



HMDP Visiting Experts FY25

OFFICIAL PROGRAMME

Note:
The programme is accurate at the time of publication, and is subject to change at any time without prior notice.

EXPERT NAME
Alison Jennifer Taylor

START DATE
26 January 2026

END DATE
30 January 2026

SPECIALTY/TITLE OF PROGRAMME
Hand & Upper Limb Rehabilitation

HOSTING INSTITUTION
Sengkang General Hospital

DATE AND DAY	TIME	ACTIVITIES	TRAINING OBJECTIVES	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
26 January 2026 (Monday)	0830 – 0900	Morning Registration	NA	No	Seng Kang Community Hospital Blk 8 Level 2 – Auditorium (30 pax)	
	0900 – 0915	Welcome Speech by Alison Taylor	1. Introduce the aims of the HMDP programme and outline the framework of Treating Without Pain (TWP) in hand and upper limb rehabilitation.			
	0915 – 1000	Introduction to the Concepts of Treating Without Pain (TWP)	1. Explain the four key sensory and structural contributors to pain (skin, scar, sensation, swelling). 2. Identify how these influence assessment and treatment planning. Demonstrate foundational manual and soft tissue techniques for pain modulation.			
	1000 – 1100	Treating by Layers: Starting with Skin (Web cuts)	1. Understand the role of skin mobility and fascial glide in functional recovery. 2. Learn and practice web-cut and superficial fascial release techniques to restore motion and comfort.			
	1100 – 1200	Treating Fascia & Scar: Manual Direction Test (MDT)	1. Recognize how fascial restrictions and scar adhesions impact movement. 2. Apply myofascial and manual scar techniques to optimize tissue healing and functional outcomes.			
	1200 – 1330	Lunch				
	1330 – 1400	Afternoon Registration	NA	No	Seng Kang Community Hospital Blk 8 Level 2 – Auditorium (30 pax)	
	1400 – 1500	Concepts Related to Swelling	1. Identify causes of swelling and edema post-injury. 2. Demonstrate manual techniques, compression principles, and patient education strategies to manage swelling effectively.			
	1500 – 1600	Concepts Related to Joints: Joint Alignment & Pain (Fingers)	1. Analyze joint alignment and its influence on pain and movement. 2. Demonstrate joint repositioning and mobilization with movement (MWM) to enhance functional alignment.			
	1600 – 1700	Concepts Related to Joints: Wrist Conditions (Triangular fibrocartilage complex (TFCC)/ De Quervain’s (DQ))	1. Recognize biomechanical considerations in wrist pathologies.			

			2. Apply mobilization, taping, and activity modification principles for TFCC and DQ conditions.			
	1700 – 1730	Summary Q&A	1. Consolidate foundational principles of TWP and address participant queries to reinforce clinical application.			
DATE AND DAY	TIME	ACTIVITIES	TRAINING OBJECTIVES	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
27 January 2026 (Tuesday)	0830 – 0900	Morning Registration	NA	No	Seng Kang Community Hospital Blk 8 Level 2 – Resilience/ Passion Room (30 pax)	
	0900 – 0930	Review of the Concepts of Tendonitis	1. Differentiate between various types of upper limb tendonitis and their contributing factors. 2. Apply TWP principles to assessment and intervention planning.			
	0930 – 1030	Wrist & Hand Tendonitis	1. Demonstrate evidence-based manual and exercise interventions for wrist and hand tendonitis using TWP and graded loading principles.			
	1030 – 1115	Advanced Concepts & Treatment: Thumb Tendonitis	1. Identify patterns of overuse and misalignment in thumb tendonitis. 2. Practice joint correction, soft tissue release, and exercise progression techniques.			
	1115 – 1200	Advanced Concepts & Treatment: Tennis Elbow	1. Analyze the kinetic chain contributing to lateral epicondylitis. 2. Apply integrated treatment techniques (manual therapy, taping, and movement retraining).			
	1200 – 1330	Lunch				
	1330 – 1400	Afternoon Registration	NA	No	Seng Kang Community Hospital Blk 8 Level 2 – Resilience/ Passion Room (30 pax)	
	1400 – 1530	Lateral & Medial Elbow Tendonitis & Pain: Giving the Correct Exercise Programmes	1. Design and prescribe graded exercise programmes to promote tendon healing and functional reintegration. 2. Emphasize load management and patient self-management strategies.			
	1530 – 1700	Advanced Elbow Concepts: Fractures & Pain	1. Integrate fracture management principles with soft-tissue and joint mobilization strategies for complex elbow conditions.			
	1700 – 1730	Summary Q&A	1. Review learning outcomes and address clinical challenges in managing tendon-related pain.			

