



Samuel Kan

OSTEOPATH . PHYSIOTHERAPIST . ROLFER®

PHILOSOPHY

"We rise by lifting others." ROBERT G. INGERSOLL

BODYWORKS STUDIO

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Singapore 238862

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EXPERIENCE

OSTEOPATH | PHYSIOTHERAPIST | ROLFER® | 1999 - CURRENT  
BODYWORKS STUDIO | SG

Established Bodyworks Studio in 1999, a private practice which focuses on manual therapy and corrective movement in sports medicine

PHYSIOTHERAPIST | 1998 - 1999

THE PHYSIOTHERAPY CENTRE | SG

Clinical management of acute and chronic musculoskeletal conditions

PHYSIOTHERAPIST | 1997 - 1998

BACK & NECK CENTRE | SG

Assisted in the set up of the clinic with application of MedX, a non-invasive computerized rehabilitation system for the spine  
Worked in an orthopedic outpatient environment

PHYSIOTHERAPIST | 1996 -1997

HILLHAVEN HOSPITAL | USA

Worked with a multi-disciplinary team in the clinical management of orthopedic, rheumatological and neurological rehabilitation patients



EDUCATION

DIPLOMATE IN OSTEOPATHIC MANIPULATIVE  
THEORY & PRACTICE | 2017

OSTEOPATHIC COLLEGE OF ONTARIO | CAN

CERTIFIED ROLFER® | 2005

ROLF INSTITUTE OF STRUCTURAL INTEGRATION | USA

MASTER OF PHYSICAL THERAPY | 1996

LOMA LINDA UNIVERSITY | USA

BACHELOR OF LIFE SCIENCE | 1996

LOMA LINDA UNIVERSITY | USA

STUDENT RESEARCH AWARD | 1996

LOMA LINDA UNIVERSITY | USA

Research Presentation: A Comparative Study of Patients'

Compliance in a Home Exercise Programme



REGISTRATION

ALLIED HEALTH PROFESSIONS COUNCIL

SINGAPORE PHYSIOTHERAPY ASSOCIATION

ROLF INSTITUTE OF STRUCTURAL INTEGRATION

ONTARIO FEDERATION OF OSTEOPATHIC PROFESSIONALS



## CONTINUING EDUCATION

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OSTEOPATHY CONGRESS: UNLOCKING THE CRANIAL MECHANISM - MODERN INSIGHTS | 2019

