

CURRICULUM VITAE



A DEMOGRAPHIC

1. Name : NUR HIDAYAH ONG BINTI ABDULLAH
2. Nationality : Malaysian
3. Education & Qualification: BSc (Hons) Applied Rehabilitation (Physiotherapy),
University Of Teesside, UK
Diploma in Physiotherapy, Malaysia
4. Current Designation: Adviser and Principal Physiotherapist
Qi Healthcare Group, Johor Bahru, Johor.
5. Formal Designation: Formal National Head of Physiotherapy Profession,
Malaysia Ministry of Health (2020 - 2023)
Formal Deputy Head of Physiotherapy Profession,
Malaysia Ministry of Health (2018 -2019)
6. Working experience: 34 years of service at Ministry of Health Malaysia
7. Professional Membership
 - i. Malaysian Physiotherapy Association
 - ii. World Physiotherapy
 - iii. Associate Member of the International Association of Physiotherapists
Working With Older People
8. Advanced Training:
 - i. Advanced Sports Physiotherapy at University of Melbourne, Australia in
year 1997
 - ii. Management of Brachial Plexus Injury at Mahidol University, Bangkok,
Thailand in year 2008.

- iv. Neuromuscular Dynamic Stabilization training in year 2007, 2009, 2011
 - v. Dry Needling Workshop at UKMMC in year 2011 (Credentialed by MMOH for 2023 - 2025)
 - vi. International Seminar of Advance Acupuncture in June 2019
 - vii. Noninvasive Pain, Paralysis, Procedure & Management in July 2019
 - viii. Geriatric Rehabilitation (Clinical Attachment at Seremban Hospital, 29 years working experience in geriatric care, National Facilitator for Geriatric Care, MMOH)
 - ix. Weight Management and Physical Fitness
National Instructor for Physical Fitness, Ministry of Youth Sports in 1985 - 1997
NCD Speaker for Physiotherapist since 2002 till to date
 - x. Kinesio Taping Instructor (Trained at Singapore) – having 15 years experiences in implementing kinesio taping for various condition
 - xi. **Flossband Certified Instructor & Comprefloss / Richelli Fascial Quadrant System (RFQS) Master Trainer (2019 – Present)**
- application of flossband for 5 years for musculoskeletal cases and athletes (enhanced athletes' performance and engaged more gold medalists)
- actively involved in delivering and participating in local and international workshops, including the Chengdu Comprefloss Flossband Therapy Workshop (10–11 January 2026)
 - xii. Sports Trainer and Advance Sport Massage trained (1993 in Malaysia, 1997 at Australia)
 - xiii. Dynamic Tape Training Level 1 dan Advanced Level (2025)
9. Formal Chair of National Physiotherapy Technical Committee, Ministry of Health (2019 - 2024)
- i. Chair Person for Standard of Operating Procedures (SOP)
 - ii. Chair Person for Subject Matter Expert (SME)
 - iii. Chair Person for Physiotherapy Guidelines
 - iv. Chair Person for Innovation Project
 - v. Chair Person for Physiotherapy Rules and Regulation (ACT 774)
 - vi. Chair Person for Key Performance Indicator (KPI) and National Indicator Approach (NIA)

- vii. Chair Person for Job Description (JD) and Profession Competency Framework
- viii. Chair Person for Physiotherapy Care Protocol
- ix. Chair Person for Physiotherapy Sub Committee Credentialing
- x. Committee member for National Credentialing Committee, Ministry of Health

B. PROFESSIONAL CONTRIBUTION

1. INTERNATIONAL

NO	CONTRIBUTION	YEAR
	PRESENTER	
1	Poster Presentation during World Physiotherapy Congress 2025 at Tokyo, Japan. Title: The Effects of High-intensity Laser Therapy (HILT) Among Patients With Frozen Shoulder: A quasi-experimental Study	2025
2	Poster Presentation during Asia- Western Pacific World Physiotherapy Congress 2024 at Bali, Indonesia. Title: The Effect Of High Intensity Laser Therapy In Shoulder Functions Among Patients With Frozen Shoulder	2024
3	Panelist for The 4 th Thailand Elderly Healthcare Forum 2023 “Techniques and Technologies for Fall Management in Malaysia”	2023
4	Poster Presentation during IAGG-AOR 2023 at Japan: Outcome Measure in Physiotherapy Management for Diabetic Elderly with Geriatric Syndrome: A Scoping Review	2023
5	Poster Presentation during World Physiotherapy Congress 2023 at Dubai, UAE: Effects Of Talk Test Methods On Utterance During Incremental Cardiorespiratory Exercise	2023
6	Poster Presentation during International Postgraduate Poster Conference 2022 (IPPC2022) – 2nd Prize (Technology Track) Title: Effect of talk Test Methods During Incremental Cardiorespiratory Exercise on Speech Utterance and Relative Exercise Intensity	2022
7	Oral Presentation during International Joint Conference on Medical Engineering, Science & Technology (iMEDiST 2021) The Best Paper Award (Bio-instrumentation)	2021
8	Presenter and Penalist for The 15 th Asian Confederation For Physical Therapy Congress and The 20 th Anniversary Academic Conference of The Macao Physical Therapists Association” Title: <i>Physiotherapy Services in Malaysia Public Health</i>	24-25/ 10/2020
9	Presenter for Innovation Project: PT On The Run at Malaysian International Healthcare Innovation Conference & Exhibition	2014

