



Continuing Professional Development Lecture: Upper Limb Repetitive Stress Injuries (RSI) 11 September 2024

Synopsis

Repetitive Strain Injuries (RSI) is a group of conditions that can affect the daily activities of an individual such as doing housework, in the office setting, leisure pursuits, and even looking after newborns. They may find simple movements difficult and painful; and encounter difficulties in managing their day-to-day activities.

This sharing session aims to discuss the concept of RSI and its implication to our everyday life and activities; providing an occupational therapy approach to recognize, manage and prevent.

After the lecture, the participants will be able to gain an understanding on:

- Concept of RSI
- Red flags of RSI
- Prevention measures
- Staying healthy

Speaker

MS Lee Hong Rui
Senior Principal Occupational Therapist
Singapore General Hospital



Hong Rui holds a Master of Science in Occupational Therapy (Distinction) and specializes in hand and upper limb rehabilitation. Hong Rui has over 15 years of clinical experience in providing rehabilitation for patients with various upper limb conditions, including repetitive strain injuries, tendon rehabilitation, nerve injuries, fractures, and polytrauma.

Lecture Details

Date	:	11 September 2024, Wednesday
Duration	:	1 hour
Time	:	6.00 pm – 7.00 pm
Fee	:	Complimentary
Platform	:	Zoom Cloud Meetings

Target Audience

Allied Health Professionals

Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **12 August 2024, Monday**.



<https://form.gov.sg/6666a9e7cea70f14784a5509>

Upon registration, you agree to the following [Terms & Conditions](#).

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app. Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

Quick Links

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