcomes”  Roula Kotsifaki (Qatar   Greece)	<b>11:00 - 11:30</b> <b>30 mins</b>	“Concussion: management & therapy” latest updates  Claus Reinsberger (United States of America)

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	
<b>SYMPOSIUM 1 FITNESS CONDITIONING AND ATHLETES’ PERFORMANCE</b>		<b>SYMPOSIUM 2 THIGH MUSCLE INJURIES: PEARLS FOR CLINICAL PRACTICE AND PERFORMANCE</b>		<b>SYMPOSIUM 3 HEAD INJURIES AND CONCUSSION - BEST PRACTICE UPDATE</b>		<b>SYMPOSIUM 4 SPORTS DENTISTRY - OPTIMAL ORAL AND DENTAL HEALTH IN ATHLETES</b>	
<i>Symposium 1: Learning Objectives:</i>  <i>On completion of this session, participants should be able to:</i>  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.		<i>Symposium 2: Learning Objectives:</i>  <i>On completion of this session, participants should be able to:</i>  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.		<i>Symposium 3: Learning Objectives:</i>  <i>On completion of this session, participants should be able to:</i>  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.		<i>Symposium 4: Learning Objectives:</i>  <i>On completion of this session, participants should be able to:</i>  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.	
Chair:	Jibu George Varghese (India)	Chair:	Randolph Molo (Philippines)	Chair:	Fenton Desouza (India)	Chair:	Mohammed Alsaey (Qatar)
Co-chair:	Mohd Ali Ibrahim (UAE)	Co-chair:	Meechai Inwood (Thailand)	Co-chair:	Shin Minyen (Korea Republic)	Co-chair:	Sri Kartik Kunabalan (Malaysia)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3		Congress 1	
<b>11:30 - 11:45</b> <b>15 mins</b>	The International Match Calendar in football: increasing workload and injury risk  Vincent Gouttebarga (Netherlands)	<b>11:30 - 11:45</b> <b>15 mins</b>	Muscle injuries in football  Rod Whitely (Qatar   Australia)	<b>11:30 - 11:45</b> <b>15 mins</b>	Concussion lessons from FIFA World Cup 2022  Omar Alseyaifi (Qatar)	<b>10:30 - 10:45</b> <b>15 mins</b>	Sports Dentistry - How dental screening is key to a winning performance  Mohammad Alsaey (Qatar)
<b>11:45 - 12:00</b> <b>15 mins</b>	Strength and conditioning consideration to improve performance and prevent injury  Marco Cardinale (Qatar   Italy)	<b>11:45 - 12:00</b> <b>15 mins</b>	Diagnostic Pitfalls in Clinical and Radiological Assessment of Hamstring Injuries  Cristiano Eirale (Qatar   Italy)	<b>11:45 - 12:00</b> <b>15 mins</b>	Management of Concussion on Field of play – decisions  Claus Reinsberger (United States of America)	<b>10:45 - 11:00</b> <b>15 mins</b>	Biting into Health: The Sports Diet and Oral Well-being.  Sri Karthik Kunabalan (Malaysia)
<b>12:00 - 12:15</b> <b>15 mins</b>	Improving recovery in football  Rob Duffield (Australia)	<b>12:00 - 12:15</b> <b>15 mins</b>	Thigh muscle injury rehab - you see what you look for and you look for what you know?  Enda King (Qatar   Ireland)	<b>12:00 - 12:15</b> <b>15 mins</b>	Using Science and research to guide heading practice  Kerry Peek (Australia)	<b>11:00 - 11:15</b> <b>15 mins</b>	Gum Health Unveiled: The Daily Power of Oral Hygiene for a Lifetime of Wellness  Ranjeet Ajit Bapat (Malaysia)
<b>12:15 - 12:30</b> <b>15 mins</b>	‘Navigating the integration of technology and human to optimise football health & performance’  Alan McCall (United Kingdom)	<b>12:15 - 12:30</b> <b>15 mins</b>	Acupuncture and MSK Pain Management  Devanandhini Krisnan (Malaysia)	<b>12:15 - 12:30</b> <b>15 mins</b>	Head & Neck injury  Peter Dzendrowskyj (Qatar   New Zealand)	<b>11:15 - 11:30</b> <b>15 mins</b>	Empowering Athletes to build value for oral health - Krida Danta Suraksha – A sustainable scalable model  Atul Surve & Reena Kumar (India)
<b>12:30 - 12:45</b> <b>15 mins</b>	Merging Ancient Wisdom with Modern Science: Unlocking the Potential of TCM for Optimized Sports Injuries recovery  He Xin (Hong Kong, China)	<b>12:30 - 12:45</b> <b>15 mins</b>	Pursuit for return to play with focal shockwave in challenging football injuries  Aston Ngai Seng Huey (Malaysia)	<b>12:30 - 12:45</b> <b>15 mins</b>	Management of Head lacerations on the field of play  Jonathan Gordon (Scotland)	<b>11:30 - 11:45</b> <b>15 mins</b>	Dental injuries in sports  Siddharth Dhanaraj (Malaysia)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3		Congress 1	
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 - Observations from the Saudi National Team  Abdulmajeed Okshah (Saudi Arabia)
						12:45 - 13:00 15 mins	Panel discussion
13:00 - 14:00	Lunch (Sunset Terrace, Level 1)   e- Poster Presentation (Foyer)						

# DAY 1

## JULY 23, 2025

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 5 FAST-TRACK TO RETURN: HIGH-PERFORMANCE REHAB STRATEGIES FOR IN-SEASON SUCCESS</b> [Aspetar & Paris Saint-Germain (PSG) joint Symposium]		<b>SYMPOSIUM 6 CHANGES AND CHALLENGES IN MANAGING ACL INJURIES IN FOOTBALL</b>		<b>SYMPOSIUM 7 WORKING TOWARDS EQUAL CARE IN WOMEN’S FOOTBALL – DREAM OR REALITY?</b>	
Symposium 5:  Learning Objectives: On completion of this session, participants should be able to:		Symposium 6:  Learning Objectives: On completion of this session, participants should be able to:		Symposium 7:  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.		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.		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.	
Chair:	Enda King (Qatar   Ireland)	Chair:	Samuel Ling (Hong Kong, China)	Chair:	Dawn Scott (United Kingdom)
Co-chair:	Cyril Praud (France)	Co-chair:	Paisal Chantarapitak (Thailand)	Co-chair:	Khalilova Gulandom (Tajikistan)
14:00 - 14:20 20 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)



