3rd Podiatry Association Symposium

18 March 2017
12:00 pm
Academia AC-7-1
Singapore General Hospital

FEE SCHEDULE

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
<th>Full Price</th>
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<tbody>
<tr>
<td>PA(S) members &amp; symposium presenters</td>
<td>Waived</td>
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<tr>
<td>Non-member podiatrists</td>
<td>$15</td>
<td>$65</td>
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<tr>
<td>Other healthcare professionals</td>
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This event is partially supported by funding from e2i Employment and Employability Institute
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>12:00pm</td>
<td>Registration</td>
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<td></td>
<td>Buffet lunch</td>
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<tr>
<td>1:00pm</td>
<td>Symposium presentations</td>
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<tr>
<td>2:00pm</td>
<td>Break</td>
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<tr>
<td>2:10pm</td>
<td>Keynote Lecture</td>
<td>Dr Malia Ho, Podiatrist</td>
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<td>2:40pm</td>
<td>Keynote Lecture</td>
<td>Dr Tan Ken Jin, Foot &amp; Ankle Orthopedic Surgeon</td>
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<td>3:10pm</td>
<td>Collaborative Presentation</td>
<td>Dr Leong Chuo Ren, Vascular Surgeon</td>
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<td>Ms Ng Jia Lin, Podiatrist</td>
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<td>3:30pm</td>
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Registration

Register by 8 March via http://PASsymposiumAGM.rsvpify.com

A) Bank transfer
   Bank: United Overseas Bank (UOB)
   Branch Code: 320
   A/C No.: 970-346-325-4
   *Pls take a screenshot of your transfer and email to ng.jia.lin@alexandrahealth.com.sg

B) Mail cheque
   Attn Ng Jia Lin, PAS Treasurer
   Podiatry Association Singapore
   c/o Podiatry Department
   Khoo Teck Puat Hospital
   90 Yishun Central
   Level 4, Clinic C44
   Singapore 768828

C) Cash payment to any committee member

A receipt will be provided for payment
Dr Tan is a fellowship-trained orthopaedic surgeon with a subspecialty interest in Foot and Ankle disorders and Sports injuries. He graduated from the National University of Singapore and underwent Orthopaedic surgical training in Singapore. He was awarded the College of Surgeons Gold Medal upon completion of his advanced specialty training. He went on to complete fellowship training in Foot and Ankle Reconstruction at the University Hospital Carl Gustav Carus and at the Institute for Foot and Ankle Reconstruction in the United States.

During his time at the National University Hospital, Dr Tan primarily sub-specialised in lower limb and foot and ankle disorders. He was Assistant Professor and also Program Director for Foot and Ankle surgery at NUH. He is an active member of the American Orthopedic Foot and Ankle Society (AOFAS). Dr Tan set up the fellowship-training program at the division that has trained surgeons from the region in Foot and Ankle reconstruction.

Dr Tan has published widely with more than 20 articles mainly focusing on foot, ankle and knee conditions. His research interests include lower limb biomechanics, foot and ankle injuries, bone grafting and fusion biology.
Dr Malia Ho was awarded the Overseas Specialist Award from the Ministry of Health to pursue her studies in Podiatry. She graduated with an honours degree from the University of Salford (UK) in 1998. She went on to obtain her Masters degree from the National University of Singapore in 2001 and recently completed her PhD in 2016 from Nanyang Technological University.

She started her career as one of two podiatrists at Tan Tock Seng Hospital and went on to play an integral part in setting up the podiatry services in the National Healthcare Group Polyclinics. She joined The Foot Practice in 2008 and has been specialising in Sports Podiatry at Singapore Sports Medicine Centre. Her interests and expertise are in the area of Running biomechanics and Paediatrics. She is currently Principal Podiatrist at Performance Sports and Rehab Specialists.

In the area of education and training, Malia has conducted training and mentoring for National Healthcare Group Polyclinics, Nanyang Polytechnic and Singapore General Hospital. She also developed the Podiatry Assistant’s Course for the Health Management Institute (HMI) Ltd, which has been accredited by the Workforce Development Agency (WDA) of Singapore. She is also passionate about helping budding national fencers and is part of the Sports Medicine and Science Subcommittee for Fencing Singapore.
Dr. Leong Chuo Ren is a consultant in general surgery with subspecialization in vascular and endovascular surgery. He obtained his medical degree from McGill University in Montreal, Canada in 2005 and went on to complete 5 years of general surgery residency at North Shore LIJ Health System in New York, USA where he served as Chief Resident in the department of General Surgery. Upon completion of general surgery training in 2010, he went on to complete a 2 year vascular and endovascular surgery fellowship at North Shore University Hospital. Dr. Leong is certified in both general and vascular surgery by the American Board of Surgery. His clinical interest involves vascular and endovascular treatment of peripheral vascular disease, diabetic foot disease, vascular access, aortic aneurysms, varicose veins and carotid artery disease.
Symposium – Lecture synopsis
Ankle equinus - comparing observed assessment methods and prescribed stretching regime against literature

By Ms Yusnellie Taufik

Ankle equinus is an oft-cited risk factor for various foot conditions such as Achilles Tendonitis and Plantar Faciitis. Static calf stretching is a common treatment modality utilized in the treatment of ankle equinus sequelae to tight calf muscle complex. There is currently no standardized protocol between clinicians for assessment methods, stretching exercise duration, number of repetitions and frequency prescribed to patients.