10	11 th Triennial Congress of the International Federation of Societies for Surgery of the Hand at Seoul, Korea. (Poster Presentation: Effectiveness of Kinesio Taping for Erb's Palsy)	2010
	INNOVATION	
1	Innovation Project: PT On The Run had represent Malaysian Ministry of Health at CAPAM INNOVATION AWARDS 2016	2016

2. National Level

NO	LIST OF CONTRIBUTION	YEAR
	PRESENTATION	
1	As Speaker at ERAS Conference : Physiotherapy Approach for ERAS Programme	2019 till to date
2	Presenter for Pain Free Symposium National Level : The Role of Physiotherapy in ERAS	2022 & 2025
3	As presenter/speaker at National Symposium on the Management of Hand and Upper Limb Injuries: i. Physiotherapy Management for Shoulder Condition ii. Physiotherapy management for The Difficult Hand iii. Physiotherapy Management after Nerve Repair iv. Physiotherapy management for Brachial Plexus Injury	2010 2011 2012 2013 – 2014
4	Presenter for Pre Conference 9 TH Johor Scientific Meeting: “A Journey From Apple To Rose Apple	2013
5	Presenter: Dry Needling for Chronic Pain - Pain Management Meeting and Synposium 2014	2014
6	Presenter: Let's Go Young – Allied Health Professional 11 TH Johor Scientific Meeting”	2017
7	As Speaker for Obesity Intervention: Physiotherapy Prospective	2017
8	As Speaker / Facilitator for Geriatric Training for Public Health	2004 - 2019

9	Presenter and Penalist for International Sports Medicine and Sports Science Conference 2020. Title: <i>Enhance Self Efficacy in Sports Physiotherapy for Pain Management</i>	4-5/11/20
10	Poster Presentation On Geriatric care in 7th MOH Physiotherapy Conference 2022	August 2022
11	As Moderator for AHP Conference 2023 at Hotel Everly, Putrajaya	13/9/2023
12	As Speaker for Pain free Symposium 2023 at Institut Kanser Negera, Putrajaya Title: The Physiotherapy Role in Pain Free Hospital Program	16-18/10/23
13	Speaker for 2 nd Perak Physiotherapy Conference 2023 Title: Physiotherapy Way Forwards	26/11/2023
14	Speaker for ERAS Conference 2023, Persada, Johor Bahru Title: May I Run Marathon after surgery	9/12/2023
15	Oral Presentation for 7 th MOH Physiotherapy Conference 2024 Title: The Effects of High-intensity Laser Therapy (HILT) Among Patients With Frozen Shoulder: A quasi-experimental Study	16-18/7/24
	Technical Writting	
1	Chair person / penalist for Standard of Operating Procedure (SOP) for Physiotherapy Profession. i. SOP for Musculo-skeletal ii. SOP for Cardiorespiratory iii. SOP for Sports Injury iv. SOP for Continance Therapy v. SOP for Geriatric Care vi. SOP for Adult Neurology vii. SOP for Peadiatric Neurology	2011 – 2024

2	Chair person / penalist for SOP in specialize condition i. SOP for Haemophilia ii. SOP for Hand Injuries iii. SOP for Phototherapy iv. SOP for Lymphedema Therapy v. SOP for Vestibular Rehabilitation vi. SOP for Burn Care vii. SOP for Obesity Intervention viii. SOP for Palliative Care	2016 – 2024
---	---	-------------

