



Sri Lanka Sports Medicine Association

4th Scientific Sessions 2018

in Collaboration with

National Olympic Committee Sri Lanka

24th to 26th November 2018

At "Olympic House" National Olympic Committee, Colombo 07



"Exercise is Medicine Exercise is Wellness"

Saturday 24th November

Pre congress workshop for General Public

Lifestyle with Sports and Exercise Medicine

08.00- 08.30 am	Registration	
08.30- 08.45 am	Opening remarks by president SLSMA	Dr Eshan Jayaweera
08.45- 09.15 am	Health challenges faced in the corporate world	Maj Gen . Dr C Thurairaja
09.15- 10.15 am	Exercise for a Healthy Life -the experience from Singapore	Prof Benedict Tan
10.15- 10.30 am	Tea	
10.30- 11.15 am	Supplements and current trends in nutrition for day to day life (interactive lecture) Practical demonstration	Dr Asela Rathnayake Dr Kavinda Wijesinghe
11.15- 12.00 pm	How to incorporate exercise into your life (interactive lecture) Practical demonstration	Dr Upul Madahapola Dr Sherika Samarasinghe
12.00 -12.45 pm	Q & A Panel discussion	
12.45 pm	End of workshop	

Sunday 25th November

Scientific Program

08.00- 8.30am	Registration Opening remarks by Chairperson, Scientific committee	Dr Chathuranga Ranasinghe
Symposium 1 Need of Exercise - Shifting from professional athlete to recreational athlete		
8.30-9.00 am	Global trends in Sports and Exercise Medicine	Prof Benedict Tan
9.00-9.30 am	Local need of sports, exercise and physical activity promotion - Contribution from the scientific community	Prof Chandrika Wijerathne
09.30-10.00am	International experience in delivery of clinical exercise physiology- An Australian experience Panel discussion	Dr Chathuranga Ranasinghe
10.00-10.15am	Tea	
Symposium 2 Advances in sports and Exercise Medicine		
10.30- 11.00 am	Performance enhancement of an elite athlete- Strength conditioning and rehabilitation	Mr Paul Khoury
11.00-11.30am	Sudden death of an athlete	Dr C Thurairaja
11.30-12.00 pm	Management advances of Hamstring Injury	Dr Hilary Suraweera
12.00-12.30 pm	Technological advances in sports Medicine Panel discussion	Dr. Dinesh Sirisena
12.30-01.30 pm	Lunch	
Symposium 3 Pre-habilitation and Rehabilitation		
1.30-2.00 pm	Cardiac Rehabilitation and contribution from Sports & Exercise Medicine	Dr Sampath Withanawasam
2.00-2.30 pm	Pre-habilitation in surgical practice and where we are	Prof Kemal Deen Dr Upali Banagala
2.30-3.00 pm	Clinical use of biomechanics in musculoskeletal rehabilitation	Dr.Talia Alenabi
3.00-3.30 pm	Tea	
Symposium 4 Clinical exercise prescription- Case studies		
3.30-4.00 pm	Osteoarthritis Knee	Dr Eshan Jayaweera
4.00-4.30 pm	Mechanical low back pain	Prof Aranjana Karunayake
4.30-5.00 pm	Obesity/ Metabolic syndrome	Prof Benedict Tan
5.00-5.30 pm	Normal athlete	Dr Sumudu Rajasinghe
5.30-6.00 pm	Panel Discussion	

Monday 26th November

Post congress Workshop for Sport and Exercise

Medicine doctors

Basic Ultrasound imaging for Sports and Exercise Medicine

08.00- 09.00am	Advances in USS for diagnosis, biofeedback and therapeutic injections	Dr. Dinesh Sirisena
09.00- 10.00am	Demonstration/hands on skill session Shoulder	Dr. Dinesh Sirisena
10.00-10.15am	Tea	
10.30-12.00 noon	Demonstration/hands on skill session Knee	Dr. Dinesh Sirisena
12.00-01.00 pm	Demonstration/hands on skill session Ankle	Dr. Dinesh Sirisena

International Faculty

Prof Benedict Tan		Chief ,Department of Sport & Exercise Medicine, Changi General Hospital , Singapore
Dr Talia Alenabi		Department of Kinesiology, Faculty of Applied Health Sciences, University of Waterloo, Canada, Asian Federation of Sports Medicine
Dr Dinesh Sirisena		Consultant in Sports Medicine, Khoo Teck Puat Hospital, Singapore
Mr Paul Khoury		Rehabilitation and Training manager, Sri Lanka Cricket

Local Faculty

Prof Chandrika Wijerathne		Senior Consultant Physician,Past President of Sri Lanka Medical Association
Prof Kemal Deen		Senior Consultant in GastroIntestinal Surgery
Prof Aranjana Karunayake		Department of Anatomy, Faculty of Medicine University of Kelaniya
Dr C. Thurairaja		Sports Medicine Physician, Past President SLSMA, Head, Medical Committee NOC, cons Radiologist
Dr Hillary Suraweera		Senior Consultant in Orthopedic surgery , Past President SLSMA
Dr Eshan Jayaweera		Consultant in Orthopedic surgery, President SLSMA
Dr Upali Banagala		Senior Consultant in Orthopedic surgery ,
Dr Sampath Withanawasam		Consultant cardiologist, National Hospital of Sri Lanka
Dr Chathuranga Ranasinghe		Specialist in Sports and Exercise Medicine, Lecturer, Faculty of Medicine University of Colombo
Dr Asela Rathnayake		SLSMA
Dr Upul Madahapola		SLSMA
Dr. Sumudu Rajasinghe		SLSMA
Dr. Sherika Samarasinghe		SLSMA
Dr. Kavinda Wijesinghe		SLSMA

Inauguration Ceremony

Date : 24.11. 2018

Time : 06.00 pm - 09.00 pm

Venue : Eagle Hall, Waters Edge, Battharamulla

Registration	
♦ Pre congress workshop	2000 Rs
♦ Preliminary Scientific program	2500 Rs
♦ Basic Ultrasound imaging for Sports and Exercise Medicine	5000 Rs
♦ Dr Sureshmohan	0714445019
♦ Dr Asanga	0777883919

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