

Organised by:



# 7<sup>th</sup> Annual Meeting of the ASEAN Society for Sports Medicine and Arthroscopy (ASSA) and Malaysian Arthroscopy Society (MAS) Annual Scientific Meeting / Annual General Meeting 2019

Theme:

**Knee & Shoulder Arthroscopy - The ASEAN Flavour**



16th October 2019 (Pre-Conference Workshops)  
17th to 19th October 2019 (Conference Days)



Shangri-La Hotel Kuala Lumpur, Malaysia

**Conference Secretariat:**

Malaysian Arthroscopy Society (MAS)  
c/o Medical Conference Partners  
4, Lengkongon Jenjarom, Taman Seputeh,  
58000 Kuala Lumpur, Malaysia.  
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**Closing Date: 30th June 2019**

Submit your abstracts for the Azmi Abdul Latif Award (Oral Presentation) or Best Poster Presentation Award.

**CALL FOR  
ABSTRACTS**

## ▶ WELCOME MESSAGE FROM PRESIDENT OF MALAYSIAN ARTHROSCOPY SOCIETY (MAS)

Dear Colleagues,

Coming into 2019, the Malaysian Arthroscopy Society (MAS) has spent the last six years improving on and bringing awareness to the value of arthroscopic surgery to our country. We continue in realising our society's goals to promote, encourage, support and foster through continuing medical education functions; the development and dissemination of knowledge in the discipline of arthroscopic surgery to improve upon the diagnosis and treatment of diseases and injuries of the musculoskeletal system.

I would like to take this opportunity to show gratitude to ASSA for entrusting our society with the task of hosting this year's regional conference. It is with great pleasure that I invite you to join us at the Combined Meeting of the 7th Annual Meeting of the ASEAN Society for Sports Medicine and Arthroscopy (ASSA) and 7th Malaysian Arthroscopy Society Annual Scientific Meeting 2019 happening from 17th to 19th October 2019. This year's meeting will be focused on the Knee and Shoulder in the context of how injuries and surgeries are managed within a South-East Asian context. The Organising Committee, under the leadership of Col (R) Dr Azmi Abdul Latif and Assoc Prof Dr Mohd Nizlan Mohd Nasir are working tirelessly in putting together a comprehensive and extensive scientific programme that would benefit your practice, no matter where you are from.

We are proud to share our beloved city of KL with you this year. We believe you are bound to have a wonderful time with your family outside the conference hours, experiencing the best of food and fun that the city has to offer. I can't think of a better occasion to experience both business and leisure that won't take you too far away from home.

I look forward to having you join us in Kuala Lumpur in October!

Warm Regards,

**Brig Gen Dato' Dr Mohammad Amirrudin Hamdan**  
President  
Malaysian Arthroscopy Society  
2017 - 2019

## ▶ WELCOME MESSAGE FROM ORGANISING CHAIRMAN OF 7TH ASSA-MAS ASM 2019

I would like to welcome each and every member of the Arthroscopy fraternity from Malaysia and our neighbouring regions, including Trainees and Allied Health Professionals to join us at the Combined Meeting of the 7th Annual Meeting of the ASEAN Society for Sports Medicine and Arthroscopy (ASSA) and 7th Malaysian Arthroscopy Society Annual Scientific Meeting 2019.

We appreciate the feedback we have received over the years in regard to our annual conference and have focused on fine-tuning the meeting to suit our local communities, while at the same time maintaining international meeting standards. This year, the theme we have chosen focuses on South-East Asian approach to Knee and Shoulder arthroscopy, popular areas for sports surgery in our countries. From the committee's experience and as seen in international arthroscopy meetings, these areas are experiencing rapid advancements. As such, we hope to provide you with sessions that ideally encompass the latest findings and updates on the specific areas in relation to Knee and Shoulder surgery. With the expertise of our very own Assoc Prof Dr Mohd Nizlan Mohd Nasir as Scientific Chairman for the upcoming meeting, I believe you will be provided with a great selection of lectures that we hope inspires your practice.