	GUIDELINES	
1	Penalist for Pain Free Program – Pain Free Manuah 2023 - Insert the important of ERAS for Pain Free Program	2023
2	Penalist for Physiotherapy Guidelines: Physiotherapy Services at Sports Training School, Ministry of Education.	2018 - 2024
3	Penalist for Community Based Rehabilitation: Physiotherapy Training Module for Children with Special Need	2017 - 2024
4	Penalist in working committee for Guideline for Cerebral Palsy MMOH	2016 - 2017
5	Penalist for Physiotherapy Service Guidelines at Public Hospital, MMOH	2014, 2018 – 2024
6	Penalist for Physiotherapy Service Guidelines at Public Healthcare, MMOH	2018 – 2024
6	Penalist for Modul Developmental Coordination Disorder (DCD) - COOL-Kids	2023 - 2024
7	Penalist for Presarcopenia Physiotherapy Intervention Module For Older People in Primary Healthcare (OPSarcoPE) (Modul Intervensi Fisioterapi Presarkopenia Bagi Program Kesehatan Warga Emas Di Penjagaan Kesehatan Primer)	2023 - 2024
	INNOVATION	
1	MMOH Innovation Award : PT On The Run	2016
2	MMOH Innovation Award: Anugerah Khas: Physio Go Go Challenge	2018

3	Speaker / Facilitator for Quality Project Training: Innovation in healthcare system Training done for Allied Health Sciences Division, MMOH and State level	2014 – 2024
4	Special Hands on and training for Innovation project. Result: i. 1st Runner up (Product) and 2 nd Runner up (Service), MMOH Innovation Convention ii. Champion (Product) and 1 st Runner up (Service) MMOH Innovation Convention iii. Penal Award, MMOH Innovation Convention	2020 2019 2018
	TECHNICAL PAPERS	
1	As working committee for curriculum writing in Advance Diploma in Exercise Therapy, MMOH	2019 – 2022
2	Allied Health Professional Act (774 Act) – Physiotherapy Profession	2015 – 2024
3	Penalist: Training Need Analysis dan Job Description Physiotherapy	2017- 2024
4.	Penalist: Competency Framework for Physiotherapy Services at Public Sector, MMOH	2019 – 2024
5.	As working committee for curriculum writing in Advance Diploma in Musculoskeletal, MMOH	2022 - 2023
6	As Penalist for Stroke CPG	2023 - to date

C. PROFESSION RECOGNITION AND CONTRIBUTION

a) **As speaker and external Lecturer for Physiotherapy programmes especially in Musculoskeletal condition, Geriatric, Sports Physiotherapy, Pain Free Program**

b) **Involve in research**

- **Co-researcher in** Integration of pain Assessment and Gait Characteristics for Knee Osteoarthritis Severity Classification (PhD Paper) 2019-2023
- “Gait Analysis: Application of Inertial Measurement Unit (IMU) For Lower Back Pain Patient 2019-2022
- *Lower Limb Muscle Fatigue on Gait Performance Among Individual with Parkinson’s Disease 2018-2020*
- Principle researcher for Effect of talk Test Methods During Incremental Cardiorespiratory Exercise on Speech Utterance and Relative Exercise Intensity 2021-2023

- Principle researcher for Efficacy of Early Incremental Supervised Resistance Training Following Cardiac Surgery via Median Stenotomy – A multicentre RCT dari tahun 2022 – 2023
- Principle researcher for Outcome Measure in Physiotherapy Management for Diabetic Elderly with Geriatric Syndrome: A Scoping Review year 2022 – 2023
- Co-researcher for *The Effects of High Intensity Laser Therapy (HILT) on Pain, Range of Motion and Shoulder Functions Among Patients with Frozen Shoulder: A Quasi-Experimental Study*. 2023-2024

c). Core Team MBOR (Medical Brief of Requirement)

Bil	Hospital
1	Hospital Sultanah Hajjah Kalsom, Cameron Highlands, Pahang
2	Hospital Bera, Pahang
3	Hospital Rompin, Pahang
4	Hospital Pasir Gudang, Johor
5	ACC Hospital Sultanah Aminah Johor Bahru, Johor
6	National Institute of Infectious Diseases (NIID)
7	Hospital Sultanah Aminah 2, Johor Bahru

d). Volunteer / Corporate Social Responsibility (CSR)

Bil	Perkara	Tahun
1	TBQ Amal Children's Shelter - Health and family Adviser	2021 – to date
2	Community Volunteer Team, Tunku Laksamana Johor Cancer Foundation Vice Chairman (2019 - 2023) Chairman (2024 - 2025)	2019 – to date
3	Auditor for Pertubuhan Ihsan Johor	2021-2023

e). Awards

Bil	Anugerah	Tahun
1	Outstanding Service Award	1998
2	Outstanding Service Award	2001
3	Outstanding Service Award	2005
4	Outstanding Service Award	2009
5	Outstanding Service Award	2014
6	Darjah Kebesaran Negeri Pahang: Ahli Mahkota Pahang Dari KDYMM Sultan Pahang (A.M.P.)	2009
7.	Award of Honor, Ministry of Health Malaysia	2022
8	Darjah Kebesaran Negara: Ahli Mangku Negara dari KDYMM Yang DiPertuan Agong (A.M.N.)	2024

f). Industry Adviser for Physiotherapy Program

Bil	Universiti	Tahun
1	Malaysian National University (UKM)	1 August 2021 – 31 July 2024
2	Unisel (Selangor University)	16 Nov 2021 – 15 Nov 2023
3	PICOMS	1 Jan 2021 – 31 Dec 2021
4	Kolej Universiti Antarabangsa MAIWP (UCMI)	1 Feb 2023 – 31 Dec 2024

