



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

21 - 25 July 2025



MEDICINE & SCIENCE

**NAVIGATING THROUGH  
CHANGING TIMES**



## PRE-CONFERENCE EVENT

### AFC SPORTS PHYSIOTHERAPY COURSE



#### TARGET AUDIENCE

- Physiotherapists
- Athletic Trainer
- Sports Medicine Physician



#### DATE:

21 - 22 July 2025

#### TIME:

08:00hrs - 17:00hrs



National Institute of Malaysia (ISN)

National Sport Institute, National Sport Complex, Bukit Jalil, 57000  
Kuala Lumpur



**16 CPD Credits**



**SCAN HERE TO REGISTER**

For more information:

<https://www.afcmedicalconference.org/about-us>





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## 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







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## LEARNING OBJECTIVES:

*At the end of this activity, the participants will be able to:*

- Develop a systematic approach to assess and diagnose common musculoskeletal injuries both on the field and in the clinic.
- 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.
- Incorporate objective measurement tools and clinical assessments to monitor progress and refine individualized treatment plans.
- Establish clear, criteria-based guidelines for return-to-play decisions that prioritize athlete safety, performance optimization, and long-term risk reduction.

## SCIENTIFIC PLANNING PROGRAMME COMMITTEE:

Chairperson	Konstantinos Epameinontidis	Greece (Aspetar)
Co-Chairperson	Dr. Kamarul Hashimy Bin Hussein	Malaysia (ISN)
Members	Dr. Yung Kai Yeng	Hong Kong
	Dr. Kerry Peek	Australia (FIFA)
	Dr. Rodney Whiteley	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
	Sivasvaran A/L Suppiah	Malaysia





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## DAY 1 | 21 JULY 2025 (MONDAY) – MORNING SESSION

Time	Title	Learning Objectives	Speaker	Venue
08.00-08.45	Registration			Registration Counter
08.45-09.00	Welcome		ISN / AFC / Aspetar	Dewan Perdana
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)	
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			
10.30-11.00	Morning Coffee break			Dewan Komanwel







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## 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		



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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: Dr. 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			







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DAY 2 | 22 JULY 2025 (TUESDAY) – MORNING SESSION

Time	Title	Learning Objectives	Speaker	Venue
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)	Dewan Perdana
10.20-10.30	Keynote 3 Q&A			
10.30-11.00	Coffee Break			Dewan Komanwel
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/UK)	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)	





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DAY 2 | 22 JULY 2025 (TUESDAY) – MORNING SESSION

Time	Title	Learning Objectives	Speaker	Venue
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	Dewan Perdana
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		







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## Learning objectives

### Workshop 1

**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.

### Workshop 2

**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.

### Workshop 3

**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.

### Workshop 4

**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

### Workshop 5

**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.





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## ASIAN FOOTBALL CONFEDERATION

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