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28 January 2026 (Wednesday)	0830 – 0900	Morning Registration	NA	No	National University Hospital Learning Room L19 (30 pax)	
	0900 – 1000	Treating Fractures: Thumb & Fingers	1. Apply TWP concepts to finger and thumb fractures rehabilitation, focusing on early mobilization and soft tissue management.			
	1000 – 1100	Treating Fractures: Wrist & Elbow	1. Apply TWP concepts to wrist and elbow fractures rehabilitation, focusing on early mobilization and soft tissue management.			
	1100 – 1200	Treating Fractures: Humeral	1. Apply TWP concepts to humeral fractures rehabilitation, focusing on early mobilization and soft tissue management.			
	1200 – 1330	Lunch				
	1330 – 1400	Afternoon Registration	NA	No	National University Hospital Learning Room L19 (30 pax)	
	1400 – 1700	Cupping, Instrument-Assisted Soft Tissue Mobilization (Chip clips, wedge, tuning fork, etc.)	1. Summarize the concepts mini tools, cups, chip clips and wedges and tuning forks in fracture diagnoses. 2. Learn how to use tools and apply to common diagnoses.			
	1700 – 1730	Summary Q&A	1. Reflect on clinical integration of fracture management and adjunct modalities.			
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29 January 2026 (Thursday)	0830 – 0900	Morning Registration	NA	No	Yishun Community Hospital Tower D Level 4 Innovation Lab (30 pax)	
	0900 – 1000	Advanced Concepts: Neurological Conditions	1. Apply TWP to neurological rehabilitation. 2. Understand fascial-neural interactions in movement recovery.			
	1000 – 1100	Skin on Fascia Concepts Assessment & Fascia Direction	1. Assess fascial planes and identify restrictions affecting motor control. 2. Practice directed fascial release to restore motion.			
	1100 – 1200	Scars Lead Everything	1. Examine the role of scar tissue in limiting neural and fascial mobility. 2. Apply treatment strategies to modulate scarring and restore functional patterns.			
	1200 – 1330	Lunch				
	1330 – 1400	Afternoon Registration	NA	No	Yishun Community Hospital Tower	
	1400 – 1500	Advanced Concepts: Stroke Rehabilitation & Tone	1. Integrate TWP principles to manage tone and spasticity.			

			2. Develop manual and sensory approaches to promote functional re-education.		D Level 4 Innovation Lab (30 pax)	
	1500 – 1600	Advanced Concepts: Head Injury	1. Identify soft tissue and movement impairments following head injury. 2. Apply sensory and fascial mobilization to improve neuromuscular control.			
	1600 – 1700	Advanced Concepts: Tremors And Movement Disorders	1. Understand movement irregularities and how to facilitate smoother, pain-free motion through fascial and sensory techniques.			
	1700 – 1730	Summary Q&A	1. Discuss integration of TWP across neurological populations and problem-solve complex cases.			
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30 January 2026 (Friday)	0830 – 0900	Morning Registration	NA	No	Seng Kang Community Hospital Blk 8 Level 2 – Auditorium (30 pax)	
	0900 – 1000	Treating the Complex Patient: Complex Regional Pain Syndrome (CRPS)	1. Recognize the pathophysiology of CRPS and its psychosocial dimensions. 2. Apply desensitization, sensory re-education, and graded exposure techniques based on TWP.			
	1000 – 1100	The Concepts of Roadblocks Breaking Up Sections: Quadrants And Side Seams	1. Identify kinetic and fascial “roadblocks” affecting function. 2. Demonstrate techniques for regional interdependence and holistic upper limb recovery.			
	1100 – 1230	Wrap up Q&A	1. Summarize key principles and clinical takeaways. 2. Discuss case applications, inter-cluster learning, and sustainability of clinical practice post-HMDP.			
	1230 – 1400	Lunch				
	1400 – 1730	Report Writing				

*NTP – National Training Programme