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WELCOME MESSAGE

Sports Medicine Association Singapore



Dr Ivy LIM
*Changi Sports
Medicine Centre
Singapore*



Mr Micheal LIM
*KK Women's and
Children's Hospital
Singapore*

It is our great pleasure to invite you to welcome you to the Sports Medicine Association's Annual Symposium.

This symposium is set to become the premier regional congress in the field of Sports Medicine.

This is the definitive symposium on sports medicine in the region in 2017 and we have planned an extensive programme. Physical activity and exercise are critical components of health in children. However, managing an exercising child can present with unique challenges and requires good knowledge of growth and development and paediatric physiological principles.

Themed "Children & Youth in Sports", this two-day symposium will feature a group of local and international expert speakers in the fields of paediatric exercise science and medicine. The programme will blend research, medicine and science to enhance understanding on how exercise can help to improve long term health and overall well-being of children. Emphasis will be placed on understanding and relating concepts of physiological and biological maturation to exercise prescription for both healthy children and children with common paediatric medical conditions.

We look forward to your fruitful participation!

Yours sincerely,
Dr Ivy Lim and Mr Micheal Lim
Co-chairpersons, SMASAS2017

SMAS 2017

EXECUTIVE COMMITTEE

Dr Ivy Lim
President

Dr Lim Ang Tee
Vice-President (Medical)

Mr Micheal Lim
Vice-President (Non-Medical)

Mr Balaji Prem Chand
Secretary

Mr Lee Tze Tye
Treasurer

Mr Hu Jiaxuan
Editor

Members

Dr Lim Yii Hong

Mr Bruno Chia

Dr Sirisena Udawattage Dinesh Chaminda

Ms Sharon Lim

Ms Wong Shiyun

Mr Derrick Ong

Symposium Information

Venue

Suntec Singapore Convention & Exhibition Centre
1 Raffles Boulevard, Suntec City, 039593
T: (65) 6337 2888

Symposium Secretariat

Globewerks International Pte Ltd
28 Sin Ming Lane, #05-143, Midview City, Singapore 573972
Tel: (65) 6513 7310 / Fax: (65) 6659 8946
Email: chad@globewerks.com
www.globewerks.com

Symposium Website

www.smasas.com

Language

The official language of the symposium is English. There will not be simultaneous session translation.

Symposium Badge

Access to event rooms and F&B areas will be through your symposium badge only. Therefore, please display your symposium badge throughout the duration of the symposium.

Certificate of Attendance

An e-certificate of attendance will be issued to all delegates, after the symposium.

Symposium Information

Registration fee

Covers admission to all Scientific Sessions, Delegate's Kit, Poster Exhibition, Trade Exhibition, and refreshments.

Car Park

Parking is available at Suntec City Convention Centre, Singapore. Delegates can purchase Day Parking tickets at the Registration Desk.

Liability

The Organising Committee is not liable for personal accidents, loss or damage of private properties of registered delegates during the congress. Delegates should make their own arrangements with respect to personal insurance.

Disclaimer

Whilst every attempt will be made to ensure that all aspects of the symposium mentioned in this programme will take place as scheduled, the Organising Committee reserves the prerogative to make last minute changes should the need arise.

SMAS ASM PROGRAMME
19 May (Friday)
Main Symposium – Scientific Session

Session	Time	Index	Topic	Speaker
	0800	-	Registration	
	0850	-	Welcome speech Opening address	Mr Micheal Lim , Co-chairperson Dr Ivy Lim , President, SMAS
MORNING SESSION				
1	0900	S1	<u>Keynote lecture #1</u> Paediatric exercise science – from health to athletic performance	Prof Craig Williams (Exeter University)
	0940	S2	<u>Plenary session #1</u> ● Paediatric muscle physiology – considerations for training and long term athlete development	Dr Yang Yi Fan (National Institute of Education)
		S3	● Thermoregulation during exercise in children	Dr Jason Lee (DSO National Laboratories)
		S4	● More than just an afterthought: Sleep considerations for the developing youth athlete	Dr Haresh Suppiah (National Youth Sports Institute)
	1040		Session #1 Panel discussion and questions	
	1050		Tea break	
2	1110	S5	<u>Keynote lecture #2</u>	

			Physical inactivity among children and youth	Prof Michael Chia (National Institute of Education)
	1150	S6	<u>Plenary session #2</u> <ul style="list-style-type: none"> Physical activity guidelines and national initiatives to promote physical activity amongst children 	Mr Eugene Heng (Health Promotion Board)
		S7	<ul style="list-style-type: none"> Play, fundamental movement skills and physical literacy 	Dr Esther Chia (National Youth Sports Institute)
	1230		Session #2 Panel discussion and questions	
	1300		Lunch & poster session	
AFTERNOON SESSION				
3	1415	S8	<u>Keynote lecture #3</u> Exercise for clinical populations – from lab to playground	Dr Bart Bongers (Maastricht University)
	1500	S9	<u>Plenary session #3</u> <ul style="list-style-type: none"> Exercise for children with chronic heart conditions 	Dr Chen Ching Kit (KK Women's and Children's Hospital)
		S10	<ul style="list-style-type: none"> Exercise management for children with asthma 	Dr Teoh Oon Hoe (KK Women's and Children's Hospital)
	1540		Session #3 Panel discussion and questions	
	1550		Tea break	
4	1610		Rapid fire free paper sessions	
5	1700		Prize presentation for posters and closing	

Programme is correct at the time of print.

SMAS ASM PROGRAMME

20 May (Saturday)

Main Symposium – Scientific Session Followed by Concurrent Workshops

Session	Time	Index	Topic	Speaker
1	0900	S11	Plenary session #4 Aetiology and management of common paediatric sports injuries	Dr Dinesh Sirisena (Khoo Teck Puat Hospital)
	0930	S12	Injury prevention in the youth athlete	Mr Calvin Goh (MyPhysio)
	1000		Tea Break	
2	1030	S13	Video analysis in youth sports	Mr Matthew Wylde (National Youth Sports Institute)
	1100	S14	Doping issues in sports	Dr Teoh Chin Sim (Khoo Teck Puat Hospital)
	1130		Session #4 Panel discussion and questions	
	1145		Break	

