

The 3rd MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE



MEDICINE  
+ SPORTS  
CONFERENCE

1 SEPTEMBER 2022  
SINGAPORE ASIA

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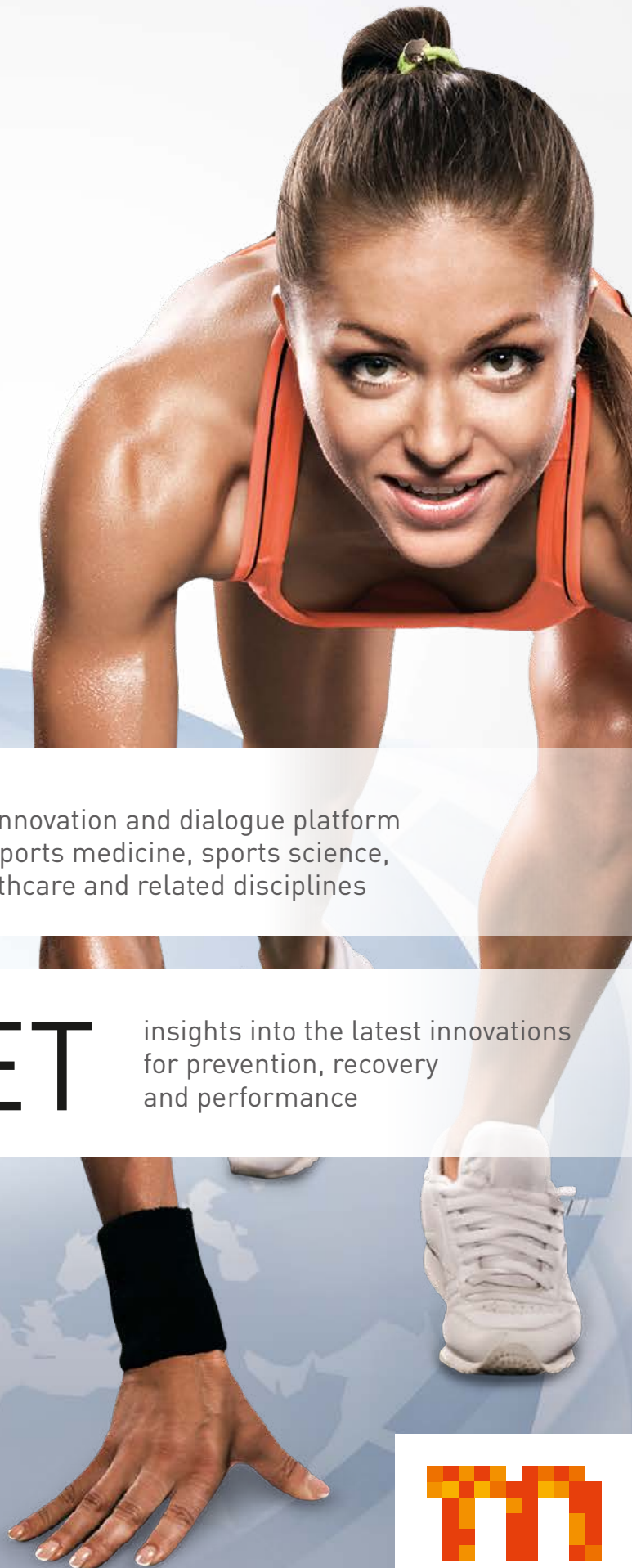
the innovation and dialogue platform  
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healthcare and related disciplines

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The MEDICINE + SPORTS CONFERENCE ecosystem was founded in 2013 at MEDICA, the world's largest medical trade show. The conference has been THE highlight of MEDICA for the past nine years and will once again be held during MEDICA 2022. In 2016, the leading international platform for innovation and an interdisciplinary dialogue made its way to ASIA. The MEDICAL FAIR ASIA MEDICINE + SPORTS CONFERENCE is the benchmark event for sports medicine and related disciplines in Asia.

The MEDICINE + SPORTS CONFERENCES have been recognized by the medical chambers as advanced training events for 9 years and are associated with the acquisition of advanced training points.