Kuala Lumpur is a city that provides a brilliant platform for such an event to be held. You will not only receive an education during this period, but also be able to enjoy the fascinating sights and sounds that this city has to offer, from the modern Petronas Twin Towers to the breathtaking limestone hills of Batu Caves. With the evolving traditions and modernisation on display in KL, it is a fitting location to have this meeting, which propagates a similar ideal that each of our ASEAN capital cities share.

I hope you will join us on this journey of learning in Kuala Lumpur. You will not want to miss the exciting and insightful experiences that lie ahead.

Best Regards,

**Col (R) Dr Azmi Abdul Latif**  
Organising Chairman  
7th ASSA-MAS ASM 2019

## ▶ MALAYSIAN ARTHROSCOPY SOCIETY COUNCIL MEMBERS

<b>President</b>	Brig Gen Dato' Dr Mohammad Amirrudin Hamdan
<b>Vice President</b>	Dr Ng Wuey Min
<b>Secretary</b>	Assoc Prof Dr Mohd Nizlan Mohd Nasir
<b>Assistant Secretary</b>	Dato' Dr Badrul Akmal Hisham Md Yusoff
<b>Treasurer</b>	Brig Gen Datuk Dr MUhamad Fuad Daud
<b>Exco</b>	Dr Soon Chee Khian Dr Mohamad Razip Sirat
<b>Advisors</b>	Datuk Dr Mohd Asri Abd Ghapar Dr Hishamudin Masdar Prof Dr Wan Hazmy Che Hon
<b>Auditors</b>	Dr Shamsul Iskandar Hussein Col (R) Dr Kok Choong Seng
<b>Regional Representative</b>	Dr Harjeet Singh ( <i>Central</i> ) Brig Gen Dr Musa Kasmin ( <i>North</i> ) Dr Zulkifli Hassan ( <i>South</i> ) Dr Nik Mohd Fatmy Nik Mohd Najmi ( <i>East Coast</i> ) Dr Leong Wan Hee ( <i>East Malaysia</i> )

## ▶ 7th ASSA-MAS ASM 2019 ORGANISING COMMITTEE

<b>Organising Chairman</b>	Col (R) Dr Azmi Abdul Latif
<b>Co-Organising Chairman</b>	Dr Shamsul Iskandar Hussein
<b>Scientific Chairman</b>	Assoc Prof Dr Mohd Nizlan Mohd Nasir
<b>Scientific Committee</b>	Dr Ahmad Farihan Mohd Don Dr Azammudin Alias Dr Harjeet Singh Dr Mohamad Razip Sirat Dr Mohd Zaidi Hj. Saleh Brig Gen Dr Musa Kasmin Dato' Dr Shahrulazua Ahmad Dr Soon Chee Khian Assoc Prof Dr Tengku Muzaffar Tengku Md. Shihabudin Dr Teo Seow Hui