14:20 - 14:40 20 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 20 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 20 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 20 mins	Sustaining Peak Performance: Long-Term Resilience & Injury Prevention in Elite Sport  Gwen 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 20 mins	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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Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 8 GENOMICS, ARTIFICIAL INTELLIGENCE AND NEW TECHNOLOGIES</b>		<b>SYMPOSIUM 9 TENDON INJURIES MANAGEMENT: WHAT'S NEW?</b>		<b>SYMPOSIUM 10 ATHLETES HEALTH CARE</b>	
Symposium 8:		Symposium 9:		Symposium 10:	
Learning Objectives: On completion of this session, participants should be able to:		Learning Objectives: On completion of this session, participants should be able to:		Learning Objectives: On completion of this session, participants should be able to:	
<ol style="list-style-type: none"> <li>1. Understand how AI support to achieve to achieve precise load management, injury prevention and performance optimisation.</li> <li>2. To address the associated challenges harnessing the full potential of AI in sports medicine which is continuously evolving.</li> <li>3. To review synthesize existing literature on genetic associations with football performance and injury resistance.</li> </ol>		<ol style="list-style-type: none"> <li>1. Accurately diagnosis of tendon injury to identify surgical approach with regard to timing, tendon repair technique, and rehabilitation protocol.</li> <li>2. Demonstrate the new techniques on tendon injury rehabilitation.</li> </ol>		<ol style="list-style-type: none"> <li>1. Deepen understanding how to improve players health globally from medical perspective, clinical care and governance</li> <li>2. Explain how team works ensure players receive medical care and that policies and protocols are applied.</li> </ol>	
Chair:	Farrah Hani Imran (Malaysia)	Chair:	Harjeet Singh (Malaysia)	Chair:	Nora Sulamani Aldohan (Saudi Arabia)
Co-chair:	Sudeep Satpathy (India)	Co-chair:	Minghao Zheng (Australia)	Co-chair:	Muhammad Azam Khan (Pakistan)
<b>16:20 - 16:35</b> <b>15 mins</b>	Innovative technologies and Artificial Intelligence: how can technology advance football science?  Marco Cardinale (Qatar   Italy)	<b>16:20 - 16:35</b> <b>15 mins</b>	What's new in shoulder tendon injuries  Khalid Alkhelaifi (Qatar)	<b>16:20 - 16:35</b> <b>15 mins</b>	My philosophies in managing elite soccer players  Ramon Cugat (Spain)
<b>16:35 - 16:50</b> <b>15 mins</b>	AI and stem cells in Sports Medicine  Pieter D'Hooghe (Qatar   Belgium)	<b>16:35 - 16:50</b> <b>15 mins</b>	Rotator Cuff tendinopathies rehabilitation: best practice update  Rod Whiteley (Qatar   Australia)	<b>16:35 - 16:50</b> <b>15 mins</b>	Transforming Passion into Perfection in an AFC Medical Centre of Excellence  Patrick Yung (Hong Kong, China)
<b>16:50 - 17:05</b> <b>15 mins</b>	Ethical challenges of AI in health care  Paul Dijkstra (Qatar   United Kingdom)	<b>16:50 - 17:05</b> <b>15 mins</b>	Best rehabilitation practice for lower limb tendinopathies  Enda King (Qatar   Ireland)	<b>16:50 - 17:05</b> <b>15 mins</b>	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	Panel discussion	17:35 - 17:50	Panel discussion

FREE PAPER 1 AND 2

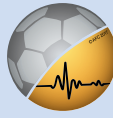
Free Paper 1		Free Paper 2.1		Free Paper 2.2	
Sports science, health & performance / Medical conditions in sport		MSK injuries and rehabilitation		MSK injuries and rehabilitation	
Congress 1 - Level 12		Congress 2 – Level 12		Congress 3 – Level 12	
Chair:	Kyaw Thanh Zin (Myanmar)	Chair:	Malini Karupiah (Malaysia)	Chair:	Bader Aqel (Palestine)
Co-chair:	Zhou Jin Bin (China PR)	Co-chair:	Shahnaz Begum Putul (Bangladesh)	Co-chair:	Janis Espino-De Vera (Philippines)
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 (Malaysia)	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)	16:00 - 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	Awareness on Nutrition, Doping and Dietary Supplement Use among Under-19 Development Cricket Squad in Sri Lanka  Wanniarachchige Dhammika Wishvajith Senanayake (Sri Lanka)	16:10 - 16:20 10 mins	Alleviating Pain and Reducing Knee Load: The Role of PNF in Managing Knee Osteoarthritis  Shengdi Tong (China PR)	16:10 - 16:20 10 mins	Influence of Playing Position Over Cervicocephalic Kinesthetic Sensibility Among Elite Soccers  Santhosh Manickan (India)
16:20 - 16:30 10 mins	The Relationship Between Supplement Use and Sports Injuries in Iranian Professional football Players  Elham Khosravi (Islamic Republic of Iran)	16:20 - 16:30 10 mins	Harnessing the Power of PRP for Ligament Regeneration: A Case Report  See Zhi Huang (Malaysia)	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	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)	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)	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)