The conference is accredited with 4 CME  
(Continuing Medical Education for doctors) points.



## Agenda

9:00 h	Conference Welcome by MFA, AFSM & SMAS
9:30 h	<p><b>SESSION 1 - Sports and Exercise in the Pandemic</b> (supp. by SSMC@CGH, EIMS &amp; SMAS)</p> <p><b>COVID-19 and Physical Inactivity – Active Health Ecosystem – DIY: Maximise Exercise with Wearables &amp; Apps</b></p> <p><b>Dr. Fadzil Hamzah</b> - Senior Staff Registrar, Sport &amp; Exercise Medicine, Changi General Hospital: „A Tale of Two Pandemics: COVID-19 &amp; Physical Inactivity”</p> <p><b>Dr. Joshua Li Zhongyi</b> - Registrar, Sport &amp; Exercise Medicine, Changi General Hospital: „Exercise and Return to Play after COVID-19”</p> <p><b>Dr. Shannon Chia Jingyi</b> - Manager Planning &amp; Research Active Health, Sport Singapore: „A “100-Year” Perspective with Active Health”</p> <p><b>Dr. Lim Baoying</b> - Registrar, Sport &amp; Exercise Medicine, Changi General Hospital: „Maximising Exercise with Wearables &amp; Apps”</p>
11:15 h	<p><b>SESSION 2 – Injury Prevention &amp; Return to Play Evidence Practice</b> (supp. by AFSM)</p> <p><b>Injury Prevention – Movement Analysis – New Approaches in Diagnostics</b></p> <p><b>Prof. Patrick Yung</b> - President, Asian Federation of Sports Medicine (AFSM), Chairman, Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong: „Sports Injury Prevention – Where we are &amp; where we go?”</p> <p><b>Dr. Kam-Ming Mok</b> - is currently Adjunct Assistant Professor, School of Interdisciplinary Studies and Assistant Manager (Physical Education), Office of Student Affairs, Lingnan University, Hong Kong: „We judge from what we see – Evidences from movement analysis”</p> <p><b>Ms. Kate Yung</b> - Physiotherapist, Strength &amp; Conditioning Specialist: „Return to play- a perspective from the complex systems approach”</p>
12:30 h	Networking Lunch

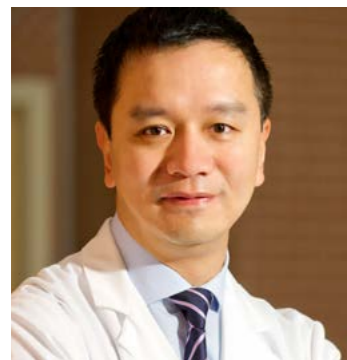
13:30	<p><b>SESSION 3 – Optimizing Performance and Recovery in Elite Sports</b> (supp. by AFSM)</p> <p><b>Individualization of Training – Sports Psychology – Recovery</b></p> <p><b>Dr. Raymond So</b> - Executive Committee Member, Asian Federation of Sports Medicine (AFSM), Director, Elite Training Science &amp; Technology, Hong Kong Sports Institute, Hong Kong: „The current trend of recovery in elite sports training”</p> <p><b>Dr. Byran Lau</b> - Chief Medical Executive, Hong Kong Sports Institute, Hong Kong: „Yoga Medicine for sports recovery”</p> <p><b>Mr. Hardaway Chan</b> - Senior Scientific Conditioning Coach, Elite Training Science &amp; Technology Division, Hong Kong Sports Institute, Hong Kong: „Application of Velocity based monitoring on strength and power training in elite sportsmen”</p> <p><b>Ms. Ka Kay Lo</b> - Sports Development Manager, The Centre for Sports and Exercise, The University of Hong Kong: „How mindfulness enhance sports performance during the games”</p>
15:00 h	<p><b>SESSION 4 – Performing Arts Medicine</b> (supp. by SSMC@CGH, EIMS &amp; SMAS)</p> <p><b>Individualization in Diagnostics and Training – Dance - Instrumental - Voice</b></p> <p><b>Dr. Mandy Zhang</b> - Consultant, Sport and Exercise Medicine, Changi General Hospital, Vice President Sports Medicine Association Singapore (SMAS): „Bridging the doctor-dancer relationship in medical consult”</p> <p><b>Ms. Adda Sue</b> - Physiotherapist and dancer: „Injury prevention and recovery strategies for dancers”</p> <p><b>Dr. Lim Ang Tee</b> - Consultant Sport &amp; Exercise Medicine, Changi General Hospital: „Incidence of Musculoskeletal problems in the musician”</p> <p><b>Ms. Christine Goh Shi-En</b> - Senior Occupational Therapist, Changi General Hospital: „Healthy hands for musicians: Principles and practice”</p> <p><b>Prof. Lu Kuo Sun Peter</b> - Senior Consultant, Otorhinolaryngology - Head &amp; Neck Surgery Changi General Hospital „Hearing Problems in Performance Artists”</p> <p><b>Dr. David Lau</b> - Specialist in Otorhinolaryngology, Advanced ENT Centre: „When should I see the doctor for my voice, and other medical aspects of voice care”</p>
17:00 h	<p><b>SESSION 5 – Digital Innovations in Sports and Healthcare</b></p> <p><b>Wearable Technologies – Health apps – Digital Tools for Diagnostics, Training and Rehabilitation</b></p> <p><b>Mr. Reimut Hellmerichs</b> - Vice President Business Development EMEA: „Intelligent performance management for player health”</p>
17:30 h	Summary and Closing Remarks

