

CONFERENCE ON EXERCISE & REGENERATIVE MEDICINE
5TH JULY 2025, KOTA BHARU KELANTAN(self paid)
BY DR LATINAH MOHAMAD

Exercise Therapy

- In holistic management of NonCommunicable Disease , exercise is a vital part of lifestyle modification .
- Since 2019, a new approach of exercise therapy in the management of NCD's in a Primary Care Clinic/ Klinik Kesihatan under Kementerian Kesihatan Malaysia has been developed. Klinik Kesihatan Pengerang Johor has been chosen to start the programme.
- In this pilot project, only BORDERLINE NCD'S are chosen to undergo **Corrective Exercise Regime (CER)** . Clients with Borderline NCD's chosen because after undergoing the therapy , chances of benefits are higher as :
 - i) At borderline , NCD's are reversible
 - ii) Highly responsive to exercise (has statistically significant data to support)
 - iii) Management mainly through non-pharmacological intervention
- A new post which is called EXERCISE THERAPIST is involved in this management of Corrective Exercise Regime.

The flow of treatment in which EXERCISE THERAPY is incorporated are explained as below.

◆ STEP 1 — REFERRAL BY THE DOCTOR

Primary Care Physician/ Medical Officer at Klinik Kesihatan Pengerang identifies clients with borderline NCD (non-communicable disease) and refers the patient to Exercise Therapist .

Borderline NCDs includes:

1. Fasting Blood Glucose (FBG): 5.6 – 6.9 mmol/L
2. HbA1c : 5.7% – 6.4%
3. Borderline Systolic Blood Pressure: 120 – 139 mmHg
4. Borderline Diastolic Blood Pressure: 80 – 89 mmHg

◆ STEP 2 — ASSESSMENT & TESTING PROTOCOL

Once referred, an Exercise Therapist will make :

1. Assess patients body fat
2. Assess patient's fitness level
3. Prescription of Corrective Exercise Regime (CER) to the patient

◆ STEP 3 — TRAINING PROGRAM AND REVIEW

1. The Exercise Therapist will personally train patients
2. The Exercise therapist review patients every 3 weeks
3. Patient is referred back to the Medical Officer after completed one set of session between 3 months to 6 months
4. The Exercise therapist will provide a report individually , comparing the patients body fat reading and fitness level between pre and post CER

HOW CAN ONE BECOME AN **EXERCISE THERAPIST** ?

- An Exercise therapist is a person who underwent training which is called **EXERCISE MEDICINE**
- **ASIA COLLEGE OF EXERCISE MEDICINE (ACEM)** in Kelana Jaya Selangor is the first ever college in Malaysia that offers the prestigious Diploma Of Exercise Science which is fully accredited by MQA.
- As it is approved by the Ministry of Higher Education, ACEM is in collaboration with The Faculty of Medicine UniSHAMS in Sungai Petani Kedah is offering this specialized program called the Certificate in Exercise Medicine, in which it is endorsed by the Ministry of Health.
- The Certificate in Exercise Medicine is designed for the individuals who wish to deepen their understanding of exercise as a therapeutic tool in the prevention and treatment of non-communicable diseases (NCDs).
- This program offers foundational knowledge in exercise science, human anatomy, and health assessments, while equipping students with the practical skills needed to incorporate exercise into therapeutic interventions.
- It is a systematically designed field of treatment which refers to the measures taken to intervene and treat diseases. A pilot test was successfully conducted to identify the adaptation of exercise which can be used to treat Non-Communicable Diseases (NCDs).
- The certificate is ideal for healthcare professionals, fitness enthusiasts, or those looking to enter the growing field of exercise medicine. Upon completion of the program participants are qualified to receive referrals from medical doctors to treat NCDs patients.
- One who has this certificate also has a demand for job opportunities with attractive salary in Exercise Clinics, Gyms, Government Hospitals and also Private Medical Centres