Free Paper 1		Free Paper 2.1		Free Paper 2.2	
Sports science, health & performance / Medical conditions in sport		MSK injuries and rehabilitation		MSK injuries and rehabilitation	
Congress 1 - Level 12		Congress 2 – Level 12		Congress 3 – Level 12	
Chair:	Kyaw Thanh Zin (Myanmar)	Chair:	Malini Karupiah (Malaysia)	Chair:	Bader Aqel (Palestine)
Co-chair:	Zhou Jin Bin (China PR)	Co-chair:	Shahnaz Begum Putul (Bangladesh)	Co-chair:	Janis Espino-De Vera (Philippines)
16:40-16:50 10 mins	Investigating the relationship between serum ferritin levels and VO2max in female recreational cyclists on a cycle ergometer.  Muthu Kumar S (India)	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)	16:40-16:50 10 mins	Effectiveness of Kinetic Chain Neuromuscular Control Exercise for Chronic Ankle Pain Among Footballers  Varunigha Nagalingam (India)
16:50 - 17:00 10 mins	Training and Insight of Athletic Coaches on Nutrition, Doping in Sports: Preliminary Survey  Wanniarachchige Dhammika Wishvajith Senanayake (Sri Lanka)	16:50 - 17:00 10 mins	Post – Operative Muscular Dysfunction Following Tendo – Achilles Repair Among Footballers  Darshini S (India)	16:50 - 17:00 10 mins	AI Scope and Injury Predictive Analysis  Sudeep Sathpaty (India)
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)	17:00-17:10 10 mins	Relevance Between Lumbopelvic Stability Deficits and Groin Injuries in Veteran Football Players: A Cross-Sectional Study  Abhinaya Baskaran (India)	17:00-17:10 10 mins	The Hidden Deficit: Lean Body Mass and Fat Mass Changes Post-ACL Surgery  Sivaprasanth S (India)
17:10 - 17:20 10 mins	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)	17:10 - 17:20 10 mins	The Effects of Local and Non-Local Functional Fatigue on the Balance Ratio of Patellar Stabilizer Muscles in Professional Football Players  Zeynab Hosseinzadeh (Islamic Republic of Iran)	17:10 - 17:20 10 mins	Effectiveness of Hip Mobility and Lumbopelvic Corrective Exercises for Genu Varum Among Elite Footballers  Varshini Rv (India)



Free Paper 1		Free Paper 2.1		Free Paper 2.2	
17:20 - 17:30 10 mins	Exertional Pain in Athletes  Ahmed Andijani (Saudi Arabia)	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)	17:20 - 17:30 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)
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)	17:30 - 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 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  Xinrui Zhang (China PR)	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)		





8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# DAY 2

## JULY 24, 2025

DAY 2  
July 24, 2025

# DAY 2

## JULY 24, 2025

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

DAY 2
JULY 24, 2025

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>LECTURE 6</b> <b>CLINICAL APPROACH TO HEAT RELATED INJURIES IN SPORT: A BEST PRACTICE UPDATE</b>		<b>LECTURE 7</b> <b>DOES APPLICATION OF BIOLOGICS IN SPORTS LIVE UP TO THE HYPE?</b>		<b>LECTURE 8</b> <b>CLINICAL APPROACH TO INFECTIONS IN ATHLETES</b>	
Lecture 6:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>Understand the effect of playing football in the heat on physical, physiological and technical performance in football.</li> <li>Understand the effects of different strategies to improve performance, physiological and perceptual responses to playing football in the heat.</li> </ol>		Lecture 7:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>Have an insight into the new science of derived cells and outcomes in tendinopathy.</li> <li>Evaluating the balance between evidence and expert consensus data</li> </ol>		Lecture 8:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>How to monitor players with infectious diseases in order to minimize risk of complications and still hold the return-to-play time low</li> <li>How to identify players at risk for complications</li> <li>How to assess presence of myocarditis (and how to handle it when present)</li> </ol>	
Chair:	Arshad Puji (Malaysia)	Chair:	Patrick Yung (Hong Kong, China)	Chair:	Guido Pieles (Qatar   United Kingdom)
Co-chair:	Reema Alhosani (UAE)	Co-chair:	Pakapon Issagaril (Thailand)	Co-chair:	Navanithan Ramakrishnan (Malaysia)
<b>10:30 - 11:00</b> <b>30 mins</b>	Playing football in the heat: Strategies for health & performance  Rob Duffield (Australia)	<b>10:30 - 11:00</b> <b>30 mins</b>	Challenges and perspectives of tendon derived cell therapy for Tendinopathy: from bench to the bedside.  Minghao Zheng (Australia)	<b>10:30 - 11:00</b> <b>30 mins</b>	Management of infectious diseases in football players  Tim Mayer (Germany)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 11 NUTRITION AND SUPPLEMENTS FOR ATHLETE HEALTH AND PERFORMANCE</b>		<b>SYMPOSIUM 12 BEST PRACTICE APPROACH TO ANKLE AND FOOT INJURIES IN SPORTS</b>		<b>SYMPOSIUM 13 DRUGS IN SPORT</b>	
Symposium 11:  Learning Objectives: On completion of this session, participants should be able to:		Symposium 12:  Learning Objectives: On completion of this session, participants should be able to:		Symposium 11:  Learning Objectives: On completion of this session, participants should be able to:	
<ol style="list-style-type: none"><li>Summarise how different nutrition strategies can impact on football performance.</li><li>List nutrition practices that are important to support the training and growth needs of elite youth footballers.</li><li>Explain why sports nutrition for the female athlete should be approached differently in some areas compared to male athletes for optimal health and performance.</li><li>Formulate a plan to enhance existing national legislation and practices on dietary supplements used in sport and exercise to safeguard athlete health.</li></ol>		<ol style="list-style-type: none"><li>Identify the most common ankle and foot injuries in football.</li><li>Describe conservative and surgical treatment options for ankle and foot injuries.</li><li>Appraise the role of podiatry in ankle and foot injuries.</li></ol>		<ol style="list-style-type: none"><li>Describe the legal framework in Anti-Doping</li><li>Discuss the doping control process from sample collection to results management.</li><li>Make use of the WADA prohibited list.</li><li>Develop a comprehensive athlete Therapeutic Use Exemption (TUE) application.</li></ol>	
Chair:	Aseel Abu Dhayah (Jordan)	Chair:	Aston Ngai Seng Huey. (Malaysia)	Chair:	Jens Kleienefeld (Germany)
Co-chair:	Nguyen Van Phu (Vietnam)	Co-chair:	Ahmed Alaradi (Bahrain)	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 injuries in football  Pieter D’Hooghe (Qatar   Belgium)	11:00 - 11:15 15 mins	FIFA fights against Doping in Football  Carlos Lopez (Canada)
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)	11:15 - 11:30 15 mins	Athlete Biological Passport – “evolution & challenge”  Patrick Goh (Singapore)
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)	11:30 - 11:45 15 mins	Challenges in analytical methods of banned substances  Alka Beotra (India)



