



Symposium Speakers' Profile

28th April 2018

Singapore General Hospital Academia, Level 4



Dr Dinesh Sirisena

BSc, MBBS, DFFP, DRCOG, DFSRH, MRCGP, Dip(SEM)(UK&I), MSc(SEM), PgD(MedUSS), FFSEM(Ire), FFSEM(UK&I)

After graduating from Bart's and The London Medical School in 2004, Dr Sirisena completed his GP training in 2010 in London. During the training program, he completed diplomas from the Faculty of Family Planning, the Royal College of Paediatricians and the Royal College of Obstetricians and Gynaecologists. He then followed his passion for Sports and Exercise Medicine by completing a training program with the London Deanery and became a Consultant in Sports and Exercise Medicine in 2014. He is a Fellow of the Faculty of Sports and Exercise Medicine for both the UK and Ireland.

During the rotation, he worked in a range of sports including professional football (AFC Wimbledon Team Doctor, 2010-2015), premiership rugby (Northampton Saints Team Doctor, 2013-2014), the Irish and English Football Associations (Under 19 Men's, Under-15 and 19 Women's and the Partially-Sighted Futsal Team Doctor, 2013-2015), British Gymnastics (British Indoor Championships, 2012), Mixed Martial Arts (Event Doctor, 2012-2013), Wimbledon Tennis (Event Doctor, 2013 and 2014), British Athletics (Indoor and Outdoor Event Doctor, 2012-2013) and the London Olympic and Paralympic Games (Sports Medicine and Field of Play Doctor, 2012).

Here in Singapore, Dr Sirisena has a close working relationship with the Football Association of Singapore, the Singapore Rugby Union and the European Golf Tour as their regional expert in Golfing injuries.

Dr Sirisena has completed an MSc in Sports Medicine with University College London, UK, with his research dissertation considering "Antero-medial Rotational Laxity of the Knee Following Deep MCL Injury". He is also an Interventional Musculoskeletal Ultrasonographer, having completed a Postgraduate Diploma in Musculoskeletal Ultrasound with Bournemouth University, UK, and can perform a variety of procedures including hip joint and tendon stripping injections. Here in Singapore, he is pioneering ultrasound-guided hydrodilations for frozen shoulders, minimising surgical need and optimising patient outcomes.

He also has a strong interest in Clinical Education, having been an Honorary Clinical Lecturer and examiner at St Bartholomew's and the Royal London Medical School, he is now a

Faculty Member and Clinical teacher for NUS and LKC medical schools respectively. In addition, he regularly leads teaching sessions for primary care and has taken on the challenging role of Educational Development Officer with the British Association of Sports and Exercise Medicine (BASEM).

Another area of interest is research. Dr Sirisena has been involved in a number of poster presentations and publications, a list of which are available on request. After graduating from Bart's and The London Medical School in 2004, Dr Sirisena became a Consultant in Sports and Exercise Medicine in 2014. He is a Fellow of the Faculty of Sports and Exercise Medicine for both the UK and Ireland.

In Singapore, Dr Sirisena has a close working relationship with the Football Association of Singapore and with the European Golf Tour is their regional expert in Golfing injuries. He was also one of the doctors for Team Singapore at the 2017 S.E.A Games, in Kuala Lumpur.

Dr Sirisena completed an MSc in Sports Medicine with University College London, UK, and a Postgraduate Diploma in Musculoskeletal Ultrasound with Bournemouth University, UK. He also has a strong interest in Clinical Education, as a Faculty Member and Clinical teacher for NUS and LKC medical schools respectively. In addition, he has taken on the challenging role of Educational Development Officer with the British Association of Sports and Exercise Medicine (BASEM).



Dr. Patrick Goh
MBBS (S'pore), MSS, FAMS(Sports Medicine)

Dr. Goh is a registered Sports Medicine specialist, and Principal Sports Physician with Sports Medicine International at Camden Medical Centre, Singapore. He received his medical degree from the National University of Singapore in 1984 before furthering studies in Sports Medicine in the USA, where he graduated as the United States Sport Academy's top student in 1988. He is a fellow of the Academy of Medicine (Singapore) and the current Chairman of its Sports Medicine Section.

A clinician for over 30 years, he worked previously with the rehabilitation medicine department of Singapore General Hospital, and the Singapore Sports Council's (SSC) Sports Medicine and Research Centre, where his patients ranged from recreational athletes to the country's top sportsmen and women. He was chief medical officer for Team Singapore for the 2000 and 2004 Olympic Games, the 1998 and 2002 Commonwealth Games, and Team physician to several editions of the Asian and South-East Asian Games.

During the mid-nineties, he pioneered the use of musculoskeletal ultrasound as an in-clinic tool for evaluation and interventions. In 1998, he was the first physician in Singapore to study and apply ultrasound-guided Extracorporeal Shock-Wave Therapy (ESWT) for the treatment of musculoskeletal injuries. His work was presented at the 3rd ISMST congress in Naples, Italy in 2000, and he has since spoken on ESWT at numerous international meetings,

and most recently at the 2017 ISMST congress in San Sebastian, Spain. His current practices incorporates a range of ESWT applications from tendon to bone treatments, using both hand held and imaging guided ESWT systems.