3	1200	S13	Concurrent workshops 1) Video analysis in youth sports 2) Sports taping	Mr. Matthew Wylde (National Youth Sports Institute) Mr. Ivan Ee (National Youth Sports Institute) Ms. Sharon Lim (Moving Space) Ms. Wong Shi Yun (Khoo Teck Puat Hospital) Mr. Balaji Chand (Ng Teng Fong General Hospital)
		S17		
4	1300	S15	Concurrent workshops 3) Strength & conditioning for young athletes 4) Sports nutrition for young athletes	Ms. Elaine Gay (National Youth Sports Institute) Mr. Derrick Ong (Eat Right)
		S16		
	1400		End of programme	

SMAS ASM PROGRAMME

20 May (Saturday)

Parents Workshop

Session	Time	Index	Topic	Speaker
	0800	-	Registration & breakfast	
	0845	-	Welcome and opening address	Co-Chairperson, Mr Micheal Lim
1	0900	S18	Plenary lectures #1 <ul style="list-style-type: none"> ● Early specialization in sports – friend or foe? 	Dr Haresh T Suppiah (National Youth Sports Institute) Dr Roger Tian (Changi General Hospital) Dr Jay-Lee Nair (Mental Notes Consulting) Mr Tye Lee Tze (The Podiatry Centre)
		S19	<ul style="list-style-type: none"> ● Injury prevention and management 	
		S20	<ul style="list-style-type: none"> ● Intense training and risk of burnout for youth athletes 	
		S21	<ul style="list-style-type: none"> ● Podiatry issues (foot problems) for youth athletes 	
	1020		Q&A	
	1030		Tea Break	
2	1100		Athletes / Parents sharing session <ul style="list-style-type: none"> - Sharing of training / developmental experience from professional athletes - Parents sharing the journey of their child’s athletic development - Discussion with panel experts 	Moderated by Mr Leslie Tan (National Youth Sports Institute)

3	1200		Concurrent workshops	
		S13	1) Video analysis in youth sports	Mr. Matthew Wylde (National Youth Sports Institute) Mr. Ivan Ee (National Youth Sports Institute) Ms. Sharon Lim (Moving Space) Ms. Wong Shi Yun (Khoo Teck Puat Hospital) Mr. Balaji Chand (Ng Teng Fong General Hospital) Mr Balaji Chand (Ng Teng Fong General Hospital)
		S17	2) Sports taping	
4	1300		Concurrent workshops	
		S15	3) Strength & conditioning for young athletes	Ms. Elaine Gay (National Youth Sports Institute) Mr. Derrick Ong (Eat Right)
		S16	4) Sports nutrition for young athletes	
	1400		End of programme	

Programme is correct at the time of print.

BIOGRAPHIES

SCIENTIFIC CO-CHAIR BIOGRAPHIES



Dr Ivy LIM

*Changi Sports Medicine Centre
Singapore*

Dr. Ivy Lim is the first locally trained female sports physician in Singapore, and is also a qualified family physician. She practices at the Changi Sports Medicine Centre in Changi General Hospital and the Singapore Sports Medicine Centre at Novena. Her clinical interests include sports injuries, pre-participation screening, sports safety, exercise in women and the role of physical activity in chronic disease management.

Dr. Lim is the Public Outreach Director for Exercise is Medicine Singapore (EIMS), an affiliate of the American College of Sports Medicine, and has presented her work at local and international conferences. She is regularly featured in the media and healthcare forums, where she contributes her expertise on sports and exercise related topics for the public and her fellow medical professionals. She is co-editor of the book “Exercise is Medicine Singapore Exercise Prescription Guide”, and has co-authored a chapter in the book “Boys to Men: a complete guide for National Servicemen”.

Dr Lim is currently president of the Sports Medicine Association of Singapore, medical delegate for Asian Fencing Confederation, and is part of the National Sports Safety Committee. She is also a tutor for the Graduate Diploma in Family Medicine (GDFM) Programme, a physician faculty member for the Singhealth Family Medicine Residency Programme, and clinical faculty member of the Yong Loo Lin School of Medicine.

SCIENTIFIC CO-CHAIR BIOGRAPHIES



Mr Micheal LIM

*KK Women's and Children's Hospital
Singapore*

Micheal Lim is currently Head and Senior Clinical Exercise Physiologist with Sports Medicine Programme at KK Women's and Children's Hospital (KKH). Graduated in 2003 with a Bachelor of Science with First Class honours, majoring in Sports & Exercise Science from Edith Cowan University in Perth, Western Australia. Since joining KKH in 2007, Micheal has been instrumental in the development of numerous clinical exercise programs and services for both children and adult women.

Micheal is passionate about the field of paediatric exercise science and over the years has developed clinical experience and interest in the areas of cardiopulmonary exercise testing for children, exercise prescription for children with chronic medical conditions and adapted physical activity for children with special needs. He is a strong believer that exercise can be the "synergistic medicine" to help children manage their medical conditions and improve their health and overall quality of life.

He is actively involved in various health and sports medicine-related professional committees including Exercise is Medicine Taskforce, Health Promoting Hospital Singapore, Sports Safety Committee and Football Science and Medicine Committee. He has been part of Sports Medicine Association Singapore (SMAS) since 2008 and was the past-president in the previous two terms from 2015 to 2017.

FACULTY'S BIOGRAPHIES



Dr Bart BONGERS

Maastricht University

Netherlands

After completing the master Movement Sciences with a specialization in the Biology of Human Performance and Health at Maastricht University in 2009, a doctoral program was outlined with Dr T. Takken, M.Sc., PhD, at the Child Development & Exercise Center (head: Prof P.J.M. Helders, P.T., PCS, M.Sc., PhD, currently: Dr J. van der Net, P.T., PCS, PhD) of the Wilhelmina Children's Hospital, University Medical Center Utrecht.

The scientific research he conducted throughout this period is described in his dissertation, entitled "Pediatric exercise testing: in health and disease". Next to performing research activities, funding from the educational foundation of the UMC Utrecht made it possible that he was trained as a medical physiologist, specialized in clinical exercise physiology, under direct supervision of prof.dr. P.J.M. Helders, M.Sc., PhD and Dr T. Takken, M.Sc., PhD.

With the gained clinical expertise and his dissertation, he completed his registration as a medical physiologist in December 2013. At the moment, he continues his scientific research activities as a postdoctoral researcher at Maastricht University (Faculty of Health, Medicine and Life Sciences, Department of Epidemiology) with Prof N.L.U. Van Meeteren. Moreover, he is a lecturer in physiology and exercise physiology at SOMT University of Physiotherapy.

(Next to being a big fan of road cycling, he actively practices this sport himself.)

