

Sports Medicine Association Singapore Annual Symposium 2021
“Emerging Frontiers – Performing Arts & Esports Medicine”
25 September 2021 (Saturday)

Morning Session Programme: Performing Arts Medicine

Time	Topic	Speaker	Organisation
0900 – 0905h	Opening Address	Dr Dinesh Sirisena	President Sports Medicine Association Singapore
0905 – 0910h	Introduction to the Performing Arts Medicine Special Interest Group	Dr Mandy Zhang	Associate Consultant Sport & Exercise Medicine Singapore Sport & Exercise Medicine Centre
0910 – 0925h	Are Performing Artists, Athletes?	Adj Asst Prof Leonard Lim and Dr Mandy Zhang	Consultant Sport & Exercise Medicine Singapore Sport & Exercise Medicine Centre
0925 – 0930h	Sponsor Segment: Viatris		
0930 – 0955h	Dancers as Artistic Athletes	Adj Asst Prof Jason Chia	Senior Consultant & Head Sports Medicine & Surgery Clinic Tan Tock Seng Hospital
0955 – 1020h	Protecting Keyboard Warriors at the Piano, Computer Keypads & Gaming Controllers	Mr Frank DeMeglio	Lecturer, Classical Music School of Contemporary Music LASALLE College of the Arts
1020 – 1035h	Q&A Session I		
1035 – 1050h	Let's Move! With Physiotherapist Ms. Vivien Koh		
1050 – 1115h	Voice Damage in the Voice Artist	Clin Assoc Prof Peter Lu	Senior Consultant Otorhinolaryngology – Head & Neck Surgery Changi General Hospital
1115 – 1140h	What Nerve!	Ms Lena Ching	Vice Dean School of Music Nanyang Academy of Fine Arts
1140 – 1155h	Q&A Session II		
1155 – 1200h	Sponsor Segment: Sonata		
1200 – 1215h	Closing of Morning Session		

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Afternoon Session Programme: Esports Medicine

Time	Topic	Speaker	Organisation
1330 – 1355h	Enter Esports Medicine – Managing the Health of the Esports Athlete	Dr Joshua Li	Registrar Sport & Exercise Medicine Changi General Hospital
1355 – 1420h	Reducing Digital Eye Strain – Computer Vision Syndrome and its Prevention	Dr Desmond Quek	Senior Consultant Eye Surgeon Director of Glaucoma Services Eagle Eye Centre Singapore
1420 – 1430h	Q&A Session I		
1430 – 1455h	Gaming Posture and Ergonomics for Esports	Ms Lee Pei Xuan	Senior Physiotherapist Heartland Rehab
1455 – 1500h	Official Chair Partner Segment: Secretlab		
1500 – 1525h	How to Win an Esports SEA Games Medal!	Mr Thomas “Blysk” Kopankiewicz	Esports Athlete 2019 SEA Games Silver Medalist (StarCraft II)
1525 – 1535h	Q&A Session II		
1535 – 1540h	Sponsor Segment: Viatris		
1540 – 1605h	Mind Games – Maintaining Mental Wellness in the Pursuit of Gaming Excellence	Dr Aaron Meng	Consultant Psychiatrist Ng Teng Feng General Hospital
1605 – 1610h	Official Hydration Partner Segment: Pocari Sweat		
1610 – 1635h	Optimising the Esport Athlete with Nutrition & Sleep – Thinking Outside the Box (And Inside the Fridge)	Dr Richard Swinbourne	Sport Nutrition Team Lead & Sleep Scientist Singapore Sport Institute
1635 – 1645h	Q&A Session III		
1645 – 1700h	Closing of Afternoon Session		