Osteopathie Schule Deutschland | DE

OSTEOPATHY CONGRESS: FASCIA IN THE OSTEOPATHIC FIELD - IN CLINICAL CONTEXT | 2018

Osteopathie Schule Deutschland | DE

OSTEOPATHY WORKSHOP: FASCIA & THE 5 OSTEOPATHIC HEALTHCARE MODELS | 2018

Michael Kuchera DO | Osteopathie Schule Deutschland | DE

OSTEOPATHY CONGRESS: OSTEOPATHIC PHILOSOPHY AND MODELS - FROM THEORY TO PRACTICE | 2017

Osteopathie Schule Deutschland | DE

COUNTERSTRAIN TECHNIQUE | 2017

Steve Sanet DO | Osteopathic College of Ontario | KR

LYMPHATIC ACTIVATION | 2017

Steve Sanet DO | Osteopathic College of Ontario | KR

INTERNATIONAL FEDERATION OF ORTHOPAEDIC MANIPULATIVE PHYSICAL THERAPISTS CONFERENCE: EXPANDING HORIZONS | 2016

IFOMPT | UK

TECARTHERAPY WITH WINBACK EQUIPMENTS | 2016

Frederic Decacour PT | Winback Academy | SG

WORLD CONFEDERATION FOR PHYSICAL THERAPY CONGRESS | 2015

WCPT | SG

NEW MANUAL ARTICULAR APPROACH: SPINE & PELVIS | 2015

Jean-Pierre Barral DO | The Barral Institute | SG

FASCIAL MEMBRANE TECHNIQUE: THORAX, ABDOMEN, PELVIS | 2014

Peter Schwind Rolfer® | The Munich Group | SG

ADVANCED VISCERAL COMPONENTS OF THE NECK & THORAX | 2014

A J de Koning DO | The Barral Institute | SG

HARTMAN'S MASTER CLASS IN MANIPULATIVE TECHNIQUES: LOWER BODY | 2014

Laurie Hartman DO | CPDO | UK

HARTMAN'S MASTER CLASS IN MANIPULATIVE TECHNIQUES: UPPER BODY | 2014

Laurie Hartman DO | CPDO | UK

SINGAPORE-INTERNATIONAL PHYSIOTHERAPY CONGRESS 2014: ENHANCING HEALTH THROUGH PHYSIOTHERAPY - 50 YEARS AND BEYOND

Singapore Physiotherapy Association | SG

INTERNATIONAL CONGRESS OF OSTEOPATHY: STRUCTURE & FUNCTION | 2013

ISTITUTO SUPERIORE DI OSTEOPATIA & OSTEOPATIA MILANO | IT

VISCERAL MANIPULATION: THE THORAX (VM4) | 2013

A J de Koning DO | The Barral Institute | SG

VISCERAL MANIPULATION 3 (VM 3) | 2013

A J de Koning DO | The Barral Institute | SG

NEURAL MANIPULATION 4 (NM 4) | 2013

A J de Koning DO | The Barral Institute | SG

NEURAL MANIPULATION 3 (NM 3) | 2013

A J de Koning DO | The Barral Institute | SG

NEURAL MANIPULATION 2 (NM 2) | 2013

A J de Koning DO | The Barral Institute | SG

LISTENING TECHNIQUES | 2013

A J de Koning DO | The Barral Institute | SG

ARTHROSCOPIC SURGERY: EXPLORING NEW HORIZONS | 2013

Singapore Orthopaedic Association | SG



## CONTINUING EDUCATION

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LUMBAR & SACROILIAC DYSFUNCTION: DIAGNOSIS & MANAGEMENT WITH HVLA THRUST MANIPULATION & EXERCISE (SMT 3) | 2013

James Dunning DPT MSPT OCS | Spinal Manipulation Institute | IT

CERVICOTHORACIC DYSFUNCTION & CERVICOGENIC HEADACHES:

DIAGNOSIS & MANAGEMENT WITH HVLA THRUST MANIPULATION & EXERCISE (SMT 2) | 2013

James Dunning DPT MSPT OCS | Spinal Manipulation Institute | IT

VISCERAL MANIPULATION: ABDOMEN (VM 2) | 2013

A J de Koning DO | The Barral Institute | SG

VISCERAL MANIPULATION: ABDOMEN (VM 1) | 2012

A J de Koning DO | The Barral Institute | SG

NEURAL MANIPULATION 1 (NM 1) | 2012

A J de Koning DO | The Barral Institute | SG

CERVICOTHORACIC DYSFUNCTION & CERVICOGENIC HEADACHES:

