

**MEDICAL  
COMMITTEE**



## 1 INTRODUCTION

1.1 The Football Association of Singapore's (FAS) Medical Committee (2011-2013) comprises medical professionals in the areas of cardiology, orthopedics, sports physicians, physiotherapists, dietitians and exercise physiologists, among others.

1.2 FAS' Medical Committee members are experts in the area of sports medicine & sports science. The members are:

Dr. Dinesh Nair	-	Chairman
Dr. Cormac O'Muircheartaigh	-	Deputy Chairman
Mr. Daniel Choo	-	Secretary
Dr. Yegappan Muthukaruppan	-	Member
Dr. Ng Chung Sien	-	Member
Dr. Ganesh Ramalingam	-	Member
Dr. Ian Tsou	-	Member
Dr. Jimmy Chin	-	Member
Mr. Michael Lim	-	Member
Mr. Derrick Ong	-	Member
Mr. Huang Yuchi	-	Member
Mr. David Shum	-	Member
Ms. Yeo Hwee Koon	-	Member
Ms. Yvonne Ban	-	Member
Ms. Audrey Goh	-	Member

2. In line with the objectives of the Strategic Plan, FAS conducted the following programmes to enhance the Football Science and Medicine Education Programmes:

### 2.1 Football Science and Medicine Workshops

2.1.1 Football Science and Medicine Department (FSAM) conducted an injury prevention, hydration, nutrition and post-training recovery workshop for the NFA Under-15 and Under-16 during the teams' preparation phase for the 2012 Lion City Cup.

2.1.2 The Courts Young Lions commenced a series of workshops on Nutrition, Hydration and Mental Strength training, with the support of experts from the Singapore Sports Institute, during the 2012 S.League Season.

- 2.1.3 The objectives of these workshops were to improve our players' knowledge and understanding on injury prevention, hydration and diet and mental strength. Through these workshops, FSAM aimed to enhance the quality of the players' training and performance during matches.
- 2.2 Implementation of Injury Surveillance Programme for S.League
- 2.2.1 The FAS Medical Committee launched the Injury Surveillance Programme (ISP) for all S.League clubs in February 2013.
- 2.2.2 The primary objective of the Injury Surveillance Programme is to gather data on players' injuries suffered during the S-League 2013 season, analyse players' return to play timelines post- injury and implement guidelines on injury prevention and criteria for safe return to play.
- 2.2.3 The underlying principle in implementing the ISP is to maintain the players' health and to prolong their professional playing career.
- 2.3 In collaboration with students from the National Technological University (NTU), the FAS is working on a nutritional and a sports psychology handbook, which will provide general information on sports nutrition and hydration and football psychology. Jointly drafted by FAS, the guidebook will be introduced to the NFA teams in 2014.

### **3 Football Science & Medicine Department**

- 3.1 FSAM provides football science and medicine services and support for all National Teams, National Football Academy, Women's Football, Referees and Coaches. FSAM also works closely with the FAS Medical Committee to impart footballers, coaches and referees with the relevant knowledge to assist them in implementing best practices in Football Science and Medicine, with the aim of enhancing their respective physical and mental performance.
- 3.2 FSAM's full-time staff ARE ably supported by a team of dedicated part-time physiotherapists and sports trainers in providing match and training coverage for the respective National Teams.



#### **4. Medical Coverage**

4.1 The FSAM provided medical coverage for the following key activities in FY 2012:

##### **4.1.1 2012 AFF Suzuki Cup**

FSAM physiotherapist provided football science and medicine coverage to the National Team during their participation for the AFF Suzuki Cup tournament when it was held IN Kuala Lumpur in December.

Hydration, nutrition and recovery strategies were implemented during the tournament, in addition to injury management and prevention for the national players.

##### **4.1.2 2012 Lion City Cup**

FSAM's physiotherapist, Sports Trainer and the Strength and Conditioning Coach provided football science and medicine coverage to the NFA Under-14 and Under-16 teams during their participation in the 2012 Lion City Cup, which was held in Singapore. In addition to injury management and prevention programme for the two teams, hydration, nutrition and recovery strategies were implemented during this tournament.

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