### Ticket Info:

- Medical Doctors  
(proof of document required, e.g. a copy of staff pass, namecard or letter from the organisation)  
**Early bird ticket** (On or before 17 Aug 2022): S\$150.00 (inclusive VAT)  
**Onsite:** S\$220.00 (inclusive VAT)
- Industry  
**Early bird ticket** (On or before 17 Aug 2022): S\$300.00 (inclusive VAT)  
**Onsite:** S\$400.00 (inclusive VAT)



# SPEAKERS & EXPERT COMMITTEE



**Prof Patrick Yung**

Conference Committee Board | Speaker

**Professor Patrick Yung** is the current Chairman of the Department of Orthopaedics and Traumatology, Faculty of Medicine, The Chinese University of Hong Kong. He serves as the leader of a lot of international & local centres of sports medicine & health science, including being the President of the Asian Federation of Sports Medicine (AFSM), President of the Hong Kong Association of Sports Medicine & Sports Science (HKASMSS). He is also the Director of the Hong Kong Centre of Sports Medicine and Sports Science, The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, and the Centre of Neuromusculoskeletal Regenerative Medicine (CNRM) of InnoHK cluster research centres. He has published over 150 scientific papers in international journals, contributing significantly to the establishment of Hong Kong's leading position in sports medicine.



**Dr Mandy Zhang**

Conference Committee Board | Speaker

**Dr Mandy Zhang** graduated from Royal College of Surgeons (Ireland), and obtained post graduate qualifications as a member of the Royal College of Surgeons (Edinburgh), Master of Family Medicine (Singapore), Master of Sports Medicine (Australia), and is a fellow of the Academy of Medicine Singapore. Dr Zhang has provided medical coverage for many key sporting events such as SEA games, Singapore FORMULA 1 Grand Prix, and Special Olympics. Her clinical interests include sports safety and management, exercise prescription in chronic diseases, as well as Performing Arts Medicine. She chairs the PAM Special Interest Group under Sport Medicine Association Singapore, and is a member of International Association of Dance Medicine & Science, and Performing Arts Medicine Association.



**Dr Joshua Li**

Conference Committee Board | Speaker

**Dr Joshua Li** Dr Joshua Li graduated from National University of Singapore Yong Loo Lin School of Medicine in 2011. After obtaining his Masters in Family Medicine, he completed his Sports Medicine Advanced Specialty Training at Changi General Hospital. Passionate in medical education, Dr Li holds undergraduate and post-graduate teaching appointments at all three local medical schools. Dr Li also serves on the Sports Medicine Association Singapore executive committee, organising events to help expand the local Sports Medicine community. Dr Li provides medical cover for sports events like the Formula 1 Singapore Grand Prix and Singapore Premier League. As an athlete, Dr Li is a competitive triathlete and marathoner, participating in local and overseas multisport races, from sprint to Ironman distances.



