

“Exercise is Medicine Exercise is Wellness”

4th Scientific Sessions of Sri Lanka Sports Medicine Association (SLSMA)

The Sri Lanka Sports Medicine Association (SLSMA) is organizing the 4th Scientific Sessions this year in collaboration with the International Olympic Committee (IOC) and National Olympic Committee (NOC) of Sri Lanka under the theme “Exercise is Medicine Exercise is Wellness” from 24th to 26th November 2018 at Olympic House, Colombo, Sri Lanka. The event is endorsed by the Asian Federation of Sports Medicine (AFSM).

SLSMA is reaching couple of milestones during this sessions.

- Official launch of the inaugural scientific journal of the SLSMA, the *Sri Lankan Journal of Sports and Exercise Medicine (SLJSEM)*.
- Official launch of the Health Movement; “Exercise is Medicine Sri Lanka” in affiliation with the American College of Sports Medicine (ACSM).

Previous Scientific Sessions conducted by (SLSMA).

- **2005** – “The Sports Medicine approach to sports injuries” – 1st Scientific Sessions held from 13th - 14th August 2005, at Lionel Memorial Auditorium, Sri Lanka Medical Association (SLMA).
- **2012** – “Enhancing health and sport performance with global trends in Sports Medicine.” 2nd Scientific Sessions, SLSMA – NOC – Ministry of Sports held from 24th - 25th August 2012 at Sri Lanka Foundation Institute, Colombo.
- **2013** – 3rd Scientific Sessions, SLSMA – IOC – NOC held from 6th - 9th December 2013 at ‘Olympic House’, Colombo, Sri Lanka.

4th Scientific Sessions of the Sri Lanka Sports Medicine Association

Inauguration Ceremony

Date: 24.11.2018

Time: 06.00 p.m. – 09.00 p.m.

Venue: Eagle Hall, Waters Edge, Battharamulla

Time	Item
6.00 p.m.	Taking seats
6.15 p.m.	Ceremonial Procession & Arrival of the Chief Guest
6.35 p.m.	National Anthem & Traditional Lighting of the Oil Lamp
6.45 p.m.	Welcome Address Dr. Eshan Jayaweera, President, Sri Lanka Sports Medicine Association (SLSMA)
7.00 p.m.	Address by the Special Guest Mr. Surendran Subramaniam, President, National Olympic Committee (NOC) of Sri Lanka
7.15 p.m.	Inaugural Launching of Sri Lankan Journal of Sports and Exercise Medicine (SLJSEM) - Editor SLSMA, Dr. Chathuranga Ranasinghe
7.25 p.m.	Address by the Chief Guest <i>“Exercise is Medicine Exercise is Wellness”</i> Professor Benedict Tan <i>MBBS (Singapore), DFD (CAW), MSpMed (Aus), FAMS (SpMed)</i> Chief, Department of Sports Medicine, Changi General Hospital, Singapore
7.50 p.m.	Launching of ‘Exercise is Medicine Sri Lanka’
8.00 p.m.	Address by the Guest of Honor Major General Dr. Chelliah Thurairaja, Founder President SLSMA
8.15 p.m.	Vote of Thanks Dr. Mithila Ruwanga, Secretary, Sri Lanka Sports Medicine Association
8.30 p.m.	Entertainment
9.00 p.m.	Reception and Fellowship

Programme

4th Scientific Sessions of the Sri Lanka Sports Medicine Association (SLSMA) in collaboration with the International Olympic Committee (IOC) and National Olympic Committee (NOC) of Sri Lanka

Pre congress workshop - General Public

Title: **Lifestyle with Sports and Exercise Medicine**

Date: 24.11.2018

Time: 08.00 a.m.- 12.45 p.m.

Venue: 'Olympic House', National Olympic Committee of Sri Lanka

	Item	Resource person
08.00- 08.30 a.m.	Registration	
08.30- 08.45 a.m.	Opening Remarks	Dr. Eshan Jayaweera President, Sri Lanka Sports Medicine Association (SLSMA)
08.45- 09.15 a.m.	Health challenges faced in the corporate world	Major General Dr. C. Thurairaja Sports Medicine Physician Past President SLSMA Head, Medical Committee NOC
09.15-10.15 a.m.	Exercise for a Healthy Life - the experience from Singapore	Prof. Benedict Tan Chief of Sport & Exercise Medicine Changi General Hospital, Singapore
10.15-10.30 a.m.	Tea	
10.30-11.15 a.m.	Supplements and current trends in nutrition for day to day life (Interactive lecture)	Dr. Asela J.B. Rathnayake Dr. Kavinda Wijesinghe Sri Lanka Sports Medicine Association
	Practical demonstration	
11.15-12.00 noon	How to incorporate exercise to your life (Interactive lecture)	Dr. Upul Madahapola Dr. Sherika Samarasinghe Sri Lanka Sports Medicine Association
	Practical demonstration	
12.00 -12.45 p.m.	Q & A	Panel Discussion
12.45 p.m.	End of workshop	

Main Scientific Programme

Date: 25.11.2018

Time: 08.00 a.m. - 05.30 p.m.

