

CYCLING INJURIES HOW TO PREVENT THEM!



11 JUNE 2022 / 10AM – 12PM
ZOOM WEBINAR

SPEAKERS



Adj Asst Prof Muhd Farhan
Bin Mohd Fadil
Senior Consultant



Adj Asst Prof
Jason Chia Kok Kiong
Senior Consultant
Sports Physician



Dr Stephen Siew Ka Fai
Associate Consultant



Dr T. Jegathesan
Associate Consultant



Ms Wong Jiayan
Senior physiotherapist



Mr Ray Loh
Senior Physiologist



Mr Gary Goh
Bike Fitter

Cycling is gaining popularity in Singapore. It's a great way to keep fit, build friendships and explore the island. If you're wondering why you keep feeling sore and achy or if you've decided you want to go onto the next level, or are simply just keen to learn more, then this is for you! **Join us as we share some tips and advice on cycling!**

PROGRAMME

10:00AM	INTRODUCTION Adj Asst Prof Muhd Farhan Bin Mohd Fadil
10:05AM	MY KNEES AND BACK DON'T FEEL SO GOOD Adj Asst Prof Jason Chia Kok Kiong
10:25AM	AYE...MY HANDS AND WRISTS HURT Dr Stephen Siew Ka Fai
10:40AM	PROBLEM WITH SORE NECK AND SHOULDERS? Dr T. Jegathesan
10:50AM	Q & A
11:05AM	PREVENTION IS BETTER THAN CURE Ms Wong Jiayan
11:20AM	GOING TO THE NEXT LEVEL Mr Ray Loh
11:35AM	TIPS FROM THE BIKE FITTER Mr Gary Goh
11:50AM	Q & A



Interested participants can sign up and register via the QR code or visit
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