

# HEEL My Pain!

## Common causes of heel pain & ways to manage them

Date | 31 January 2023, Tuesday

Time | 1900 – 2000 hrs (+8 GMT)



For PAS members only.  
Registration is free.

### Organised by



The Pain Association of Singapore  
A Chapter of IASP

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### Synopsis:

Join us to know more about the various heel pain causes and their management.



#### Speaker

Dr. Fadzil Hamzah  
MBBS (Singapore), MSpMed (Australia), DFD CAW (Singapore)  
Senior Staff Registrar, Singapore Sport and Exercise Medicine Centre  
Community Director, Duke-NUS Singapore Sport and Exercise Medicine Centre (SDDC-SEM)  
Director, Community Programmes; Exercise Is Medicine Singapore (EIMS)  
Deputy Director, Health Promotion and Disease Prevention; SingHealth Office of Regional Health (SORH)

#### About the Speaker

Dr Fadzil graduated with a Bachelor of Medicine and Bachelor of Surgery from the National University of Singapore in 2005. He obtained his Masters in Sports Medicine at the University of Queensland, Australia in 2013. He currently practises at the Department of Sport and Exercise Medicine in Changi General Hospital (CGH) and is the operational lead for Singapore Sport and Exercise Medicine Centre at Singapore General Hospital (SGH). He also looks after the health of our elite national athletes at the Singapore Sports Institute (SSI).

Dr Fadzil has been appointed as the Community Director of SingHealth Duke-NUS Sport & Exercise Medicine Centre (SDSC), when it was established in 2018 with the aim of providing integrated, multidisciplinary care to push the frontiers of clinical service, research and education in the field of Sport and Exercise Medicine (SEM) across all SingHealth institutions. In addition he is the Director of Community Programmes for Exercise Is Medicine Singapore (EIMS), a global initiative by the American College of Sports Medicine and he also serves as the Deputy Director of Health Promotion and Disease Prevention, for SingHealth Office of Regional Health (SORH).



#### Speaker

Dr. Poonam Pal  
PhD (Otago, New Zealand), Masters of Health Practice in  
Musculoskeletal Physiotherapy (AUT, New Zealand)  
DMA Clinical Pilates & Certified Yoga Instructor

#### About the Speaker

Poonam graduated with a Bachelors degree in Physiotherapy from Rajiv Gandhi University of Health Sciences, Bangalore, India in 2002. She then pursued a Masters degree from University of Otago, New Zealand and graduated in 2004. A scholarship funded by Vernon Willey Trust Fellowship and Health Research Council of New Zealand enabled her to pursue a doctorate from University of Otago. She graduated with a PhD titled Cumulative loads on the lumbar spine during wool harvesting in 2010.

She has then worked in various public organisations in Singapore and her last employment was at Changi General Hospital where she worked for nearly a decade. In 2017, she was awarded with a Ministry of Health scholarship to embark on a clinical masters

She currently works at KH Poon Physiotherapy clinic located @ Joo Chiat and at Physiotherapy Centre @ Harbourfront. Her areas of interest are assessment and management of musculoskeletal conditions and chronic pain. She is a current council member for the PAS and a member of the Physiotherapy Association of SG.



#### Moderator

Dr. Ong Say Yang  
MBBS, MMed, FANZCA, FPPMANZCA  
Senior Consultant Anaesthesiologist & Pain Physician  
National University Hospital

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