DIAGNOSIS & MANAGEMENT WITH HVLA THRUST MANIPULATION & EXERCISE (SMT 2) | 2011

James Dunning DPT MSPT OCS | Spinal Manipulation Institute | USA

HVLA THRUST MANIPULATION OF CERVICAL, THORACIC. LUMBAR & SIJ (SMT 1) | 2011

James Dunning DPT MSPT OCS | Spinal Manipulation Institute | USA

UNDERSTANDING BIOMECHANICS FOR CYCLISTS | 2011

Daphne Wee | Elite Bicycles Asia | SG

2ND SPORTS SYMPOSIUM INCORPORATING THE INAUGURAL FOOTWEAR BIOMECHANICS SYMPOSIUM | 2010

Postgraduate Allied Health | Institute Singapore General Hospital | SG

SECOND INTERNATIONAL FASCIAL RESEARCH CONGRESS | 2009

Fascia Research Congress | Vrije Universiteit | NL

DIAGNOSIS OF MECHANICAL NECK PAIN & FUNCTIONAL STABILITY RETRAINING | 2009

Mark Commerford MCSP BPT | Kinetic Control | SG

MOTOR CONTROL ASSESSMENT & DYNAMIC STABILITY RETRAINING OF THE SHOULDER GIRDLE | 2009

Mark Commerford MCSP BPT | Kinetic Control | SG

MANAGING COMPENSATION STRATEGIES & FUNCTIONAL INTEGRATION FOR THE LUMBAR STABILITY SHELL | 2008

Mark Commerford MCSP BPT | Kinetic Control | SG

CORE STABILITY TRAINING FOR PEAK PERFORMANCE: RETURN TO WORK & RETURN TO SPORT | 2008

Mark Commerford MCSP BPT | Kinetic Control | SG

MUSCLE IMBALANCE & STABILITY RETRAINING FOR THE FOREARM & HAND | 2008

Mark Commerford MCSP BPT | Kinetic Control | SG

MOTOR CONTROL ASSESSMENT & DYNAMIC STABILITY RETRAINING FOR THE THORAX | 2008

Mark Commerford MCSP BPT | Kinetic Control | SG

MYOFASCIAL TRIGGER POINT TREATMENT FOR MOVEMENT DYSFUNCTION & COMPLEX PAIN | 2008

Mark Commerford MCSP BPT | Kinetic Control | SG

CLINICAL NEURODYNAMICS: UPPER QUARTER | 2008

Michael Shadlock MAppSc PT | Neurodynamics Solutions | SG

CLINICAL NEURODYNAMICS: LOWER QUARTER | 2008

Michael Shadlock MAppSc PT | Neurodynamics Solutions | SG

FIRST INTERNATIONAL FASCIAL RESEARCH CONGRESS | 2007

Fascia Research Congress | Harvard University | USA

GAIT ANALYSIS, MOTOR CONTROL ASSESSMENT & RETRAINING OF THE LOWER LEG | 2007

Mark Commerford MCSP BPT | Kinetic Control | SG



## CONTINUING EDUCATION

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### DIAGNOSIS, CLASSIFICATION & MOTOR CONTROL RETRAINING FOR THE HIP | 2007