This presentation (i) explores the current clinical assessments of ankle equinus, (ii) evaluate the efficacy of static stretches in improving ankle dorsiflexion range of motion and impact on gait, and (iii) recommend an optimal protocol for prescribing calf stretches based on evidence.
Symposium – Lecture synopsis
The effectiveness of felt padding for offloading diabetes-related foot ulcers, at baseline and after one week of wear

By Ms Wong Wan Mun

Felt padding has commonly been used as a commodity to offload diabetic foot ulcers in clinical settings but there is little evidence supporting its use. This presentation is about my honours project, a study which has been conducted to examine the effectiveness of felt padding for offloading diabetic foot ulcer when newly applied and after one week of wear.

Results of the study revealed that new padding has the ability to offload up to half the peak pressure at ulcer site and padding worn for one week is able to reduce one third the peak pressure.
Symposium – Lecture synopsis
Beyond eyeballing and subjective ‘feel’ – introducing quasi-stiffness of the first metatarsophalangeal joint

By Ms Marabelle Heng

“The quality of scientific knowledge is only as good as the scientific methods used to gain it” – Todd Little

Literature reports approximately $65^\circ$ of first metatarsophalangeal joint (MTPJ) functional dorsiflexion required for effective walking. First MTPJ mobility is assessed in patients with hallux conditions and apropulsive gait. Clinicians still using a lot of eyeballing and subjective feel assessment, partly because (i) there are no quick and effective methods for measurement and (ii) the displacement range of motion (ROM) does not directly affect treatment decision (eg. orthotic prescription). Clinicians subjectively assess and rate the joint “hypermobile, normal or stiff” or describe the movement eg. “excessive excursion with soft end feel”. It is proposed that joint quasi-stiffness may be a suitable assessment measurement for first MTPJ mobility. Quasi-stiffness of first MTPJ of healthy individuals has been reported to range from 0.66 to 53.4 Nmm/degrees.

In this presentation, first MTPJ quasi-stiffness and its potential uses are introduced. It is hoped that this presentation would inspire clinicians to keep working on advancement of clinical measures in order to improve precision of orthotics prescription and ultimately better our clinical outcomes.

Keywords: subjective feel, quasi-stiffness, joint hypermobility
Symposium – Lecture synopsis

Foot Posture and its Relationship with Knee Kinematics in Barefoot Running of the Healthy Adult

By Ms Trina Wong

Abnormal dynamic knee moments and variations of the static foot posture are risk factors for chronic lower limb injury development. However, relationships between the two have yet to be explored in the running gait. The primary aim of a single-group, prospective exploratory study investigated the correlation between static foot posture and maximum knee adductor moments, maximum tri-planar knee and hip kinematics, maximum loading force and foot-strike patterns at 3 instances (1.39m/s; 3.6m/s; self-selected running speed) of healthy participants in a barefoot treadmill gait analysis.
Most podiatrists are trained in the Root theory of foot biomechanics. However, in the last 4 decades, more theories of foot biomechanics have been developed that seem to debunk how we think the foot functions. Whilst most of us may be tempted to throw away all we painstaking learnt in podiatry school, this lecture attempts to summarise the underlying principals of these theories, highlight how each theory augment each other and attempts to bring them from the drawing board to clinical practice. Along the way, exploring how all these may change how the modern podiatrist thinks and treats.
Common tendon transfers in the foot and ankle

Tendon transfers are a poorly understood area in the foot and ankle. In this presentation we will go through the basic functions of our foot tendons and common tendon transfers that can be used to restore function in the foot. This will include tendon transfers for the equinovarus foot, cavovarus foot, equinovalgus foot and tendon transfers in PTTD as well as chronic Achilles ruptures.

Arthroereisis in the foot and ankle

In this presentation, we will cover the history behind arthroereisis as a form of treatment in flatfeet as well as the evolution of the implants used. Is hypocure truly the answer to our problem of flatfeet or could there be more to the story?
With tissue lost in PAD patients, detecting PAD at an early stage and providing optimal re-vascularization, is key in achieving limb salvage. The combined effort of both the Vascular and Podiatry team is paramount in achieving a positive outcome and in turn, allow patients to have a good quality of life.

We will showcase a few case studies on how we achieved limb salvage with positive outcomes by working closely together, and appreciating each discipline’s expertise when providing care to our patients.