FACULTY'S BIOGRAPHIES



Mr Balaji CHAND

*Ng Teng Fong General Hospital
Singapore*

Mr. Balaji is the current Secretary of Sports Medicine Association Singapore (SMAS). He graduated from Trinity College Dublin with Honours in BSc Physiotherapy and is currently practicing as a Physiotherapist in Ng Teng Fong General Hospital (NTFGH). Working in the Sports Clinic, he attends to clients ranging from sports enthusiasts to elite athletes. He is a strong believer in holistic biomechanical correction and incorporates evidence based strength and conditioning to return his clients to improved levels of physical activity.

He also has keen interest in Immediate Care in Sports, having achieved a Level 2 medical certification in Immediate care in rugby from the International Rugby Board (IRB). His passion has also led him to serve as the Head Physiotherapist for the National Rugby Academy for the Singapore Rugby Union (SRU). He looks after and treats age group rugby players and sees them through their competitions locally and overseas.

His other international experiences include the 2015 SEA GAMES, 2015 ASEAN PARA GAMES, SUPER RUGBY 2016 & 2017, OUE BADMITTON OPEN 2015 & 2017, WORLD CLUB 10s RUGBY 2014 and SCC HOCKEY INTERNATIONAL SIXES 2012.

Outside of work, he keeps active by playing in the National Hockey League for his Alumni Club.

FACULTY'S BIOGRAPHIES



Dr CHEN Ching Kit

*KK Women's and Children's Hospital
Singapore*

Dr Chen Ching Kit is a consultant paediatric cardiologist at KK Women's and Children's Hospital (KKH). He graduated with a Bachelor of Medicine and Surgery from the National University of Singapore, and pursued post-graduate training in paediatrics and paediatric cardiology at KKH. He underwent two years of fellowship in paediatric heart failure and heart transplantation at the Hospital for Sick Children in Toronto, Canada. Upon returning to Singapore after his fellowship, he has started a paediatric advanced heart failure programme (including mechanical circulatory support for children) in KK Women's and Children's Hospital, and the effort to establish a paediatric heart transplant program in Singapore is ongoing. His other areas of interest and expertise include exercise echocardiography, foetal cardiology and 3D printing of heart models.

Dr Chen is also an adjunct assistant professor with the Department of Paediatrics at the Yong Loo Lin School of Medicine, National University of Singapore. A recipient of the Philip Witchel Memorial Research Fellowship in Paediatric Heart Failure 2013 (Canada), his current research interests include dilated cardiomyopathy, exercise testing and exercise echocardiography in cardiomyopathy and congenital heart diseases, and antibodies in paediatric heart transplantation.

FACULTY'S BIOGRAPHIES



Dr Esther CHIA

*National Youth Sports Institute
Singapore*

Dr Esther Chia is the Head of Talent Identification and Development at the National Youth Sports Institute (NYSI), where she works closely with partners to strengthen and build pathways and systems to support and track youth athletes. Esther obtained her PhD from the University of Western Australia, with her doctorate research investigating the running technique and its implications on running economy in children with developmental coordination disorder. Working with children who had poor movement abilities led to her interest in the development of fundamental movement skills in early childhood. Prior to joining NYSI, Esther held roles at Sport Singapore, and lectured at PSB and UniSIM in the area of 'Motor Development and Learning'.

FACULTY'S BIOGRAPHIES



Prof Micheal CHIA

*Chinese University of Hong Kong
Hong Kong SAR*

Professor Michael Chia obtained his PhD, majoring in Paediatric Exercise Physiology from Exeter University in the UK on an Association of Commonwealth Universities Academic Staff Scholarship and on a Nanyang Technological University Staff Development Scholarship. He earned a 1st class honours degree in Physical Education and Sports Science from Loughborough University in the UK and a Distinction Diploma in Physical Education, from the College of Physical Education in Singapore.

He is the first appointed full Professor of Paediatric Exercise Physiology for Singapore. He is Dean for Faculty Affairs, was previously the Head of Physical Education and Sports Science at the NIE. He was Visiting Professor to Waseda University and to Chukyo University in Japan, and to the Chinese Culture University in Taiwan.

His professional credentials include certifications by the British Association of Sport and Exercise Science as a sports scientist, the American College of Sport Medicine as a Health and Fitness Director and the Outward Bound School in Hong Kong. Professor Michael Chia is an internationally recognized expert in the area of youth development through physical education and sport and is a sought after presenter and commentator in the area of inactivity, activity and fitness among youths.

He is recognized for his international award-winning school-based programmer PRIDE for PLAYTM, which helped to increase daily physical activity among children and adolescents in schools. Nationally, he is a Board Director for the Singapore Sports School, Vice-Chairman for Beacon Primary School and Chairman of the Review Board for Research Ethics for Sport Singapore.

He contributes to national and international expert panels in exercise, inactivity, activity, physical education and sport. Professor Michael Chia plays significant international roles in the promotion of sport, exercise and education as a founder member of the International Federation for Research in Education or executive board member of the Asian Council of Sports and Exercise Sciences, the Asian Council of Sport Coaching Science and served as an advisor for global youth sport development to the International Olympic Council Medical Commission in Switzerland. He is a recipient of international, national and institutional awards for research, teaching and administration.

FACULTY'S BIOGRAPHIES



Mr Calvin GOH

MyPhysio
Singapore

Calvin currently serves as the Clinical Director at MyPhysio and has worked in outpatient orthopaedics in Los Angeles and Singapore for the last 17 years. He treats a variety of youth and adult club level tennis, golf, basketball and soccer players. He has also been involved in treating professional level athletes from the NBA, ATP Tour, AFL, and Asian Golf Tour. Calvin's special interest is in sports biomechanics correction and movement deficiencies for repetitive injuries ranging from racket sports, throwing, running, and jumping activities. He believes fundamentally sound foundational movements are keys to having increased longevity and being injury free in any sport. His manual skill set includes Rolfing based Myofascial Release techniques, Functional Movement Correction and Core Alpha Stability Training.

FACULTY'S BIOGRAPHIES



Dr Eugene HENG

Health Promotion Board

Singapore

Eugene is responsible for planning, implementation and management of the Health Promoting Schools Framework in mainstream schools. The Health Promoting Schools Framework transforms educational settings into health promoting environments for children and youths to learn and acquire healthy lifestyle habits.

Eugene led the implementation of the Healthy Meals in Schools Programme in 2014 and 2015. The programme aims to inculcate healthy eating habits in children and youth. To promote physical activity among youth, he was involved in the introduction of the Rep with Steps Challenge in mainstream schools, which leveraged on technology and elements of gamification to engage youths to increase their daily physical activity levels.