11:45 - 12:00 15 mins	<p>Role of Selenium and performance</p> <p>Hazreen Bin Abdul Majid (Malaysia)</p>	11:45 - 12:00 15 mins	<p>Surgical advances in tackling cartilage injuries of the ankle joint in football player</p> <p>Bin Song (China PR)</p>	11:45 - 12:00 15 mins	<p>Use and Abuse of substances in sports</p> <p>Ahmad F Shamsuddin (Malaysia)</p>
12:00 - 12:15 15 mins	<p>Nutritional considerations in the football club environment</p> <p>Raouf Rekik (Qatar   Tunisia)</p>	12:00 - 12:15 15 mins	<p>Cell therapy strategies in cartilage repair – what lessons have we learnt?</p> <p>Minghao Zheng (Australia)</p>	12:00 - 12:15 15 mins	<p>Case management of an AAF – supplements &amp; meat contamination</p> <p>Carlos Lopez (Canada)</p>
12:15 - 12:30 15 mins	<p>Vitamin D and Quadriceps strength &amp; function post ACL repair</p> <p>Patrick Yung (Hong Kong, China)</p>	12:15 - 12:30 15 mins	<p>The Differences Between Ankle Injury Research and Football Practice</p> <p>Evert Verhagen (Netherlands)</p>	12:15 - 12:30 15 mins	<p>“Mastering TUEs: protecting your players from harm”?</p> <p>Katharina Grimm (Switzerland)</p>
12:30 - 12:45 15 mins	<p>Traditional pharmacopeia &amp; sports value: taskforce update: UNESCO Anti-Doping Convention initiative.</p> <p>Reema Alhosani (UAE)</p>	12:30 - 12:45 15 mins	<p>New ideas on the rehabilitation of chronic ankle instability</p> <p>Daniel Fong (Hong Kong, China)</p>	12:30 - 12:45 15 mins	<p>Medical &amp; Anti-Doping in CONMEBOL</p> <p>Osvaldo Pangrazio (Paraguay)</p>
12:45 - 13:00 15 mins	<p>Panel discussion</p>	12:45 - 13:00 15 mins	<p>Panel discussion</p>	12:45 - 13:00 15 mins	<p>Panel discussion</p>
13:00 - 14:00	Lunch (Sunset Terrace, Level 1)   e-Poster Presentation (Foyer)				

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
LECTURE 9		LECTURE 10 UEFA INJURIES: NEW EMERGING DATA!		LECTURE 11 SPORTS CARDIOLOGY – SCREENING, PREVENTION AND MANAGING COMMON CARDIAC CONDITIONS IN ATHLETES	
Lecture 9:  Learning Objectives: On completion of this session, participants should be able to:		Lecture 10:  Learning Objectives: On completion of this session, participants should be able to:		Lecture 11:  Learning Objectives: On completion of this session, participants should be able to:	
<ol style="list-style-type: none"><li>1. Understanding of the types of peripheral nerve injuries that are common and unique to each sport.</li><li>2. Be familiar with the rehabilitation programme and modifications of biomechanics before the nerve injury becomes irreversible.</li></ol>		<ol style="list-style-type: none"><li>1. Recognise the spectrum of peripheral nerve injuries that can occur in athletes and appreciate the challenges in early diagnosis.</li><li>2. Develop a structured clinical approach to the assessment and investigation of nerve injuries in the sporting context.</li><li>3. Understand the principles behind surgical and non-surgical management, including when to refer for specialist intervention.</li><li>4. Apply rehabilitation strategies that support both neurological recovery and psychological readiness for return to play.</li><li>5. Implement a multidisciplinary team approach to optimise outcomes for athletes with peripheral nerve injuries</li></ol>		<ol style="list-style-type: none"><li>1. Outline the role of cardiac screening in football players</li><li>2. Examine the ethical implications of cardiac screening in football players</li></ol>	
Chair:	Omar Alsayrafi (Qatar)	Chair:	Enda King (Qatar   Ireland)	Chair:	Jeffrey Jeswant Dillon (Malaysia)
Co-chair:	Lal Ekanayake (Sri Lanka)	Co-chair:	Montassar Tabben (Qatar   France)	Co-chair:	Yoshifumi 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 Pieleles (Qatar   Germany)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 14</b> <b>ATHLETE MENTAL HEALTH – SCREENING &amp; SOLUTIONS</b>		<b>SYMPOSIUM 15</b> <b>THE ATHLETIC HIP AND GROIN: A BEST PRACTICE UPDATE</b>		<b>SYMPOSIUM 16</b> <b>SPORTS CARDIOLOGY – TOWARDS BETTER HEART HEALTH IN ATHLETES</b>	
<p>Symposium 14:</p> <p>Learning Objectives:</p> <p>On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the magnitude and aetiology of mental health symptoms and disorders based on the available scientific knowledge.</li> <li>2. Identify the IOC Sport Mental Health Assessment and Recognition Tools (SMHAT / SMHRT).</li> <li>3. Develop competency in the clinical approach to athlete mental health symptoms and disorders.</li> </ol>		<p>Symposium 15:</p> <p>Learning Objectives:</p> <p>On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Outline the physiopathology and the imaging findings of bone stress injuries.</li> <li>2. Identify the most common injuries affecting the spine of the footballer.</li> <li>3. Classify accurately the muscle sprain in the lower limb.</li> <li>4. Identify the most common injuries affecting the goalkeeper.</li> <li>5. Describe the imaging assessment of groin pain in the football player</li> </ol>		<p>Symposium 16:</p> <p>Learning Objectives:</p> <p>On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Outline the role of cardiac screening in football players.</li> <li>2. Examine the ethical implications of cardiac screening in football players.</li> <li>3. Plan for sudden cardiac arrest on the pitch</li> <li>4. Demonstrate the management of sudden cardiac arrest on the pitch.</li> </ol>	
Chair:	Bahar Hassanmersaei (IR Iran)	Chair:	Alan Getgood (Qatar   Canada)	Chair:	Johnny Gordon (Scotland)
Co-chair:	Yahia Almaharmeh (Jordan)	Co-chair:	Alfred Khoury (Lebanon)	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 Pieles (Qatar   Germany)
15:00 – 15:15 15 mins	Enhancing sports performance & endurance through hypnosis: unlocking the power of the mind for athletic success  Karuppiah Selvam (Malaysia)	15:00 – 15:15 15 mins	Groin injuries in soccer players  Kamaljeet Singh (Malaysia)	15:00 - 15:15 15 mins	Return to Play after SCA – “Hope & Options”  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 Kleinefeld (Germany)
15:30 - 15:45 15mins	Sports Psychology in high performance sports: Malaysia perspective  Sarvinna Vasuthevan (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				