**Dr Lim Ang Tee**

Speaker

**Dr Lim Ang Tee** graduated in 2003 from National University of Singapore and obtained his Master of Sports Medicine in 2009 and Master of Medicine (Family Medicine) in 2012. His interests are in Sport & Exercise Medicine, community health, chronic disease management, disability sports and performance arts medicine. As a keen educator, Dr Lim is an Adjunct Senior Lecturer for LKC School of Medicine's Graduate Diploma in Sports Medicine, and a tutor for Graduate Diploma in Family Medicine and Master in Medicine (FamMed). He has also been educating students from NUS-YST Conservatory of Music, on injury prevention for playing-related musculoskeletal disorders (PRMD) since 2014. His research on PRMD among conservatory students was presented at the 2018 Medicine and Art Symposium in The Hague.



**Dr Lim Baoying**

Speaker

**Dr Lim Baoying** graduated from National University of Singapore School of Medicine and obtained postgraduate qualifications in Family Medicine (Graduate Diploma in FamMed and Master of Medicine (FamMed)) and Master in Sports Medicine from University of Queensland. She is presently a Registrar (Advanced Specialty Trainee). Aside from patient care in SSMC@CGH, Dr Lim provides medical coverage for sport events such as ASEAN Paralympics Games and SEA Games, and had served as Chief Medical Director for North Face 100 and ONE Championship in Singapore. As an avid endurance athlete, Dr Lim is often invited to give workshops on sports injury management and prevention, especially for running. She had given talks for Changi Airport Group, Pocari Sweat Run, Health Promotion Board events, and more.



**Hardaway Chan Chun Kwan**

Speaker

**Hardaway Chan Chun Kwan** is senior scientific conditioning coach at the Elite Training Science and Technology Division of the Hong Kong Sports Institute. He has numerous qualifications as a fitness instructor and conditioning coach in several sports disciplines (football, weightlifting, basketball). He is senior strength and conditioning coach for the HK national team (7s Rugby, Bowling, Swimming, SAP Badminton). He has a Master of Science in Sports Medicine and Health Science of the Chinese University of Hong Kong and Canberra, Australia. He is the author of several publications and worked as a lecturer in the department of orthopaedics and traumatology at the Chinese University of Hong Kong.



**Dr Shannon Chia**

Speaker

**Dr Shannon Chia** leads the Programme Design & Development team at Sport Singapore's Active Health division, which runs the national social movement aimed at inspiring individual ownership of health and wellness. With like-minded partners, Active Health established an ecosystem of Active Health Lab network in Singapore to better serve the needs of the community. She oversees the Active Health Labs and application of sport science and Exercise is Medicine principles to the programmes supporting the wellbeing of Singaporeans across age-segments, and also leads the division's research and data efforts towards enabling effective and evidence-based strategies. Dr Chia holds a PhD in Exercise Physiology and Motor Performance from Loughborough University (UK) and Nanyang Technological University.



**Christine Goh**

Speaker

**Christine Goh** is a Senior Occupational Therapist at Changi General Hospital, specialising in upper limb and hand rehabilitation. With 15 years of clinical experience in the public and private sectors, Christine has attended to patients, including athletes and performing artists, with various hand and upper limb conditions.

Christine is a firm believer in patient empowerment. She focuses on educating her patients on their physical condition and how to proactively manage their daily or specialised activities for optimal injury recovery. She is also passionate about providing innovative and customised splinting solutions for improved patient outcomes.