FACULTY'S BIOGRAPHIES



Dr Jason LEE

*DSO National Laboratories
Singapore*

Jason Lee completed a PhD in Exercise Physiology at Loughborough University, UK under sponsorship from the UK Overseas Research Scholarship and Faculty Studentship. Jason is a Fellow of the American College of Sports Medicine. He sits on several Editorial Boards of peer-reviewed journals and reviews for more than 25 international peer-reviewed journals. Capitalising his experience as a Commando Officer in the Singapore Armed Forces, Jason applies his military knowledge to his work by functioning as the Head of Human Performance Laboratory at DSO National Laboratories. He serves in various expert panels in the Singapore Armed Forces and other national and international boards pertaining to human performance and safety.

Jason's main research interests are in fluid balance, thermoregulation and mitigation strategies for improving human performance in the heat. He studies the physiological demands associated with extreme exposures and how humans adapt to ensure survival and optimal performance. He is an Adjunct Associate Professor at the Yong Loo Lin School of Medicine, National University of Singapore.

FACULTY'S BIOGRAPHIES



Mr LEE Tze Tye

*The Podiatry Centre
Singapore*

Recognised as the 1st Podiatrist in Singapore by Ministry of Health Singapore, Lee Tze has more than 25 years clinical experience in hospitals and private practice in Australia and Singapore.

Lee Tze has been the accredited and exclusive Podiatrist for the Singapore Sports Institute (SSI) for over 15 years. He is also the accredited and exclusive Podiatrist for the Singapore Sports School (SSP), the Football Association Singapore (FAS), and the Ballet Faculty of The School of the Arts (SOTA).

Lee Tze has been a Podiatrist for the Singapore Marathon, the JP Morgan Chase Corporate Challenge, Runners Day, The Real Run, & Sundown Marathon. Lee Tze has been featured in various media including the Straits Times, Business Times, Channel News Asia – Prime Time Morning, Radio 93.8, and various magazines including Run magazine, Shape magazine, Harpers Bazaar, and Reader's Digest. He has given talks on foot related topics and running shoes for various multinational companies and hospitals around the region. Lee Tze was a co-founder of "On-Track Shoe Reviews" - a Singapore Sports Council initiative for reviewing shoes in 2008.

In his schooling days Lee Tze represented his secondary school in Track & Field, and golf. He now enjoys supporting his teenage children as they represent their schools in football, basketball, and Track & Field.

FACULTY'S BIOGRAPHIES



Ms Sharon LIM

Moving Space

Singapore

Sharon graduated from King's College London with a Masters in Science in Physiotherapy (Hons) in 2001. In 2007, she furthered her interests in management of sports and musculoskeletal injuries and graduated from University of South Australia with a Masters of Sports and Musculoskeletal Physiotherapy. She had also gotten her Clinical Exercise Specialist Certification by the American College of Sports Medicine.

Sharon has had 15 years of experience in injury management, developing services, and leading and managing teams and projects.

In sports and sports injury management, Sharon has worked with a wide variety of sportsmen and sports including marathons, triathlons, track and field, soccer, hockey, softball, ultimate, rugby, swimming, martial arts, and dance. She has also served with Team Singapore as a physiotherapist in the sports medicine team in SEA Games and Asian Games, and have also provided physiotherapy for other medical onfield coverage such as Standard Chartered Singapore Marathon, Rugby Sevens, World Club Rugby Tens, and S-League games. Sharon has been volunteering with the national team softball team for many years as both team manager and physiotherapist and enjoys synergising with the coach to facilitate injury management and performance enhancement.

Sharon has personally participated in a wide variety of sports and exercise. She had played softball for more than 10 years and had also trained with the national softball team. She had practised or participated in Ju Jitsu, Yoga, Pilates, Salsa, Rock-climbing and Scuba Diving. She has completed several half marathons, a few full marathons and a few biathlons. She currently runs, swims and trying to perfect her golf swing.

In Moving Space, Sharon is keen to work closely with not just with the injured athlete in management of their injuries. But also to collaborate with coaches, teachers, doctors and any other relevant persons to ensure sporting performance and injury prevention.

FACULTY'S BIOGRAPHIES



Dr Jay-Lee NAIR

*Mental Notes Consulting
Singapore*

Dr Jay-Lee's great passion is helping high achievers raise their standard of performance with less stress and anxiety, in sport, business, and academics. The study of perfectionism is the focus of her research publications and working with high achievers to adapt their perfectionistic striving and develop habits that support their drive and remove pressure and self-doubt is what she does best.

Originally from Australia, Dr Jay-Lee completed her first two degrees in Psychology in the United States, while accepting an athletic scholarship to play NCAA Div-1 collegiate golf, finishing with academic All-American honours. This journey inspired her career as a sport and performance psychologist.

Dr Jay-Lee has written invited book chapters in the latest edition of the Handbook of Health and Well-being and the new International Handbook of Golf Science.

In her practice, she teaches young students effective study habits, helps adults manage stress, and consults with Asia's athletes and coaches, most recently with Singapore sailing in preparation for the 2016 Rio Olympic games.

FACULTY'S BIOGRAPHIES



Mr Derrick ONG

*Eat Right Nutrition Consultancy
Singapore*

Mr. Derrick Ong is a Sports Dietician and Founder of Eat Right Nutrition Consultancy.

Derrick is an Accredited Practicing Dietitian (APD) with the Dietitian Association of Australia, an Accredited Dietician of Singapore (ADS) and a member of the Singapore Nutrition and Dietetics Association (SNDA).

In line with his passion for sports, Derrick serves on the Football Association of Singapore (FAS) Medical Committee providing nutrition counselling for footballers & is the chairman of the Sports Nutrition Special Interest Group of the SNDA.

Derrick is a fervent advocate that empowering oneself with good nutrition knowledge & preventative health education will effectively support transitions in our life stations for example Pregnancy & Breastfeeding, Travelling on the Job, Menopause, Anti-Aging and delayed onset of chronic conditions such as Diabetes, Irritable Bowel Syndrome & Obesity.

He is also a believer that healthy food should also be delicious food.

FACULTY'S BIOGRAPHIES



Dr Dinesh SIRISENA

*Khoo Teck Puat Hospital
Singapore*

After graduating from Bart's and The London Medical School in 2004, Dr Sirisena completed his GP training in 2010 and then followed his passion for Sports and Exercise Medicine by completing a training program with the London Deanery and became a Consultant in Sports and Exercise Medicine in 2014. He is a Fellow of the Faculty of Sports and Exercise Medicine for both the UK and Ireland.