Biography:

Nur Hidayah Ong Abdullah's career began in year 1 January 1991. She is a dynamic therapist looking at clinical practice excellence and has been active at the Malaysia Ministry of Health level as formal Head of Physiotherapy Profession and the chairperson of the National Physiotherapy Technical Committee. She has been the key person in developing standard operating procedures (SOP), Credentialing and Previledging, Key Performance Index, care Protocol, Guidelines, Innovation Project and secretary Malaysian Physiotherapy Council Committee under the ACT 774. This Act will determine the standards, professionalism and will propel the Physiotherapy Profession in the future to greater heights in Malaysia.

Clinically she has a wide range of focus, that include Cardio-respiratory, DNS, Neuro, **Sports, Musculoskeletal and Geriatric**. She is passionate about ensuring her clinical skills are suitably equipped to treat all cases that she may encounter. She is actively involved in Geriatric Rehabilitation care since 1995 (29 years working experience at primary health care as visiting basis and National Speaker/Facilitator for Geriatric Care). She also contributed to the sports arena that lending her support to the Commonwealth Games, SEA Games, Sukan Malaysia (SUKMA), Paralympic Games and Sports at the Ministries Level since 1994 until 2025. She has been a speaker at many conferences and events, both locally and international arenas. Besides that, she actively involves in physiotherapy management for surgical population such as Bariatric surgery at HTAA and currently ERAS program at HSAJB since 2018.

Not resting on this area alone, she has sought to develop the younger generation of the therapist by becoming an external lecturer to the Allied Health College in Sungai Buloh, Selangor and Johor Bharu, focusing on McKenzie and Maitland technique.

She has conducted research and published papers. She is also a sought-after speaker at many events and presented many Posters Presentation locally and abroad in Korea, Indonesia, Last year at Dubai and Japan, Indonesia and as a Panel for 4th Thailand Elderly Health Service Forum at Bangkok Thailand; and she presented a poster presentation at World Physiotherapy Congress 2025 at Tokyo, Japan.

She was previously the Head of Profession for Physiotherapy in Malaysia and worked very closely with the Malaysian Physiotherapy Association in forming a cohesive partnership between public and private entities to ensure the Physiotherapist in the country is propelled further forward to greater heights.

Charity begins at home, and this mantra has been very much associated with Nur Hidayah Ong Abdullah. She has been a well-known figure among NGOs linked to Healthcare Services, particularly in the state of Johor, for her participation in raising awareness of healthy lifestyle, advocating movement and exercises as a medicine, raising funds for the needy, and not to mention a charity work recently at the end of 2020, to build a new house for the aborigine in Johor who had lost their home after the engulf of a big flood, a sudden hit to Malaysia. Her character as a mentor by nature has also helped nurture physiotherapists across Malaysia feel proud of the Physiotherapy profession and what the profession can offer actively in tertiary care, secondary care, and even public health. Her initiatives to work hand-in-hand in connecting the public and

private sectors to minimize gaps in practice and striving for standardization towards professionals' preferred choice is something that the Country is proud of. To break this ceiling, consistent and full commitment and active roles she plays in the Malaysian Society for Quality in Health (a non-governmental organization and not for profit) have accelerated the pace and speed for the development of Malaysia physiotherapy profession. Being vocal as one of her characters has opened the eyes of the others medical practitioner and policymakers, the importance of Physiotherapy roles in preventive medicine with success in execution and establishment of out-reached programmes at Health Clinics targeting obesity-prone-population to improve the level of physical activity and elderly population to aging gracefully.

Additionally, Nur Hidayah is a certified *Comprefloss* Master Trainer with extensive experience in delivering courses and workshops in flossing therapy throughout Malaysia. Her work focuses on the clinical application of flossband techniques to support mobility enhancement, pain modulation, and functional recovery in both rehabilitation and sports settings.

In collaboration with *Comprefloss by Sanctband*, she plays a key role in advancing the adoption and understanding of flossband applications, promoting evidence-informed practices while expanding its presence locally and internationally.