In 2008, he became the first sports physician in Singapore to use Platelet-Rich Plasma (PRP) for the targeted treatment of sports injuries. His interest in this area has led to numerous invitations to lecture and conduct workshops at in Singapore and internationally. He has been a teaching faculty member of The Orthobiologic Institute (TOBI) in Los Angeles since 2011 where he lectures regularly and conducts workshops at their annual PRP and orthobiologics seminar in the USA.

He was the former chairman, and a current member of the Sports Medicine Subspecialty Training Committee under the Ministry of Health, and an examiner in it's Advanced Subspecialty examination. He also holds the appointments of Chairman for the Institutional Review Board of Temasek Polytechnic, and Deputy Chairman for the Institutional Review Board of the Singapore Armed Forces (SAF) and the Defence Science Organisation (DSO).

He has a deep commitment to clean sport and has served as Chairman of the National Anti-Doping Advisory Board for Singapore since 2011, and Chairman of the South-East Asian Regional Anti-Doping Organisation (SEARADO) since 2012. He is currently serving a second term on the international board of directors of the Institute of National Anti-Doping Organisations (INADO), and is on several working committees in WADA (World Anti-Doping Agency), including its current Governance Review committee.

Julie Yong

Ms Julia Yong is the marketing specialist at Materialise where she oversees all marketing initiatives in the healthcare industry for the Asia Pacific region including India and South Korea. Materialise's mission is to innovate for a better and healthier world through its software and hardware infrastructure and in-depth knowledge of 3D Printing. She has successfully implemented and facilitated key projects in driving 3D printing technologies in the region for the hospital, academia and commercial market.

Gitanjali Ramesh, PT

Gitanjali is a senior physiotherapist with experience of 16 years . In her experience of 4 years with Physio Asia she has developed big interest in bio-mechanical aspect of musculo-skeletal rehab.

Having been through various trainings with Gait-lab (by Dr. Reed Ferber from the running injury clinic, Canada)) and bio-mechanics of the lower extremity including APOS therapy, ICB Orthotic training, she has been using the 3D Gait-lab with success since almost 2 years.

She finds it to be a tool of great value to help assess n plan the progressions of rehab for her patients as well as make objective comparisons pre and post orthotics prescription for evaluating gait improvements.



Associate Professor Wilson Wang

Head of the Department of Orthopaedic Surgery

Yong Loo Lin School of Medicine, National University of Singapore (NUS) Head of Department and Head of Division of Hip and Knee Surgery, National University Hospital (NUH), Singapore.

Associate Professor Wilson Wang is Head of the Department of Orthopaedic Surgery at the Yong Loo Lin School of Medicine, National University of Singapore (NUS), and also Head of Department and Head of Division of Hip and Knee Surgery at National University Hospital (NUH), Singapore. He specializes in a wide range of hip and knee treatments and operations, including primary, revision and complex total joint replacement surgery of the knee and hip; other lower limb joint reconstructive operations (e.g. osteotomies); arthroscopic surgery for hip and knee including labral repairs, ligament reconstructions, meniscal repairs and cartilage and scaffold reconstructions; and complex and advanced joint surgery such as meniscal transplants, partial knee replacements and 3D / robotic guided surgery.

Assoc Prof Wang completed his medical degree with distinctions and multiple awards at University College London (UCL), UK, and was awarded the Girdlestone Scholarship by the University of Oxford for his Doctor of Philosophy (D.Phil) degree. His specialty training in knee and hip surgery was at the internationally-recognised Nuffield Orthopaedic Centre in Oxford, UK. In addition to his clinical work, he leads a prize-winning programme in orthopaedic research, with special interest in hip and knee reconstruction, implants, tissue regeneration, and 3D printing in medical technology. He heads the NUHS Orthopaedic Department research platform in Functional Ageing of the Musculoskeletal System, and he is Co-Director of the NUS 3D Printing Centre and Lead in Bio-Printing in NUS. He is also currently the Programme Lead for Surgical Services in the NUHS Alexandra Campus Development Team.

He is the current Chairman of the Hip Section of Asia Pacific Orthopaedic Association (APOA) and of the Asia Pacific Hip Society (APHS). He was President of the Singapore Orthopaedic Association from 2012-2013, and currently serves as Singapore Representative of the ASEAN Arthroplasty Association and also as Editor-in-Chief of the scientific journal Science Insights Medicine, and Guest Editor of the Journal Of Functional Biomaterials.

Professor Ding Jun

Dr Ding Jun obtained his PhD degree from Ruhr University of Bochum (Germany) in 1990. He worked as Research Fellow/Senior Research Fellow at University of Western Australia from 1991 to 1997. He joined National University of Singapore in 1997, and he is working as Professor at Department of Materials Science & Engineering. His research interests cover nanomaterials/devices and magnetic materials. Recently, he has been focused on additive manufacturing (3D printing), covering these topics – development of

printable materials for additive manufacturing, design of novel 3D structures, multi-materials/multi-functional structure/device.