



Musculoskeletal Disorders:  
Understanding Pathologies and Treatments

Dr Benjamin Seah Renyi

8<sup>th</sup> September 2024 - 1:30PM-3:30PM

Management of Shoulder and Elbow Pain: Diagnoses and Treatments

Population prevalence of shoulder pain is as high as 55%, with rotator cuff pathology and shoulder impingement syndrome as common causes. Elbow pain is less commonly discussed but equally important as its incidence varies between 3-55%, depending on the population involved and the type of injury described, though most injuries tend to be overuse pathologies. Dr Seah will discuss basic anatomy, diagnoses, assessment and management options for various shoulder and elbow pathologies.



Dr Huang Yilun

8<sup>th</sup> September 2024 - 3:45PM-5:45PM

Endoscopic Spine Surgery: Less is more

Dr Huang will share his experience and touch on topics such as the efficacy and benefits of endoscopic spine surgery. The lecture will examine the indications, surgical techniques and outcomes of endoscopic spine surgery and how this minimally invasive procedure is cost effective with faster recovery and shorter hospital stay. Dr Huang will also share its application for various spine conditions, allowing a pain free lifestyle without going for more invasive procedures, and the benefits in the long run for spinal health for the general population.



Dr Hamid Razak

15<sup>th</sup> September 2024 - 2:00PM-4:00PM

Knee Preservation: Is It Worth The Break?

Dr Hamid will explore the efficacy and benefits of knee preservation procedures, with a particular focus on realignment osteotomy. This procedure is essential for patients suffering from early-stage knee osteoarthritis or deformities, offering an alternative to total knee replacement. The lecture will discuss the indications, surgical techniques, and long-term outcomes of realignment osteotomy, highlighting its role in pain relief, function restoration, and delaying the need for more invasive interventions, gaining insights into patient selection, potential complications, and the overall value of preserving the natural knee joint.



Course Fee::

Per session: Member: \$20 | Non-member: \$30

Full Series: Member: \$48 | Non-member: \$72

(20% off on the entire course)

(Registration deadline: 4 SEP 2024 or until full number of places is subject to payment))

To Register

1 QR code



2 Phone or email

6291 3758 (Mon-Fri)

admin@academycms.org

CPE Points:

2 CPE points will be awarded for each session /6 CPE points will be awarded for all 3 sessions.

-Details for the zoom lecture will be disseminated nearer to the event date via the email or mobile contact provided during registration.

-The lecture serves as a medium to provide physician with information and materials on the pathologies and treatments of musculoskeletal disorders from medical surgical practices only, and do not serve as an accreditation of the clinical competency and proficiency of physicians on the subject.



新加坡中医研究院  
Academy of Chinese Medicine, Singapore

# Payment methods

**\* If you do not pay within 1 week of registration, your registration will be automatically cancelled \***

## 通过支票付款 (Payment via Cheque)



Payable to "Academy of Chinese Medicine, Singapore" and mail to Academy of Chinese Medicine, Singapore (705 Serangoon Road Singapore 328127)

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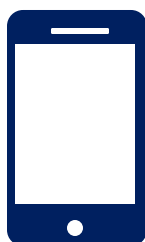


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