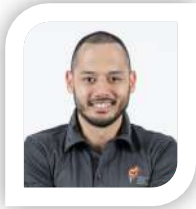
During his training he worked in a range of sports including professional football, premiership rugby, the Irish and English Football Associations, British Gymnastics, Mixed Martial Arts, Wimbledon Tennis, British Athletics and the London Olympic and Paralympic Games.

Here in Singapore, Dr Sirisena has worked with the Football Association of Singapore, the Singapore Rugby Union and the European Golf Tour as their regional expert in Golfing injuries. Dr Sirisena has completed an MSc in Sports Medicine with University College London, UK, with his research dissertation considering "Antero-medial Rotational Laxity of the Knee Following Deep MCL Injury". He is also an Interventional Musculoskeletal Ultrasonographer, having completed a Postgraduate Diploma in Musculoskeletal Ultrasound with Bournemouth University, UK, and performs a variety of procedures including hip joint and tendon stripping injections. Here in Singapore, he performs ultrasound-guided hydrodilations for frozen shoulders, minimising surgical needs and optimising patient outcomes.

He also has a strong interest in Clinical Education and is now a Faculty Member and Clinical teacher for NUS and LKC medical schools respectively. In addition, he regularly leads teaching sessions for primary care and has taken on the role of Educational Development Officer with the British Association of Sports and Exercise Medicine.

Another area of interest is research. Dr Sirisena has been involved in a number of poster presentations and publications, a list of which are available on request.

FACULTY'S BIOGRAPHIES



Dr Haresh SUPPIAH

*National Youth Sports Institute
Singapore*

Haresh is a sport physiologist with the National Youth Sports Institute (NYSI). His doctoral and current research focuses on the performance impact of sleep in adolescent athletes. His extended research, published in multiple peer-reviewed journals, extends to the performance implications of shortened sleep amongst athletes, the relationship between sleep and exercise, and the identification and development of youth talent in sport. A former physical education teacher and strength and conditioning coach, Haresh continues to work closely with elite Singaporean youth athletes in preparation for regional and international competitions by optimising their training and recovery practices, in order to achieve desired performance outcomes.

Haresh was a recipient of the Nanyang President's Graduate Scholarship and received his Ph.D. from the Nanyang Technological University, where he studied the effects of sleep loss and on psychomotor and cognitive performance, as well as the role of napping and sleep extension in alleviating the effects of sleep debt in youth athletes. He previously graduated with first class honours from the University of Queensland, with a Bachelor of Exercise and Sport Sciences, where he conducted his honours thesis research on the predictive validity of lab-based physiological variables for running and cycling performance in elite triathletes.

FACULTY'S BIOGRAPHIES



Mr Leslie TAN

*National Youth Sports Institute
Singapore*

Leslie Tan is the Head of Athlete Life at the National Youth Sports Institute. He is putting in place sports leagues to give student-athletes in the ITEs, polytechnics and universities more competitive matches. He is also looking at how to help student-athletes balance sports and studies in Singapore's education system.

Leslie was the former editor of REDSPORTS.SG, a website focused on Singapore school sports, and held marketing communication and brand management positions at Nike Singapore, MediaCorp, and Asia Pacific Breweries.

FACULTY'S BIOGRAPHIES



Dr TEOH Chin Sim

*Khoo Teck Puat Hospital
Singapore*

Dr Teoh Chin Sim is a sports physician, Senior Consultant and Director of the Sports Medicine Centre at Khoo Teck Puat Hospital. Her main areas of focus in her practice are exercise and musculoskeletal medicine. A qualified acupuncturist, she has a keen interest in the management of chronic pain, and sports nutrition supplementation to optimise health and performance.

In over two decades, Dr Teoh has been attending team physician to Singapore's elite athletes at the South East Asian, Asian, Commonwealth and Paralympic Games. Her most recent appointment is as Chief Medical Officer of Team Singapore to the 2017 SEA Games in Kuala Lumpur.

She is currently a member of the Medical Commission of the Singapore National Olympic Council and Chairman of the Therapeutic Use Exemption Committee of Anti-Doping Singapore. She is also a Past President of the Sports Medicine Association of Singapore. On the international scene, Dr Teoh sits on the Anti-Doping Committee of the International Paralympic Committee and is a member of the Therapeutic Use Exemption Expert Group of the World Anti-Doping Agency.

In her past time, Dr Teoh runs to keep fit and scuba dives for leisure, slowing down from her days of track and field, squash and marathons.

FACULTY'S BIOGRAPHIES



Dr TEOH Oon Hoe

*KK Women's and Children's Hospital
Singapore*

Dr Teoh graduated from the National University of Singapore in 1998 and took up Paediatric Medicine training in 1999. He went on to subspecialty training in Paediatric Pulmonology in 2002 and formally joined the Respiratory Medicine Service at KK Women's & Children's Hospital in 2005. He received further training in Paediatric Respiratory and Sleep Medicine at the Children's Hospital at Westmead, and Cardiopulmonary Exercise Testing at the Children's Hospital Institute of Sports Medicine in Sydney in 2008 under the Health Manpower Development Program Award from the Ministry of Health, Singapore.

He currently serves as Head and Senior Consultant of the Respiratory Medicine Service at KK Women's & Children's Hospital, and is also the Deputy Head of the Department of Paediatrics at KK Women's & Children's Hospital. He has a strong interest in teaching, and his subspecialty clinical and research interests include asthma, sleep disordered breathing, cardiopulmonary exercise testing and the impact of environmental tobacco smoke on children.

FACULTY'S BIOGRAPHIES



Dr Roger TIAN

*Changi General Hospital
Singapore*

Dr Roger Tian is a Senior Consultant Sports Physician at the Changi Sports Medicine Centre and the Medical Director of the Singapore Sports Medicine Centre. He is the first sports physician admitted into the Sports Medicine specialist register, and his clinical interests include the management and prevention of sports injuries, strength and conditioning, and sports nutrition. Besides clinical work, he is active in education and research, having published widely in several international peer-reviewed journals. His publications include a Sports Safety & Injury Prevention Manual for teachers, and “Boys to Men – the complete guide for national servicemen.”

Dr Tian holds concurrent appointments as Senior Clinical Tutor with the Yong Loo Lin School of Medicine (NUS), Clinical Teacher with the Lee Kong Chian School of Medicine (NTU), Examiner for the Advanced Specialist Training program in Sports Medicine, Clinical Director of the Graduate Diploma in Sports Medicine, as well as Site Director for postgraduate Residency programs in Family Medicine and Rehabilitation Medicine. He has also contributed his expertise with the Ministry of Education’s Healthy Youth Committee, the former Ministry of Community Development, Youth & Sports’ Sports Safety Committee, as well as the Singapore Armed Forces’ Fitness Advisory Board.