FREE PAPER 1 AND 2

Free Paper 3		Free Paper 4.1		Free Paper 4.2	
Sports science, health & performance / Medical conditions in sport		MSK injuries and rehabilitation		MSK injuries and rehabilitation	
Congress 1 - Level 12		Congress 2 – Level 12		Congress 3 – Level 12	
Chair:	Ahmad Andijani (Saudi Arabia)	Chair:	Terlochan Singh (Malaysia)	Chair:	Ajaya Shumshere JB Rana (Nepal)
Co-chair:	Abror Piriev (Uzbekistan)	Co-chair:	Napa-on Chantarapitak (Thailand)	Co-chair:	Isaac Soosay (Malaysia)
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)	15:40 – 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)	15:40 – 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	Against the Odds: Women Football Team Conquering Altitude  Kelly Chan (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)	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	The Impact of Gaming Addiction on Physical Activity and Stress Levels among Casual Gamers, Saudi Arabia, Nationwide Study  Ziyad Abdulrahman Aloraini (Saudi Arabia)	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)	16:00 - 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	Safe Sport: Combatting Online Abuse of Athletes in the Digital Age  Jennifer Mellors (United Kingdom)	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)	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)

Free Paper 3		Free Paper 4.1		Free Paper 4.2	
Sports science, health & performance / Medical conditions in sport		MSK injuries and rehabilitation		MSK injuries and rehabilitation	
Congress 1 - Level 12		Congress 2 – Level 12		Congress 3 – Level 12	
Chair:	Ahmad Andijani (Saudi Arabia)	Chair:	Terlochan Singh (Malaysia)	Chair:	Ajaya Shumshere JB Rana (Nepal)
Co-chair:	Abror Piriev (Uzbekistan)	Co-chair:	Napa-on Chantarapitak (Thailand)	Co-chair:	Isaac Soosay (Malaysia)
16:20 - 16:30 10 mins	Understanding the importance of mental health challenges among collegiate athletes  Nivetha Sankarraj (India)	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)	16:20 - 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	Sleep, Stress, and Success: The Impact of Sleep on Footballers' Mental Health  Muthyapwar Vinayak (India)	16:30 - 16:40 10 mins	Adjusted rehabilitation protocol for post-arthroscopy femoral neuropraxia: a case report  Nguyen Khanh Chi (Vietnam)	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	Managing Emotions of Athletes During Major Sports Events  Dominic Uzodimma Ikwuagwu (Nigeria)	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)	16:40- 16:50 10 mins	From 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	Advancing Brain Health in Football: Neurocognitive Performance Assessment of Persian Gulf Pro League Players  Zohreh Haratian (Islamic Republic of Iran)	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)	16:50 - 17:00 10 mins	Current Trends in ACL Injury: A Worldwide Benchmark Study Analysis.  Alfred Khoury (Lebanon)



Free Paper 3		Free Paper 4.1		Free Paper 4.2	
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)	17:00-17:10 10 mins	Correlation Between Torso Endurance And Ankle Injury Among Amateur Football Players-A Cross-Sectional Study  Hephzibah R (India)	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	Development and validation of the brief mental fatigue scale  Yi-Wen Chen (Chinese Taipei)	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)	17:10 - 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	10 Years of Sports Emergency Education On-Field: The Pitfalls and Recommendations  Zohreh Haratian (Islamic Republic of Iran)	17:20 - 17:30 10 mins	Beyond Single-Metric Clearance: Multi-Domain Assessment Reveals Hidden Deficits After ACL Reconstruction  Than Tra My (Vietnam)	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	Medical Encounters of Soccer and Futsal during Sukan Institut Pendidikan Tinggi 6 (SUKIPT 6) 2024  Muhd Kashani bin Mohd (Malaysia)	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)	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)
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)	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)	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: <div>   </div>				





8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# DAY 3

## JULY 25, 2025

DAY 3  
July 25, 2025

# DAY 3

## JULY 25, 2025

08:00 - 09:00	Registration
GRAND LAGOON BALLROOM	
KEYNOTE 2	
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</p> <p>Dawn Scott (United Kingdom)</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</p> <p>Kate Yung (Hong Kong, China)</p> <p>Learning Objectives: On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Understand Training Load and Its Association with Injury Risk</li> <li>2. Describe the Complexity of Injury in Football</li> <li>3. Evaluate Machine Learning Approaches for Injury Risk Prediction</li> </ol>
10:00 - 10:30	Break

