



COMPLIMENTARY WEBINAR

COMMON INJURIES IN FITNESS ACTIVITIES

Friday, 21 October 2022

12.30PM – 1.30PM

Zoom Platform



This talk will provide participants with the fundamentals of sports safety, such as the risk of oral injuries, the biomechanics of running, and different running patterns.

Topics covered:

- Risks of oral injuries and their impact on aesthetic and emotions
- How to recognise the causes of oral injuries and take simple precautions to avoid them
- Treatment of common running injuries



REGISTER NOW!

Interested participants can register via the QR code or visit <https://bit.ly/TTSHcomplimentarywebinar> by 14 Oct 2022.

Registered participants will receive an email notification with the Zoom Webinar details for the event.

OUR SPEAKERS



Dr. Zulfikri Salikin
Senior Consultant
Dental Surgery

Dr. Salikin is an Orthodontist and Senior Consultant at the Department of Dental Surgery, Tan Tock Seng Hospital. Over the last 20 years, he has worked with patients of all ages who inspire him to provide the best treatment possible while preserving the personal identity of their smile. His work often entails close collaboration with medical colleagues in Tan Tock Seng Hospital to provide multi-disciplinary care for patients.



Dr. Jason Chia
Senior Consultant
Orthopaedic Surgery

Dr. Jason Chia is the Head of Sports Medicine and Surgery Clinic at Tan Tock Seng Hospital. Dr. Chia has vast experience in sports injury management, fitness testing and exercise prescriptions, weight management, extracorporeal shockwave therapy, and gait analysis. He has served as the medical committee's sports medicine advisor for the inaugural Asian Youth Games and Youth Olympics Games.