**Dr Fadzil Hamzah**

Speaker

**Dr Fadzil Hamzah** graduated with a Bachelor of Medicine and Bachelor of Surgery from National University of Singapore in 2005 and obtained his Masters in Sports Medicine at the University of Queensland in 2013. He has been actively involved in many community programmes and grassroots activities in Singapore, and works closely with Sport Singapore's ActiveSG team, Health Promotion Board, People's Association, and Community Development Council. Dr Fadzil is currently the Community Director of SingHealth Duke-NUS Sport & Exercise Medicine Centre, and a Board Member of the Yellow Ribbon Singapore. His passion in serving and engaging the community has also seen him being invited as both speaker and guest in many public health talks and community events, as well as being quoted in media resources.



**Mr. Reimut Hellmerichs**

Speaker

**Mr. Reimut Hellmerichs** is a sports scientist with more than 22 years of experience in the sports technology scene. Among others, he previously worked for Polar Electro GmbH and Catapult Sports. Since January 2022, Hellmerichs serves as KINEXON's Vice President Business Development for EMEA. In the past, he has worked with international top teams and federations in football such as Bayern Munich, Real Madrid or the DFB, with which Hellmerichs planned aspects of training control and its implementation in everyday practice. Besides football, he also has great expertise in handball and basketball.





**Dr. Bryan Lau Siu Fung**

Speaker

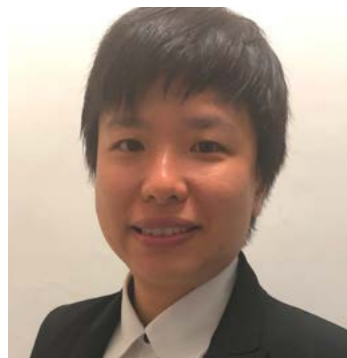
**Dr. Bryan Lau Siu Fung** is Chief Medical Executive of the Hong Kong Sports Institute Clinic and Clinical Assistant Professor (Honorary), Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong. He is also Honorary Secretary, The Hong Kong Association of Sports Medicine and Sports Science (2020-22). He is member of the HKSAR Delegation Medical Team. He completed his Master of Science in Sports Medicine and Health Science in 2012 after a diploma in Family Medicine in 2006 of The Chinese University of Hong Kong 2002. He also holds a Diploma in Football Medicine.



**Dr David Lau**

Speaker

**Dr David Lau** is an Ear, Nose and Throat (ENT) surgeon in private practice, with over 25 years' experience in the specialty. He is a regional key opinion leader in the field of laryngology, voice and swallowing disorders. His expertise includes laryngeal stroboscopy for diagnosis; medical management of the occupational and performing voice (including singers); micro-laryngeal and laser surgery of the vocal folds; management of vocal fold paralysis; and use of Botox in the voice box. He has special interest in the relationship between breathing techniques and laryngeal muscle misuse disorders including chronic cough. He has directed several courses in the field of laryngology; and in 2019 was the organising president for the first Asia Pacific Laryngology Association Conference in Singapore.



**Ka Kay Lo**

Speaker

**Ka Kay Lo** is Sports Development Manager of the Centre for Sports and Exercise (CSE) at the University of Hong Kong. With over a decade of supervision for the scientific assessment team of Hong Kong Sports Institute, she oversaw the high-end laboratory, and provided practical-based services in sports physiology, strength and conditioning, to enhance sports performance for elite athletes. She provided direct scientific training programs to athletes (athletics, badminton, billiard sports, cycling, karate, gymnastics, rowing, windsurfing, wushu athletes). She is frequently invited to conduct lectures and speak in international symposia. She holds a master degree in Exercise Science and is ACSM Level 2 Exercise is Medicine Certified Exercise Physiologist, NSCA and ASCA Certified Strength and Conditioning Specialist; and USAW Certified Sports Performance Coach.



**Dr Kam-Ming Mok**

Speaker

**Dr. Kam-Ming Mok** is currently Adjunct Assistant Professor and Assistant Manager Physical Education at the Office of Student Affairs, Lingnan University, Hong Kong. In addition, he carries out research projects regarding Sport Injury Biomechanics and Motion Analysis, especially focusing on the ACL injury risk screening. Dr. Mok published over 30 articles in peer-reviewed international journals, and contributed to 4 book chapters. He is Vice-President of the Hong Kong Association of Sports Medicine and Sports Science.