► 7th ASSA-MAS ASM 2019 PROGRAMME OVERVIEW

TIME	17th October 2019 (Thursday)	
	Lecture Hall A	Lecture Hall B
0630 - 1800	<b>Registration Counter Opens</b>	
	<b>ICL 1A.1 - Biceps Tendon and Its Anchorage</b>	<b>ICL 1B.1 - ACL: ... of Graft Type and Fixation Method</b>
0730 - 0830	<ul style="list-style-type: none"> <li>• Indications For Tenotomy</li> <li>• Bicep Tenodesis</li> <li>• SLAP Lesion And Repair</li> <li>• Distal Biceps Tendon Injury - Need To Repair?</li> </ul>	<ul style="list-style-type: none"> <li>• Patellar Tendon In ACL Reconstruction</li> <li>• All Inside ACL Reconstruction</li> <li>• Implantless ACL Reconstruction</li> <li>• ACL Reconstruction: Avoiding Complications</li> </ul>
0830 - 0900	<b>Plenary 1 - Rotator Cuff</b>	
0900 - 0930	<b>Plenary 2 - ACL Revision</b>	
0930 - 1000	<b>Tea Break &amp; Exhibit Visit</b>	
1000 - 1030	<b>Cadaveric Demo 1A.1 - Rotator Cuff Repair Demo</b>	
	<b>Symposium 1A.1 - AC Joint Injury</b>	<b>Symposium 1B.1 - Meniscus</b>
1030 - 1200	<ul style="list-style-type: none"> <li>• Understanding The Biomechanics Of The AC Joint</li> <li>• Surgical Concepts In Fixation</li> <li>• Why Do AC Joint Reconstructions Fail?</li> <li>• Rehabilitation After An AC Joint Reconstruction</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation Of Meniscus Injury</li> <li>• Meniscal 'Ramp' Lesions - My Way</li> <li>• Dealing With Root Lesions</li> <li>• Augmenting A Meniscal Repair</li> </ul>
1200 - 1230	<b>Lunch Symposium 1</b>	<b>Lunch Symposium 2</b>
1230 - 1330	<b>Lunch &amp; Exhibit Visit</b>	
	<b>Symposium 1A.2 - ACL</b>	<b>Symposium 1B.2 - Sports Medicine: Upper Limb</b>
1330 - 1500	<ul style="list-style-type: none"> <li>• Evolving Anatomy Of ACL</li> <li>• Graft Choices And Fixation In High Demand Athletes</li> <li>• The Role Of Extraarticular Lateral Tenodesis Augmentation In ACL Reconstruction</li> <li>• Return To Sports After ACL Reconstruction</li> </ul>	<ul style="list-style-type: none"> <li>• Traumatic &amp; Multidirectional Instability: Role Of Conservative Management In Full Contact Sports</li> <li>• Rotator Cuff Tendinopathy - Management Strategy</li> <li>• Rehab Programme After Cuff Repair</li> <li>• Role Of Rehab In Scapulothoracic Dyskinesia</li> </ul>
1500 - 1530	<b>Cadaveric Demo 1A.2 - ACL Demo</b>	
1530 - 1600	<b>Tea Break &amp; Exhibit Visit</b>	
	<b>Symposium 1A.3 - PCL and Multiligament</b>	<b>Symposium 1B.3 - Orthopedic Trainees</b>
1600 - 1730	<ul style="list-style-type: none"> <li>• Evaluations And Management Of PCL Injuries</li> <li>• Transeptal Remnant Preserving PCL Reconstruction</li> <li>• Multiligament Injury Of The Knee - Approach To Treatment</li> <li>• Direct Repair Of PLC And Its Outcome</li> <li>• Arthroscopic Popliteus Reconstruction</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder Examination For Instability</li> <li>• Shoulder Examination For Cuff Injuries</li> <li>• Knee Examination (Excluding Patellofemoral Instability)</li> <li>• Examination Approach For Patellofemoral Instability</li> <li>• OSCE Quiz</li> <li>• Rehab Principles - Knee Reconstruction</li> <li>• Rehab Principles - Shoulder Surgery</li> </ul>
1730 - 1800	<b>Cadaveric Demo 1A.3 - PCL Demo</b>	
1930 onwards	<b>Faculty Dinner (By Invitation Only)</b>	