DAY 3
JULY 25, 2025

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>LECTURE 13</b> <b>ACL Injuries in Women’s Football</b>		<b>LECTURE 14</b> <b>CARTILAGE INJURIES AND REPAIR – AN EVIDENCE UPDATE</b>		<b>LECTURE 15</b> <b>IMAGING IN SPORTS INJURIES</b>	
Lecture 13:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>1. Be familiar with the data which does not support the media claims of an ‘ACL epidemic’ in elite women’s football</li> <li>2. Be familiar with appropriate strategies to reduce ACL injury rates in football</li> <li>3. Be familiar with the vast list of proposed ACL injury risk factors</li> </ol>		Lecture 14:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>1. Understand the limitations of articular cartilage healing and review current</li> <li>2. Surgical and biological treatment options for cartilage repair. Explore the role of peripheral blood stem cells (PBSC) in cartilage</li> <li>3. Regeneration, including their mechanisms of action and clinical application. Evaluate the latest clinical evidence, future directions, and challenges in using</li> <li>4. PBSC therapy for cartilage repair.</li> </ol>		Lecture 15:  Learning Objectives: On completion of this session, participants should be able to: <ol style="list-style-type: none"> <li>1. Outline the future of AI in medical imaging and its potential on significantly improve diagnostic accuracy.</li> <li>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.</li> </ol>	
Chair:	Donna Lu (Australia)	Chair:	Mourad Ghrairi (Tunisia   UAE)	Chair:	Cristiano Eirale (Qatar   Italy)
Co-chair:	Janis Espino-De Vera (Philippines)	Co-chair:	Roy Arya (India)	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)

Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 17 SPORTS MEDICINE RESEARCH – CHAMPIONING EVIDENCE TO GUIDE PRACTICE</b>		<b>SYMPOSIUM 18 INJURY PREVENTION IN TEAM SPORTS</b>		<b>SYMPOSIUM 19 CHALLENGING ENVIRONMENTS AND SPORTS PARTICIPATION</b>	
Symposium 17:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>1. Recall practical ways in which injury surveillance can assist football teams.</li><li>2. Appraise current injury prevention strategies and assess further improvement possibilities.</li><li>3. Explain how load management can assist in injury prevention and describe associated limitations.</li></ol>		Symposium 18:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>1. Describe the principles of injury and illness surveillance and the benefits of recent advances in the field.</li><li>2. Evaluate the benefits and challenges of injury and illness surveillance.</li><li>3. Discuss strategies to be undertaken by team medical staff to inspire and develop Risk Management Plans within the team.</li><li>4. Identify potential pitfalls when establishing an injury surveillance program.</li></ol>		Symposium 19:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>1. Define the effect of heat stress on a football player.</li><li>2. Explain the effect of heat stress on a football game.</li><li>3. Adapt the game strategy to the environmental conditions.</li></ol>	
Chair:	Andreas Serner (Denmark)	Chair:	Kate Yung (Hong Kong, China)	Chair:	Mustafa Alhashimi (UAE)
Co-chair:	Alan Mc Call (United Kingdom)	Co-chair:	Kiran Kulkarni (India)	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	Public Health Infections / Pollution  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)
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	<p>Player Health Surveillance</p> <p>Andreas Serner (Denmark)</p>	11:45 - 12:00 15 mins	<p>Principles of risk management in sports injury and illness prevention – introducing the Aspetar RMP tool</p> <p>Bahar Hassanmerseai (Qatar   IR Iran)</p>	11:45 - 12:00 15 mins	<p>Traveling with the Team - sharing your experience as a Team Doctor</p> <p>Mark Jones (Australia)</p>
12:00 - 12:15 15 mins	<p>Brain Health and Dementia risk in Scottish professional footballers</p> <p>John Anderson Maclean (Scotland)</p>	12:00 - 12:15 15 mins	<p>Training monitoring and content: managing load to improve performance and prevent injuries</p> <p>Marco Cardinale (Qatar   Italy)</p>	12:00 - 12:15 15 mins	<p>Female athlete participation in the heat</p> <p>Celeste Geertsema (Qatar   New Zealand)</p>
12:15 - 12:30 15 mins	<p>Injuries through the junior and senior women's national teams</p> <p>Donna Lu (Australia)</p>	12:15 - 12:30 15 mins	<p>“There’s a hole in my knee!” Challenges for the athlete and the therapist during the rehabilitation of cartilage lesions in the knee</p> <p>Konstantinos Epameinontidis (Qatar   Greece)</p>	12:15 - 12:30 15 mins	<p>Travelling with teams to challenging environment</p> <p>Raouf Rekik (Qatar   Tunisia)</p>
12:30 - 12:45	<p>Football Australia Perform+ - a new national injury prevention system</p> <p>Matt Whalan (Australia)</p>	12:30 - 12:45	<p>Return to play at a high level after third/fourth ACL repair: is it wise?</p> <p>Alfred Khoury (Lebanon)</p>	12:30 - 12:45	<p>Heat management for sports in a warming world</p> <p>Jason Lee Kai Wei (Singapore)</p>
12:45 - 13:00 15 mins	<p>Panel discussion</p>	12:45 - 13:00 15 mins	<p>Panel discussion</p>	12:45 - 13:00 15 mins	<p>Panel discussion</p>

13:00 - 14:00	Lunch (Sunset Terrace, Level 1)   e-Poster (Foyer)
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Lagoon Ballroom 1		Lagoon Ballroom 2		Lagoon Ballroom 3	
Sports Science, Health & Performance		MSK Injuries & Rehabilitation		Medical Conditions in Sport	
<b>SYMPOSIUM 20 SPECIAL POPULATIONS – FOCUSING ON THE YOUNG ATHLETE</b>		<b>SYMPOSIUM 21 SPORTS TRAUMATOLOGY</b>		<b>SYMPOSIUM 22 MEDICAL SERVICES AT TOURNAMENTS – WHAT’S IMPORTANT?</b>	
Symposium 20:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>1. Identify normal maturation parameters in young athletes.</li><li>2. Summarize the Young Footballer Pathway.</li><li>3. Analyse musculoskeletal injuries in young footballers.</li><li>4. Evaluate the treatment options in growth related injuries.</li></ol>		Symposium 21:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>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.</li><li>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</li></ol>		Symposium 22:  <i>Learning Objectives: On completion of this session, participants should be able to:</i>  <ol style="list-style-type: none"><li>1. Outline the stadium medical plan and preparation during the FIFA World Cup Qatar</li><li>2. Provide new initiates introduce in medical services and health care.</li><li>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.</li></ol>	
Chair:	Jason Lee (Singapore)	Chair:	Marcelo Bordalo (Qatar   Brazil)	Chair:	Raouf Rekik (Qatar   Tunisia)
Co-chair:	Bader Aqel (Palestine)	Co-chair:	Vernon Manil Fernando (Sri Lanka)	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)
14:30 – 14:45 15 mins	Health challenges in retired professional footballers  Vincent Goutteborge (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)