FACULTY'S BIOGRAPHIES



Prof Craig WILLIAMS

*Exeter University
United Kingdom*

Craig Williams is Professor of Paediatric Physiology and Health and Director of the Children's Health and Exercise Research Centre (CHERC) at the University of Exeter. Craig is internationally recognised for his research in paediatric exercise physiology and applied youth sports performance.

Professor Williams has authored 150 original and review articles, book chapters and proceedings articles. He is the co-author of a variety of textbooks for exercise and sport science students, *Mathematics and Science for Exercise and Sport* (2008), *Science for Exercise and Sport and Data Analysis* (2001) and *Research for Sport and Exercise Science* (2003), *Coaching the Young Developing Performer* (2009) and *Human Muscle Fatigue: Exercise, Sport and Health* (2009). In 2011 he co-edited the conference proceedings text book: *Children and Exercise, Pediatric Exercise Physiology XXVII*.

Craig is a Fellow of the British Association of Sport and Exercise Sciences and the American College of Sports Medicine. He is an Associate Editor for *European Journal of Sports Science*, *Sports and Journal of Congenital Cardiology* and is an editorial board member of the journal *Pediatric Exercise Science*. He works across a variety of national organisations including British Gymnastics, Lawn Tennis Association and British Cycling and professional Premiership teams in football and rugby.

FACULTY'S BIOGRAPHIES



Mr Matthew WYLDE

*National Youth Sports Institute
Singapore*

Matthew Wylde is the Head of Performance Analytics at the National Youth Sports Institute (NYSI), where he oversees the provision of video and data analysis support to high level youth athletes across Singapore. Matthew has worked with Singaporean athletes across a number of competitions, including the Youth Olympic Games, Asian Youth Games and South-East Asian Games.

Matthew has a MSc Performance Analysis from Cardiff Metropolitan University (UK) and is currently completing a PhD with Bournemouth University (UK). Matthew's main research area is in the use of inertial measurement units to quantify movement with a view to better understanding youth athlete development. Prior to joining NYSI, Matthew held roles with the Singapore Sports Institute and Singapore Sports School.

FACULTY'S BIOGRAPHIES



Dr Yang Yi Fan

*National Institute of Education
Singapore*

Dr Yang's research interest is in the use of exercise and nutrition as countermeasures to health conditions related to skeletal muscle, and sports nutrition. Her research expertise ranges from whole-body to cellular physiological measurements including gene expression and stable isotope infusion. She has worked with young and old men and women of varying fitness levels including world-class athletes.

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ABSTRACTS

SMAS ASM (Day 1)
19 May, Friday
Suntec Singapore Convention & Exhibition Centre

S1	Paediatric exercise science – from health to athletic performance	Prof Craig WILLIAMS
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The origins of paediatric exercise science can be traced to meeting of eight scientists in 1967 in Berlin, when the group decided that more research dedicated to young people’s health and exercise should be pursued. This group comprised researchers from disciplines related to medicine, teaching and sports coaching. Nowadays, paediatric exercise science has become established as an academic discipline with important implications for children’s and adolescents’ sport, exercise and physical activity. Over the last 50 years compelling adult evidence has established that physical activity and/or high aerobic fitness protects against coronary heart disease, lowers high blood pressure, enhances blood lipid profile, lessens obesity, retards osteoporosis, improves mental health and reduces the risk of some cancers. Therefore, promoting physical activity and/or aerobic fitness are major issues for youth health and well-being and the subsequent long term health during adulthood. Sport is one initiative to promote health and well-being, but sporting performance is affected by a range of age- and maturation- related factors that influence success. Biological clocks operate at different rates and during adolescence boys and girls who mature earlier and later, respectively, than their peers experience significant advantages in performance. These factors can have important consequences on injury, burn-out and retention in sports participation. More recently, the increased professionalisation of youth sports has brought to the fore concerns about the health and well-being of our young athletes. This recent focus of attention on issues related to early specialisation and overtraining or non-functional overreaching points to much needed research to help inform practice. This presentation will present a historical overview and critical analyses of young people’s physical activity, fitness and sports performance and identify future challenges for the promotion of health and well-being.

S2	Paediatric muscle physiology – considerations for training and long term athlete development	Dr YANG Yi Fan
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The consensus among health authorities worldwide for physical activity guidelines for children and adolescents (5-17 years old) is to accumulate at least 60 minutes of physical activity daily. The activities should be a combination of moderate and vigorous intensity and can be accumulated as part of transportation, physical education, sport, free play and planned exercise. In addition to aerobic physical activities, children and adolescents should also participate in activities that strengthen muscle, at least 2-3 times per week. This talk will provide a review on activities suitable for children and adolescents to strengthen muscle for health and athletic performance, and considerations for strength training and long term athlete development.

S3	Thermoregulation during exercise in children	Dr Jason LEE
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Sports provide youth athletes with various benefits but when undertaken in hot environments, may bear undesired consequences, including the risks of incurring heat related illnesses due an excessive rise in body core temperatures. High levels of heat and humidity are barriers for young athletes and may exhaust them beyond their normal limits if appropriate precautionary measures are not taken. I will present current perspectives of heat stress on youth athletes. Comparison of latest viewpoints with traditional assumptions on thermoregulation and exercise performance between the young athletes and adults will be discussed. There are beliefs that children are less efficient than adults in thermoregulation, culminating in compromised work tolerance and increased risk of developing heat illnesses during exercise in the heat. Thermoregulation in the youths may not be disadvantageous as traditionally portrayed. Mitigation strategies to augment performance and to preserve health during exercising in warm and humid conditions will be proposed and precautionary measures will also be highlighted. Since current perspectives depict that the differences between children and adults are insignificant in several aspects, several heat mitigation strategies extrapolated from adult-based studies can be used to optimise performance and to preserve health in youth athletes.

S4	More than just an afterthought: Sleep considerations for the developing youth athlete	Dr Haresh SUPPIAH
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Sleep is becoming increasingly acknowledged as the single most important aspect of athletic training and recovery. However, adolescents are known to obtain less than adequate sleep during the second decade of life due to a host of biological, environmental and scheduling issues. This presentation will deconstruct the mechanisms behind sleep curtailment in adolescent athletes, and the implications on performance for the student-athlete.

