

WEEKEND COURSES PROGRAMME

Day 1, Saturday (November 16, 2019)

08.30 – 09.30 am	Registration & Breakfast
09.30 – 09.40 am	Opening Speech ~ Mr Stanley Lam (CEO MMC Melaka)
09.40 – 09.55 am	Repetitive Stress Injuries Dr. Thirukumaran
09.55 – 10.20 am	Soft Tissue Injection Dr. Jeyaratnam
10.20 – 10.30 am	BREAK
10.30 – 10.50 am	Carpel Tunnel Syndrome Dr. Thirukumaran
10.50 – 11.10 am	Trigger Finger Dr. Thirukumaran
11.10 – 12.30 pm	<i>Surface Marking Workshop</i>
12.30 – 02.00 pm	LUNCH
02.00 – 02.10 pm	Welcome address ~ Dr. Sutha Nanthan (Course Director of AFPM)
02.10 – 02.30 pm	De Quervains Tenosynovitis Dr. Jeyaratnam
02.30 – 02.50 pm	Tennis Elbow Dr. Jeyaratnam
02.50 – 4.30 pm	<i>Surface Marking Workshop</i>
04.30 – 5.00 pm	Tea Break
05.00 – 06.30 pm	Q & A

WEEKEND COURSES PROGRAMME

Day 2, Sunday (November 17, 2019)

08.30 – 09.30 am	Breakfast & Certificate Presentation
09.30 – 09.50 am	Ganglion ~ <i>Dr. Sudha Nanthan</i>
09.50 – 10.20 am	Shoulder Impingement <i>Dr. Thirukumaran</i>
10.20 – 10.40 am	<i>Surface Marking Workshop</i>
10.40 – 10.50 am	BREAK
10.50 – 11.10 am	Plantar Fasciitis <i>Dr. Sudha Nanthan</i>
11.10 – 11.30 am	In Grown Toe Nail <i>Dr. Sudha Nanthan</i>
11.30 – 11.50 am	OA Knee <i>Dr. Jeyaratnam</i>
11.50 – 12.00 pm	<i>Surface Marking Workshop</i>
12.00 – 12.30 pm	Recent Advance In Orthopaedics <i>Dr. Thirukumaran</i>
12.30 – 1.30 pm	LUNCH
01.30 – 2.00 pm	Sports Injury <i>Dr. Jeyaratnam</i>
02.00 – 2.15 pm	Splinting <i>Dr. Thirukumaran</i>
02.15 – 03.15 pm	Splinting Workshop <i>Dr. Thirukumaran</i>
03.15 – 04.00 pm	Q & A

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