► 7th ASSA-MAS ASM 2019 PROGRAMME OVERVIEW

TIME	18th October 2019 (Friday)	
	Lecture Hall A	Lecture Hall B
0630 - 1930	<b>Registration Counter Opens</b>	
	<b>ICL 2A.1 - Osteotomy Around The Knee</b>	<b>ICL 2B.1 - The Rotator Cuff : Repair Techniques</b>
0730 - 0830	<ul style="list-style-type: none"> <li>History And Indication Of Osteotomy</li> <li>Crossfire: Medial Compartment OA: HTO vs UKA</li> </ul>	<ul style="list-style-type: none"> <li>Constructing An Ideal Repair</li> <li>Evaluation And Management Of Intrasubstance Tears</li> <li>Single Row Repair - Indications And Technique</li> <li>Double Row Repair - Indications And Technique</li> </ul>
0830 - 0900	<b>Plenary 3 - My Experience In ACL Surgery</b>	
0900 - 1030	<b>Officiation Ceremony &amp; Keynote Lecture</b>	
1030 - 1100	<b>Tea Break &amp; Exhibit Visit</b>	
1100 - 1130	<b>Cadaveric Demo 2A.1</b>	
	<b>Symposium 2A.1 - Foot and Ankle</b>	<b>Symposium 2B.1 - ASSA: Sports Research and Fellowship Collaboration</b>
1130 - 1300	<ul style="list-style-type: none"> <li>Lateral Ankle Instability : Open vs Arthroscopic Reconstruction</li> <li>Osteochondral Lesions Of The Talus : Current Treatment Strategies</li> <li>Achilles Tendon Injuries : Treatment In High-Demand Athletes</li> <li>High Ankle Sprain / Injuries : Updates On Treatment</li> <li>Posterior Ankle Scope Indications</li> </ul>	
1300 - 1330	<b>Lunch Symposium 3</b>	
1330 - 1430	<b>Lunch &amp; Exhibit Visit</b>	
1430 - 1500	<b>Cadaveric Demo 2A.2</b>	
1500 - 1600	<b>Azmi Abdul Latif Award Judging Session</b>	<b>Poster Award Judging</b>
1600 - 1630	<b>Tea Break &amp; Exhibit Visit</b>	
1630 - 1930	<b>MAS AGM</b>	
1930 onwards	<b>Conference Dinner</b>	

TIME	19th October 2019 (Saturday)	
	Lecture Hall A	Lecture Hall B
0630 - 1330	<b>Registration Counter Opens</b>	
	<b>Symposium 3A.1 - Cartilage Injuries</b>	<b>ICL 3B.1 - Shoulder Instability</b>
0730 - 0830	<ul style="list-style-type: none"> <li>Osteochondral Defects: Evaluation And Management</li> <li>Microfractures: Current And Future Role</li> <li>Stem Cells And Cartilage Repair</li> <li>Current Advances In Treatment</li> </ul>	<ul style="list-style-type: none"> <li>Imaging In Shoulder Instability</li> <li>Anterior Shoulder Instability - Treatment Of Soft Tissue Lesions</li> <li>Soft Tissue Based Surgical Techniques For Treatment Of Posterior Shoulder Instability</li> <li>Anterior Shoulder Instability - Treatment Of Bony Lesions</li> <li>Shoulder Instability: Role Of Arthroscopy In The Paediatric Age</li> </ul>
0830 - 0900	<b>Plenary 4 - Transosseous RC Repair: Is The Pendulum Swinging</b>	
	<b>ICL 3A.1 - Rotator Cuff</b>	<b>Symposium 3B.1 - Sports Med : Lower Limb</b>
0900 - 1030	<ul style="list-style-type: none"> <li>Recent Understanding On Rotator Cuff Anatomy</li> <li>Treatment Strategy In Partial Thickness Rotator Cuff Tear</li> <li>Superior Capsular Reconstruction</li> <li>Tendon Transfers In Cuff Injuries</li> </ul>	<ul style="list-style-type: none"> <li>Management Of Hamstring Injuries</li> <li>Dealing With Complications Of ACL Reconstruction</li> <li>Rehabilitation In Revision ACL Cases</li> <li>Multiligament Reconstruction: Current Rehabilitative Approach</li> </ul>
1030 - 1100	<b>Tea Break &amp; Exhibit Visit</b>	
	<b>Symposium 3A.2 - Shoulder : Last But Not Least</b>	<b>Symposium 3B.2 - Knee : Last But Not Least</b>
1100 - 1230	<ul style="list-style-type: none"> <li>Subcoracoid Impingement</li> <li>Subscapularis Repair</li> <li>Reverse Shoulder Arthroplasty - Indications And Surgical PEARLS</li> <li>AC Joint OA - Management Strategy And Updates</li> </ul>	<ul style="list-style-type: none"> <li>Primary Patellofemoral Dislocators - What Next?</li> <li>Soft Tissue Reconstruction In Patellofemoral Instability</li> <li>PCL Avulsion Injury - Arthroscopic Repair</li> <li>Treatment Of Bucket-Handle Meniscus Tear</li> </ul>
1230 - 1300	<b>Conference Reflection And Azmi Latif &amp; Poster Award Presentation</b>	
1300 - 1330	<b>Closing Ceremony</b>	