<b>14:45 – 15:00</b> <b>15 mins</b>	Benefits of playing football at older age; Preparation and Injury Prevention: Rehabilitation strategies  Trevor Law (Australia)	<b>14:45 – 15:00</b> <b>15 mins</b>	Shoulder Surgeries in Out-field Footballers: Timing and Techniques  Pakapon Issaragrisil (Thailand)	<b>14:45 – 15:00</b> <b>15 mins</b>	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)
<b>15:00 – 15:15</b> <b>15mins</b>	Knee injuries in adolescent footballers  Roshan Gunalan (Malaysia)	<b>15:00 – 15:15</b> <b>15mins</b>	New cutting-edge technologies in tackling cartilage injuries of the knee  Patrick Yung (Hong Kong, China)	<b>15:00 – 15:15</b> <b>15mins</b>	Beyond the game: Promoting health and safety through Football  Khlood Sebak (United States of America)
<b>15:15 – 15:25</b> <b>10 mins</b>	Research results on screening process and early diagnosis criteria for athletes’ cardiovascular disease  Vo Tuong Kha (Vietnam)	<b>15:15 – 15:25</b> <b>10 mins</b>	“Assessment of Fascial tensegrity limitations to prevent injuries in Footballers”  Jibu George Varghese (India)	<b>15:15 – 15:25</b> <b>10 mins</b>	Implementation of FIFA Female health project in Japan  Michiko Dohi (Japan)
<b>15:25 – 15:40</b> <b>15mins</b>	The Role of Para-Football in promoting inclusion and social responsibility  Bachir Abdul Khalek (Lebanon)	<b>15:25 – 15:40</b> <b>15mins</b>	Panel Discussion	<b>15:25 – 15:40</b> <b>15mins</b>	Panel Discussion
<b>15:40 - 16:00</b> <b>20 mins</b>	Break				

DAY 3  
JULY 25, 2025

GRAND LAGOON BALLROOM	
16:00 - 16:30	<p>Chair: Khloud Sebak (United States of America) Co-Chair: Kat Okholm Kryger (Denmark)</p> <p>Lecture 16: Promoting female athlete health and performance: have we been safe and fair?</p> <p>Celeste Geertsema (Qatar   New Zealand)</p> <p>Learning Objectives: On completion of this session, participants should be able to:</p> <ol style="list-style-type: none"><li>1. Describe the physiological and psychological differences between men and women and how they affect health and performance</li><li>2. Identify gaps related to the treatment, training and support of female athletes</li><li>3. Develop and implement policies to address fairness and safety in promoting female athlete health and performance</li></ol>
16:30 – 17:00	<p><b>Closing Ceremony</b></p>



8<sup>th</sup> AFC MEDICAL CONFERENCE  
KUALA LUMPUR 2025

21 - 25 July 2025

# E-POSTER PRESENTATION

## 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 <b>Sanghoon Kim (Korea Republic)</b>
Poster 2	Prevalence of dietary supplement use among Iranian elite soccer players <b>Mahdi Rahnama (IR Iran)</b>
Poster 3	Ultrasonography is useful for diagnosing muscle belly and musculotendinous injuries in hamstring strain <b>Yusuke Hirahata (Japan)</b>
Poster 4	Sex differences in physical characteristics of previous MT-5 elite soccer player <b>Kohei Hikawa (Japan)</b>
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 <b>Tan Chen Liang (Malaysia)</b>
Poster 6	“Kicking Goals Off the Field: The Role of Football in Shaping Adolescents’ Social and Emotional Growth” <b>Muthyapwar Vinayak (India)</b>
Poster 7	Arthroscopic Treatment for Dysplasia Epiphysealis Hemimelica of the Talus in a Juvenile Football Player: A Case report <b>Nakamura Masashi (Japan)</b>
Poster 8	Stress Fractures in Adolescent Football Players <b>Saeko Takahashi (Japan)</b>
Poster 9	Sports Emergency Course and JFA+PUSH course for emergency situation in sports by Japan Football Association <b>Shinsuke Furuya (Japan)</b>
Poster 10	Entrapment of the Lateral Meniscus Associated with Tibial Plateau Fracture: A Case Report in a Soccer Player <b>Ryo Kanto (Japan)</b>
Poster 11	Understanding Injury Prevalence in Grassroots Cricket: A Community Based Cross Sectional Study 2023-2024 <b>Vignesh Kumar R (India)</b>
Poster 12	The Effect of Auditory Stimulation on Physiological and Performance Metrics During the 12-Minute Cooper Test <b>Vignesh Kumar R (India)</b>
Poster 13	Lower Limb Power and Ankle Mobility Are Associated with Agility in Youth Basketball Players: Correlation among Three Functional Performance Tests <b>Tran Quang Tien (Vietnam)</b>
Poster 14	Silent entrapment: A rare case of isolated infraspinatus atrophy in elite volleyball player <b>Bipin Tom Thariyan (India)</b>
Poster 15	Effectiveness of inclined treadmill walking vs level treadmill walking in obese individuals <b>Edwin Joseph V F (India)</b>
Poster 16	The Efficiency of Freeze-Dried Platelet-Derived Factor Concentrate in Surgical Treatment for Achilles Tendon Ruptures in High-Level Football Players <b>Mitsuki Shimizu (Japan)</b>
Poster 17	Revision surgery for Re-fracture after patella stress fracture surgery in a female professional football player: A case report. <b>Takatoshi Morooka (Japan)</b>