S5	Keynote address: Still sitting and sitting still – physical inactivity in Singapore - ignore at our peril	Prof Micheal CHIA
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Inactivity or sedentary physiology is an emergent field of study that addresses the issues of inactivity throughout the lifespan. Far more people are engaged in prolonged sitting as a matter of habit for work, transport and for leisure and it appears that both ‘nature and nurture’ contribute to this entrenched behaviour of choice. The health risks associated with prolonged sitting are higher than those for smoking; yet less resolve, research and resources are devoted to address the ‘elephant-in-the-room’. This exposes large segments of Singaporean society to shortened lifespans and also more disease-years of living now and in the future. The presenter describes prolonged sitting as cruel and unusual punishment and canvasses society to set us free- to have the license to move and to increase NEAT as a habit of choice. Prevalence data among youth and adults and also innovative interventions in school and at work to address the issue will be foregrounded. Greater resolve, research and resources, coupled with holistic intervention approaches in getting people to ‘sit less and move more’ are required to reverse-engineer sedentary behaviours in all segments and contexts of society.

S6	Physical activity guidelines and national initiatives to promote physical activity amongst children	Mr Eugene HENG
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Physical activity plays an important role in the health, well-being and quality of life of people of all ages. It is particularly important for the young as evidence shows that children and youth who engage in regular physical activity accrue multiple health benefits. To make physical activity more accessible and engaging for children and youths in Singapore requires a whole-of-Singapore approach with partners such as educational institutions, parents and industry.

The Health Promotion Board (HPB), in consultation with the National Physical Activity Consensus Group (NPACG), developed new physical activity guidelines in 2013 to start the Whole of Government effort to increase physical activity levels among children and youths. The document summarises the latest evidence drawn from an extensive review of the scientific evidence relating physical activity to health, and serves as the foundation for the development of physical activity programmes for children and youth. This presentation will provide an overview of the guidelines and the programmes that were developed with stakeholders in educational institutions, community organisations and private companies to enhance physical activity levels among children and youths.

S7	Play, fundamental movement skills and physical literacy	Dr Esther CHIA
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With childhood obesity and physical inactivity becoming of increasing concern, physical literacy is one concept that has been proposed to be a missing link that supports engagement in physical activity. Despite the importance of physical literacy, there still seems to be a lack of emphasis on the development of fundamental movement skills in early childhood, given its role in physical literacy. This presentation will provide an overview to the concept of physical literacy, and how play and fundamental movement skill proficiency contribute to the development of physical literacy.

S8	Exercise for clinical populations – from lab to playground	Dr Bart Bongers
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Abstract not available at time of print.

S9	Exercise in children with chronic heart conditions	Dr CHEN Ching Kit
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Exercise, a specific form of physical activity, is generally planned, repetitive and carried out with the aim of improving fitness and health, whilst physical activity more broadly includes daily activities such as housework and activity for means of transportation. Physical exercise has many benefits and should be a regular part of almost any child’s life. That includes most children and adolescents with chronic heart conditions such as congenital heart disease and cardiomyopathies. Research on this patient population, even complex disease, has shown that routine moderate exercise is safe and can be beneficial. Although restriction from competitive athletics may be well indicated in some, the great majority of patients can and should engage in some form of physical exercise and should avoid a sedentary lifestyle. Clinicians should encourage their patients to engage in healthy physical activities, bearing in mind specific features in some patients, such as the type of cardiomyopathy, residual obstruction, pulmonary vascular disease, low systemic ventricular function, and pre-existing arrhythmias in the presence of implanted cardiac rhythm devices such as pacemakers and implantable cardioverter-defibrillators. This presentation provides an overview on the safety of sports and exercise in children with chronic heart conditions including congenital heart disease and cardiomyopathies.

S10	Exercise management for children with asthma	Dr TEOH Oon Hoe
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Asthma is the most common chronic medical condition affecting children worldwide. Although exercise is an important component contributing to the physical growth and psychosocial development of a child, it is also a common trigger of symptoms and exacerbation in children with asthma, especially if the asthma is not well controlled. With appropriate treatment with controller medications, most children with asthma will be able to exercise safely without symptoms or exercise induced bronchoconstriction. There is evidence that aerobic exercise training for children with asthma improves physical fitness and exercise capacity, and may also reduce airway inflammation and improve clinical asthma control, so regular physical activity should be encouraged in children with asthma. Respiratory related symptoms with exercise may not always be secondary to exercise induced bronchoconstriction. Objective assessment with exercise challenge tests may be necessary if careful history taking does not help to differentiate between exercise induced bronchoconstriction, reduced physical fitness or nasal symptoms. Children with asthma are often restricted from participation in sports and physical activities. These restrictions may be self-imposed, or imposed by parents and teachers. Intervention programs that involve education on asthma disease and the acute management of asthma symptoms and exacerbation, provision of inhalers and spacer devices in the school, and advice on general precautions, exercise environment and risk stratification of different types of sports activities will allow children with asthma to exercise safely and reduce the imposed restrictions.

<p>SMAS ASM (Day 2) 20 May, Saturday Suntec Singapore Convention & Exhibition Centre</p>

S11	Aetiology and management of common paediatric sports injuries	Dr Dinesh SIRISENA
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Due to the frequency of contact and increasing levels of competitiveness, injuries are a common problem in sport. Often these can have a lasting impact on the athlete, their families and teammates. With professional sport becoming more competitive, there is often pressure on children to specialise in sport at an earlier age and while this can make them experts in the sport, it can increase the risk of overuse injuries.

This talk will consider common aetiologies behind injuries in the child athlete, the types of pathologies that they may present with and how, as medical professionals, we can try to manage them.

S12	Injury prevention in the youth athlete	Mr Calvin GOH
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Some of the most popular sports for youth in Singapore include Soccer, Swimming, Weight Training, Running, Tennis, Badminton, Basketball and Golf. Most injuries overlap different sports: ankle sprains, knee tendonitis, ligament tears, muscle strains, shoulder impingements, lower back pain etc. With a sports physiotherapist perspective, the talk will briefly run through common causes of injury, injury prevention, and treatment options. Understanding and providing stretching and strengthening exercises with good form for youth athletes are key components to injury prevention and minimising repetitive injuries.

S13	Video analysis in youth sports	Mr Ivan EE & Mr Matthew Wyld
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With recent advancements in technology, the tools to provide video feedback to youth athletes have become increasingly accessible to coaches, teachers and sport science and medicine practitioners. The initial presentation will provide a background to the use of video analysis and the important role that it plays in the development of youth athletes. This will include examples from a range of individual and team sports. The accompanying workshop will then provide practical insights into the application of video analysis, including factors such as “what” to analyse and “how” to go about the analysis. The workshop will end with a hands on practical, utilising a free to download app to conduct video analysis and provide video feedback.