## ▶ REGISTRATION FEES

MALAYSIAN			
	MAS Member	Non-MAS Member	Masters Trainees
<b>Early Bird</b> (Before 15 <sup>th</sup> August 2019)	<b>RM 1,200</b>	<b>RM 1,350</b>	<b>RM 850</b>
<b>Regular</b> (16 <sup>th</sup> Aug - 30 <sup>th</sup> Sept 2019)	<b>RM 1,400</b>	<b>RM 1,550</b>	<b>RM 1,000</b>
<b>Onsite</b> (1st Oct 2019 onwards)	<b>RM 1,600</b>	<b>RM 1,750</b>	<b>RM 1,150</b>

\* MAS Member : Life / Ordinary/ Associate Members

\* Malaysian Non-MAS Member : Surgeons, Sports Physicians, Doctors, Allied Health Professionals

\* Malaysian Masters Trainees: In the field of Arthroscopy of Sports Surgery

INTERNATIONAL			
	Delegate ASSA Countries	Trainee ASSA Countries	Delegate Non-ASSA Countries
<b>Early Bird</b> (Before 15 <sup>th</sup> August 2019)	<b>USD 350</b>	<b>USD 250</b>	<b>USD 400</b>
<b>Regular</b> (16 <sup>th</sup> Aug - 30 <sup>th</sup> Sept 2019)	<b>USD 400</b>	<b>USD 300</b>	<b>USD 450</b>
<b>Onsite</b> (1st Oct 2019 onwards)	<b>USD 450</b>	<b>USD 450</b>	<b>USD 500</b>

## ▶ CONFERENCE VENUE

### Shangri-La Hotel Kuala Lumpur

11, Jalan Sultan Ismail,

50250 Kuala Lumpur, Malaysia.

Website: [www.shangri-la.com/kualalumpur/shangrila](http://www.shangri-la.com/kualalumpur/shangrila)

## ▶ WE WELCOME

- Orthopaedic Surgeons
- Sports Fellows
- Sports Physicians
- Masters Trainees
- Physiotherapists
- Nurses
- Medical Assistants

## ▶ EXHIBITOR ENQUIRY

To receive information regarding the sponsorship opportunities and exhibition for this conference, please contact the Conference Secretariat.

## ▶ MAS MEMBERSHIP

The registration price for MAS members is only applicable if your MAS membership is still valid. If your membership is no longer active, your conference registration will automatically be processed as a Non-MAS member.

Please contact the MAS Secretariat at +603 2276 0555 or [secretariat@my-arthroscopy.com](mailto:secretariat@my-arthroscopy.com) to check your membership status. If you wish to apply or renew your membership, you may download the form from the MAS website at [www.my-arthroscopy.com](http://www.my-arthroscopy.com).

## ▶ CALL FOR ABSTRACTS

The deadline to submit all abstracts is before **5.00pm, 30th June 2019, GMT +8**

### Abstract Submission Guidelines

Structure of abstract submission:

1. Title of abstract
2. Names of all authors
3. Details of affiliation of author(s); institution, city, country.

Abstract content should consist of:

1. Introduction
2. Materials & Method
3. Results
4. Discussion
5. Conclusion
6. References

Abstract submission is to be done online at our conference website.

The maximum number of words for abstract content is 350 words (excluding title, names and details of authors).

You may attach up to 3 figures including graphic and tables, etc. in each abstract submission.

Ensure that all changes, corrections and proof reading have been carried out before your submission. Once you have submitted, you will not be able to edit the information given.

Successful abstracts will be published in MAS website unless informed by the applicant that he/she does not want the abstract to be published.

### Abstract Review

All abstracts will be reviewed by the Scientific Committee.

The Committee reserves the rights to:

1. Select the abstracts relevant to the session.
2. Decide on the final form of presentation (Oral or Poster presentation).

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