Venue: 'Olympic House', National Olympic Committee of Sri Lanka

	Program	Resource persons
08.00- 8.30 a.m.	Registration	
	Opening Remarks	Dr. Chathuranga Ranasinghe Chairperson, Scientific Committee
	<i>Symposium 1</i>	
	Need of Exercise - Shifting from professional athlete to recreational athlete	
08.30-9.00 a.m.	Global trends in Sports and Exercise Medicine	Prof. Benedict Tan Chief of Sport & Exercise Medicine Changi General Hospital, Singapore
09.00-9.30 a.m.	Local need of sports, exercise and physical activity promotion - Contribution from the scientific community	Prof. Chandrika Wijerathne Senior Consultant Physician Past President, Sri Lanka Medical Association
09.30-10.00 a.m.	International experience in delivery of clinical exercise physiology - An Australian experience	Dr. Chathuranga Ranasinghe Specialist in Sports and Exercise Medicine Senior Lecturer, Faculty of Medicine University of Colombo
	Panel discussion	
10.00-10.15 a.m.	Tea	
	<i>Symposium 2</i>	
	Advances in Sports and Exercise Medicine	
10.30-11.00 a.m.	Performance enhancement of an elite athlete - strength, conditioning and rehabilitation	Mr. Rob Chave Physical Training Preparation Manager Sri Lanka Cricket

11.00-11.30 a.m.	Sudden death of an athlete	Major General Dr. C. Thurairaja Sports Medicine Physician Founder President SLSMA Co-chairperson, Medical Committee NOC
11.30- 12.00 noon	Management advances of hamstring injury	Dr. Hilary Suraweera Senior Consultant in Orthopedic Surgery Past President SLSMA
12.00-12.30 p.m.	Technological advances in Sports Medicine	Dr. Dinesh Sirisena Consultant in Sports Medicine Khoo Teck Puat Hospital, Singapore
	Panel discussion	
12.30-01.30 p.m.	Lunch	
	<i>Symposium 3</i>	
	Pre-habilitation and Rehabilitation	
01.30-2.00 p.m.	Cardiac rehabilitation and contribution from Sports & Exercise Medicine	Dr. Sampath Withanawasam Consultant in Cardiology National Hospital of Sri Lanka
2.00-2.30 p.m.	Pre-habilitation in surgical practice and where we are	Prof. Kemal Deen Senior Consultant in Gastrointestinal Surgery Dr. Upali Banagala Senior Consultant in Orthopedic Surgery
2.30-3.00 p.m.	Clinical use of biomechanics in musculoskeletal rehabilitation	Dr. Talia Alenabi Department of Kinesiology Faculty of Applied Health Sciences University of Waterloo, Canada Asian Federation of Sports Medicine
3.15-3.30 p.m.	Tea	
	<i>Symposium 4</i>	
	Clinical exercise prescription	
	Case studies	
3.30 - 3.50 p.m.	Obesity/ Metabolic syndrome	Prof. Benedict Tan Chief of Sport & Exercise Medicine Changi General Hospital, Singapore
3.50 - 4.10 p.m.	Normal athlete	Dr. Sumudu Rajasinghe MBBS , D.Sp.Med., Dip. in Sports Psychology (Ireland), MSc in Applied Psychology (UK)

4.10 - 4.30 p.m.	Osteoarthritis of the Knee	Dr. Eshan Jayaweera Consultant in Orthopedic Surgery President SLSMA
4.30 - 4.50 p.m.	Mechanical low back pain	Prof. Aranjana Karunanayake Department of Anatomy Faculty of Medicine University of Kelaniya
4.50 - 5.20 p.m.	Panel discussion	
5.30 p.m.	Closing remarks and end of programme	

Post Congress Workshop - Sport and Exercise Medicine doctors

Title: **Ultrasound imaging for Sports and Exercise Medicine**

Date: 26.11.2018

Time: 08.00 - 01.00 p.m.

Venue: 'Olympic House', National Olympic Committee, Sri Lanka

Resource person:

Dr. Dinesh Sirisena
Consultant in Sports Medicine
Khoo Teck Puat Hospital
Singapore.

Time	Item
08.00- 09.00 a.m.	Advances in ultrasound imaging for diagnosis, biofeedback and therapeutic injections
09.00- 10.00 a.m.	Demonstration/hands on skill session Shoulder
10.00-10.15 a.m.	Tea
10.30-12.00 noon	Demonstration/hands on skill session Knee
12.00-01.00 p.m.	Demonstration/hands on skill session Ankle