**Prof Lu Kuo Sun Peter**

Speaker

**Prof Lu Kuo Sun Peter**, Clinical Associate Professor Peter Lu has been practising as an Otolaryngologist (ENT specialist) for over 25 years. His area of subspecialty is Head and Neck cancer, and has a special interest in voice disorders. In partnership with his speech therapy colleagues, he initiated the CGH Voice Clinic, which offers multidisciplinary care for patients who are suffering from voice problems. Many of the patients seen in the Voice Clinic are professional voice users, such as teachers and lecturers, as well as performance artists such as singers and actors. Besides his clinical practice, A/Prof Lu is heavily involved in specialist training and clinical quality, and currently holds the position of Chief Risk Officer in Changi General Hospital.



**Dr Raymond So**

Speaker

**Dr Raymond So** is the Director of Elite Training Science and Technology of the Hong Kong Sports Institute (HKSI). His major responsibility at the HKSI is to drive innovation and scientific, medical and technological support to coaches to systematically impact athletes' high performance results. His research work is published in international academic and professional journals and numerous keynotes. He is member of the Advisory Board, and Chairman of the Strength & Conditioning Commission of the Hong Kong Association of Sports Medicine and Sports Science. Among other roles, he is executive member of the Asian Federation of Sports Medicine, member of the Board of Directors of the Association of Sports Performance Centres, and Vice President of the Asian College of Exercise and Sports Science.



**Adda Sue**

Speaker

A physiotherapist with over 17 years of experience, Ms Adda Sue has a keen interest in dance and sports injuries. She graduated with a diploma in physiotherapy in Nanyang Polytechnic (Singapore), and subsequently obtained a degree from Queen Margaret University (United Kingdom). Adda is certified in Polestar Mat Pilates and progressive ballet technique. Being an avid dancer, she has taken dance examinations in jazz and ballet, and attended a contemporary dance scholarship with a dance company. She also attended a dance medicine conference at the University Dance Medicine Centre (New York, USA). Adda currently works in private practice and does on-field sports physiotherapy coverage for sporting competitions.



**Dr Kate Yung**

Speaker

**Dr Kate Yung** is registered physiotherapist, certified strength and conditioning specialist, and NSCA exercise physiologist. She is physiotherapist at Western United Football Club, A-League Football in Australia. Her research focus is to develop data-driven tools to aid return-to-play decisions in high-performance sports. She led research for Hong Kong Football Association injury and surveillance project and was a lecturer for postgraduate students in the MSc Sports Medicine and Health Science programme.



**Christian Stammel**

Moderator

**Christian Stammel** is founder and CEO of WT Wearable Technologies Group and Navispace AG. Born in 1969, he successfully enables innovation and cooperation in the Internet of Things and wearables sector. Christian had already founded his first IT company during his university years, which went public in 2000. He is one of the digital pioneers with a track record of over 20 years in IoT and has created some world's firsts including an ECG shirt in 2002. He advises some of the biggest tech companies and organizes with his teams important networking platforms in the US, Europe, Asia and Australia.



**Dr Sonja Sulzmaier**

Moderator

**Dr Sonja Sulzmaier** is Managing Partner of Navispace. Navispace organizes the Innovation World Cup Series the biggest open innovation platforms in the IoT and wearables space with many innovative sports and healthcare solutions. In cooperation with partners MEDICA, FIMS, ACSM, DGSP, EiM, EFSMA, WT and many more, Sonja and her team have set up an ecosystem that connects sports medicine, sports and healthcare. Before, she was heading the marketing and business development of embedded systems company ESG and worked for the Boston Consulting Group. Between 1995 and 2001 she worked as an assistant professor at Witten/Herdecke University and University of Arts Berlin. Sonja holds a degree in business management and economics and her phd thesis won the annual university award for being the best across all faculties. Her interest in sports medicine has already started in 1989 with her highschool thesis about the athlete's heart.

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**Location MFAMSC** The Sands Expo & Convention Centre Marina Bay Sands, Singapore

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