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 <b>Cedric Wee Jia Yih (Malaysia)</b>
Poster 19	Clinical Characteristics of Lumbar Spondylolysis in Youth Football Players <b>Yasuhiko Hirade (Japan)</b>
Poster 20	Attitudes Towards Doping Among Iranian Professional Football Players <b>Vahid Seifi (Islamic Republic of Iran)</b>
Poster 21	Assessment of body composition and anthropometric indices in Iranian Professional Football Players according to age <b>Elham Khosravi (Islamic Republic of Iran)</b>
Poster 22	The Art of Centralized Pre-Competition Medical Assessment: 10 Years of Success <b>Zohreh Haratian (Islamic Republic of Iran)</b>
Poster 23	Knee Biomechanics in Action: Understanding the Synergistic Role of Flexion and Valgus Angles in Male Football Players during the Dynamic Athletic Movements <b>Nguyen Quyet Thang (Vietnam)</b>
Poster 24	Effectiveness of Lumbo-Pelvic Corrective Exercises for Functional Leg Length Discrepancy Among Adductor Strain Football Players <b>Varshini RV (India)</b>
Poster 25	Body Composition and Dietary Pattern of Iranian Male Soccer Player <b>Tohid Seif Barghi (Islamic Republic of Iran)</b>
Poster 26	The frequency of injuries of Iranian male professional soccer players: a cross-sectional study <b>Tohid Seif Barghi (Islamic Republic of Iran)</b>
Poster 27	The latest developments in football medicine based on current evidence <b>Tohid Seif Barghi (Islamic Republic of Iran)</b>
Poster 28	Factors Associated with Return to Sports in Medial Tibial Stress Syndrome (MTSS) <b>Ryogo Takahashi (Japan)</b>
Poster 29	Acute Osteomyelitis of the Pubic Symphysis in a high school male football player <b>Nobuyoshi Suzuki (Japan)</b>
Poster 30	Correlation Between Obesity, Mental Health, and Quality of Life in Riyadh, Saudi Arabia: A Cross-Sectional Study <b>Akram N. Al Hazmi (Saudi Arabia)</b>
Poster 31	Jump Height in Badminton Smash: Power vs. Injury Risk <b>Yeap Ming Wei (Malaysia)</b>
Poster 32	Integration between Eastern and Western Medicine for Spasticity Management Post Stroke <b>Devanandhini Krisnan (Malaysia)</b>
Poster 33	Ultrasound Guided Dextrose Prolotherapy for Chronic Medical Collateral Ligament Injuries in young footballers: A case study <b>Muhammad Harith Bin Rosdi (Malaysia)</b>
Poster 34	The Association between Physical Fitness and Injury Patters in Young Footballers of the National Football Development Programme (NFDP) in Malaysia <b>Muhammad Harith Bin Rosdi (Malaysia)</b>
Poster 35	Effectiveness of Intermittent Pneumatic Compressions (IPC) vs. Thrombo Emboli Deterrent (TED) Stockings in Prevention of Deep Venous Thrombosis in Critically Ill Patients <b>Nida Rizvi (Pakistan)</b>
Poster 36	Prevalence of Lower Limb Injuries in Professional League Football: Implications for Performance and Player Wellbeing <b>Joanna Jiji Varghese (India)</b>
Poster 37	A Pilot Study on Assessing Left Ventricular Hypertrophy in India Elite Football Players Using Sokolow - Lyon Criteria <b>Mandeep G Acar (India)</b>



# BOOTH EXHIBITORS

## TIER 1

ASPETAR  
اسبيتار



## TIER 2



BTL Industries Malaysia Sdn Bhd



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# ACKNOWLEDGEMENTS

On behalf of the AFC President and Executive Committee AFC would like to express their sincere thanks and appreciation for the valuable support and assistance provided to make the 8th AFC Conference Medical Conference Kuala Lumpur 2025 a memorable and highly successful international event.

- Aspetar Orthopaedic and Sports Medicine Hospital
- FIFA
- ASEAN Malaysia 2025 and Ministry of Youth and Sports Malaysia (KBS)
- UEFA
- CONMEBOL
- Malaysia Convention & Exhibition Bureau (MyCEB)
- Institute Sukan Negara Malaysia (ISN)
- Hospital Kuala Lumpur (HKL)
- Malaysian Medical Association (MMA)
- Malaysian Dental Council (MDC)
- Malaysian Sports Medicine Association (MSMA)
- ZOLL Medical Corporation
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- Toyo Adtec Sdn. Bhd.
- Commermega Sdn. Bhd.
- LAC Medical Supplies Sdn Bhd (Samsung)
- Infinity Medical Sdn. Bhd.
- IDSMed

and

- To all participants for their contributions, presentations, professional support.
- To all members of the Conference Organising Committee.
- To all members of the Scientific Committee, 8th AFC Medical Conference Kuala Lumpur 2025.



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NOTES

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الوكالة القطرية  
لمكافحة المنشطات  
Qatar Anti-Doping Agency



## Qatar Anti-Doping Agency (QADA): Legacy of Integrity & Fair Play

As a leading anti-doping organization in the Middle East, the Qatar Anti-Doping Agency (QADA) promotes clean sport at all levels of competition. Established to safeguard athlete health and uphold the integrity of sport, QADA operates in full alignment with the World Anti-Doping Agency (WADA) Code and international standards.

Headquartered in Doha, QADA leads national anti-doping efforts through in-competition and out-of-competition testing. QADA is also responsible for granting Therapeutic Use Exemptions (TUEs) for medications containing prohibited substances when medically justified. Additionally, the agency manages results and enforces sanctions in cases of anti-doping rule violations.

Education remains central to QADA's mission. Through workshops, outreach campaigns, and digital learning platforms, the agency empowers athletes and their support teams to make informed, ethical choices—anchored in the belief that prevention through education is the most sustainable approach.

QADA continues to invest in research through partnerships with academic and clinical institutions, advancing detection methodologies and contributing to the global anti-doping movement. It regularly engages in international conferences and regional cooperation initiatives.

**QADA proudly supports the objectives of the 8th AFC Medical Conference in Kuala Lumpur and reaffirms its commitment to innovation, collaboration, and the global fight for fair play.**

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📍 ECQ-E-07 Corporate Office Building, Energy city, Lusail, Qatar



# ASPETAR WORLD CONFERENCE 2025

9th - 11th October 2025, Aspire Dome



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