S14	Doping issues in sports: It is never too young to start	Dr TEOH Chin Sim
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In the pursuit of sporting excellence, it is not uncommon for young athletes to add on dietary supplements to their armamentarium to ensure that every possible strategy is harnessed to give them an “edge” over others in sports performance. An interest in having an attractive physique and/or the influence of peers may also drive the behavior of a recreational adolescent athlete to seek alternatives to optimize one’s appearance, strength and power.

In this day and age where most things can be ordered online and sent to your home, you can get access to all manner of supplements including banned substances in sports. The matter of concern is whether or not you can trust the source or manufacturer and also the ingredient label. Arising from these would be related issues of inadvertent doping, intentional doping, hazards to health, and ethics in sport. Careful thought and consideration should therefore be given prior to taking any supplement or medication.

Early education in doping and sports for all stakeholders is key to active, safe, and optimal performance in sports participation. Other than athletes, parents, coaches and sports officials should likewise be familiar with search engines such as “Check Drugs” on and the Prohibited List of banned substances and methods.

S15	Strength & conditioning for young athletes	Ms Elaine GAY
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There have been great interest in the area of strength training for youth. Concerns that excessive loading may result in stunted musculoskeletal development have been raised but these claims are unsubstantiated. The current evidence not only endorses, but strongly encourages strength training for long-term health, physical fitness and psychological well-being in youth athletes. A well-planned, maturational-age appropriate training programme, primarily focusing on motor skill and muscular strength development, is also shown to enhance sports performance and reduce sports related injuries.

This workshop targeted for coaches and parents, highlights safe strength training strategies that can employed using body weight exercises with progressive variations. Participants will also be introduced to basic injury prevention and management strategies that can be applied in daily training sessions.

S16	Sport nutrition for young athletes	Mr Derrick ONG
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Abstract not available at time of print.

S17	Sports Taping	Ms Sharon LIM Ms WONG Shi Yun Mr Balaji CHAND
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Abstract not available at time of print.

SMAS Parental Workshop (Day 2)
 20 May, Saturday
 Suntec City Convention Centre

S18	Early specialization in sports – friend or foe?	Dr Haresh SUPPIAH
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The need to win at the adult levels of sport competition drives early specialisation towards a singular sport in early to middle childhood. However, emergent research highlights that reaching the pinnacle of sporting success is more complex than simply accumulating sport-specific training hours through early specialisation. Conversely, success stories of athletes that refined their sport specific skills from a very early age, seem to convey the need for a high-quantity, specialised training during the early stages of development. Considering the ambiguity between current research and narratives in popular media, this presentation aims at providing a nuanced update on athlete developmental pathways.

S19	Injury prevention and management	Dr Roger TIAN
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Sports injuries occur when the musculoskeletal system is exposed to forces that overcome its ability to cope. Acute injuries happen when a large force is applied over a short period of time. Overuse injuries occur when smaller forces are applied repetitively over a relatively longer time. As the musculoskeletal system is immature, there are several anatomical and pathological differences between the injuries sustained between children and adults. The physiological systems in the young athlete are also less able to cope with environment stressors such as temperature extremes and pollution, and precautions should be taken during exercise in these conditions. Children are also unable to comprehend danger, and it is the responsibility of supervising adults and event organisers to ensure a safe and risk free sporting environment.

Early management of an injury follows the PRICE (Protection, Rest, Ice, Compression, Elevation) protocol. The child should receive professional medical attention should symptoms persist or worsen despite these measures. Injuries to the head and facial structures, as well as those involving high energy trauma, should be assessed by a medical professional. The child should regain full and pain free use of the injured structure, with recovery of strength and mobility before returning to sports.

Successful management and prevention of injuries requires thorough assessment and modification of risk factors. Risk factors may be intrinsic (eg. body weight, fitness, biomechanics, muscle imbalance) or extrinsic (eg. training load, equipment, environment). As the cause is usually multifactorial, all factors must be identified and addressed or recovery may be delayed and the injury recurs. Risk reduction includes the use of protective equipment, restricting training loads to levels commensurate with the child’s development, as well as paying attention to recovery and nutritional strategies. The various stakeholders including parents, coaches and schools should play an active role in risk management, thus making sports and physical activity safe and enjoyable for the young athlete.

S20	Intense training and risk of burnout for youth athletes	Dr Jae-Lee NAIR
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Burnout is not something to be taken lightly. Research has linked burnout in youth sport to greater risk of injury and early drop out. When I assess young athletes for burnout, the questions I receive from parents are: “How can you tell the difference between laziness and burnout?; “Is my child trying to get out of doing something that requires effort and hard work?”

To answer these questions, we must first gain insight into the psychology of burnout and second, we must understand the complexities of motivation - the driver of all human behavior, that can help us interpret our children’s behavior more accurately. Burnout is not simply a physical dilemma characterised by fatigue and lack of recovery, it also has an important psychological component that typically follows a drop in performance or a lack of improvement over an extended period of time.

In this talk, I will share the complexities of burnout, the causes and contributing factors, and how parents and coaches can proactively protect their student-athletes from burnout and early drop-out from sport.

S21	Podiatry issues (foot problems) for youth athletes	Mr LEE Tze Tye
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Recent years have seen an increase in sports participation by children and youth in Singapore. Whilst this is encouraging it is also necessary to pursue this within safe guidelines which are age appropriate to the developing child. This is especially so with the foot.

The foot is an often overlooked but necessary part of the body when it comes to sports. Without the use of the feet the sportsperson would be rendered useless no matter how talented he or she may be. Many a sportsperson career has been affected by foot and lower limb pain and injury. Some well known examples are David Beckham in Football to Yao Ming in Basketball.

Podiatry is an allied health science specialising in the diagnosis and treatment of pain and injuries in the foot and lower limb. Podiatry works best in the framework of the multi- disciplinary medical team to provide the athlete with the best treatment options in all areas.

Some common questions that parents ask are:

“I’ve been told my child has flat feet, can he do sports?”

“After training, my child says her bone hurts, is this serious?”

“I’ve heard of custom made insoles, What are they, does my child need them, and can they make him run faster?”

This talk looks at common foot pain. It also addresses common concerns of parents regarding their children’s feet - the impact on their training and potential ability in sports. It also highlights the right and wrong perceptions of insoles in the use of sports, and what to look for when buying sports shoes.

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