Mark Commerford MCSP BPT | Kinetic Control | SG

### DIAGNOSIS & MOBILISATION OF MECHANICAL DYSFUNCTION OF THE SACRO-ILIAC JOINT & PELVIS | 2007

Mark Commerford MCSP BPT | Kinetic Control | SG

### FUNCTIONAL STABILITY RETRAINING FOR SACRO-ILIAC JOINT & PELVIC STABILITY DYSFUNCTION | 2007

Mark Commerford MCSP BPT | Kinetic Control | SG

### EXPLAIN PAIN | 2006

David Butler BPT | Neuro Orthopaedic Institute | SG

### UNDERSTANDING MOVEMENT & FUNCTION: THEORY & CONCEPTS | 2006

Mark Commerford MCSP BPT | Kinetic Control | SG

### THE INTEGRATED LOCAL INNER CORE CYLINDER FOR THE LUMBO-PELVIC REGION | 2006

Mark Commerford MCSP BPT | Kinetic Control | SG

### DIAGNOSIS OF MECHANICAL BACK PAIN SUB-GROUPS & GLOBAL STABILITY RETRAINING | 2006

Mark Commerford MCSP BPT | Kinetic Control | SG

### CLINICAL PILATES AND CORE STABILISATION LEVEL 4 | 2006

Craig Philips PT | Dance Medicine Australia | SG

### CERVICAL SPINE COURSE | 2006

Duncan Reid BSc Dip MT | Auckland University of Technology | SG

### CRANIAL SACRAL BALANCING | 2005

Michael Stanborough Rolfer® | Stanborough Professional Trainings | SG

### THE BODY AS A HEALING RESOURCE: HOW TO MODULATE ACTIVATION | 2005

Karen Workman LCP | AUS

### GOLF INJURY AND PREVENTION | 2005

Michael Dalglish PT | The Golf Athlete | SG

### NEURO-FASCIAL DYNAMICS IN STRUCTURAL INTEGRATION | 2004

Robert Schleip Rolfer® | Australian Rolwing Association | AUS

### WORKING WITH SCOLIOSIS | 2004

Robert Schleip Rolfer® | Australian Rolwing Association | AUS

### USING CLIENT MOVEMENT TO OPEN RESTRICTED JOINTS | 2004

Michael Stanborough Rolfer® | Australian Rolwing Association | AUS

### THE MULLIGAN CONCEPT: UPPER QUARTER NAG'S, SNAG'S, MWM'S & PRP'S

2004 | Kim Robinson PT | Manual Concepts | SG

### THE MULLIGAN CONCEPT: LOWER QUARTER NAG'S, SNAG'S, MWM'S & PRP'S | 2004

Kim Robinson PT | Manual Concepts | SG

### CLINICAL PILATES AND CORE STABILISATION LEVEL 1 | LEVEL 2 | LEVEL 3 | 2004

Craig Philips PT | Dance Medicine Australia | SG

### THERAPEUTIC RELATIONSHIPS | 2004

Karen Workman LCP | AUS

### MYOFASCIAL RELEASE 1 & 2 | 2002

Michael Stanborough Rolfer® | Stanborough Professional Trainings | SG

### MODERN MANUAL THERAPY OF THE EXTREMITIES (MT 5) | 2000

Torhild E Kvarekvaal PT | The Ola Grimbsy Institute | SG

### CADAVER DISSECTION | 2000

Faculty of Medicine | National University of Singapore | SG



## COLLABORATION

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PHYSIOTHERAPIST FOR IVAN HENG IN EMILY OF EMERALD HILL | 2019

WILD RICE Productions | SG

PRESENTATION ON THE ROLE OF PHYSIOTHERAPY FOR TEMPORO-MANDICULAR DYSFUNCTION | 2019

TP DENTAL | SG

INSTRUCTOR FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2019

Advanced Visceral & Ligamentous Articular Strain | MY

INTERVIEW WITH DANIEL MARTIN ON BATTLE OF THE BULGE (SEDENTARY LIFESTYLE & CORE STABILITY) | 2018

MediaCorp 938Now Body & Soul | SG

INSTRUCTOR FOR KK WOMEN'S AND CHILDREN'S HOSPITAL PHYSIOTHERAPY DEPARTMENT | 2018

Myofascial Release with Movement Upper Quadrant | SG

INSTRUCTOR FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2018

Lymphatic Activation | MY

INSTRUCTOR ASSISTANT FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2018

Ligamentous Articular Strain | JP

INSTRUCTOR ASSISTANT FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2018

Ligamentous Articular Strain | KR

INSTRUCTOR ASSISTANT FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2018

Muscle Energy Technique | TH

INSTRUCTOR ASSISTANT FOR OSTEOPATHIC COLLEGE OF ONTARIO | 2018

Craniosacral Manipulative Therapy | OM

OSTEOPATH FOR SULTAN QABOOS UNIVERSITY HOSPITAL | 2018

Physiotherapy & Rehabilitation Department | OM

PRESENTATION FOR THE PENANG SWIMMING CLUB | 2017

Stretching for Swimmers | MA

PRESENTATION FOR THE SINGAPORE PHYSIOTHERAPY ASSOCIATION CONTINUAL EDUCATION | 2013

Clinical Fascial Applications in Manual & Movement Therapy for Physiotherapists | SG

PRESENTATION FOR YONG SIEW TOH MUSIC CONVESATORY | 2008

Preventing Musculoskeletal for Musicians | National University of Singapore | SG

INSTRUCTOR FOR TAN TOCK SENG PHYSIOTHERAPY DEPARTMENT | 2007

Introduction to Orthopaedic Massage | SG

PRESENTATION FOR THE SINGAPORE PHYSIOTHERAPY ASSOCIATION 6<sup>TH</sup> NATIONAL CONGRESS | 2006

A Myofascial Approach for Forward Head Posture | SG

INSTRUCTOR FOR TAN TOCK SENG PHYSIOTHERAPY DEPARTMENT | 2006

Myofascial Release: Challenging Musculoskeletal Restrictions | SG

PRESENTATION FOR TEMASEK JUNIOR COLLEGE | 2006

Self-Sports Massage For Swimmers: Release & Recover Fast | SG

ASSISTANT INSTRUCTOR FOR MYOFASCIAL RELEASE | 2005

Stanborough Educational Group | SG

INTERVIEW ON ALTERNATIVE MEDICINE | 2005

Channel News Asia | SG

GUEST LECTURER FOR PRACTICE PERFORMING ARTS CENTRE | 2004

Anatomy & Kinesiology of Movement | SG

INSTRUCTOR FOR SINGAPORE SPORTS COUNCIL | 1998 - 2003

Basic Sports Massage | SG

RESIDENT PHYSIOTHERAPIST FOR NATIONAL WATER-POLO TEAM | 1999 - 2003

Singapore Amateur Swimming Association | SG



## COLLABORATION

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**PHYSIOTHERAPIST FOR SINGAPORE INTERNATIONAL TRIATHLON CHAMPIONSHIP: ASIAN CUP SEERIES | 2001**

Triathlon Association of Singapore | SG

**INTERVIEW ON PHYSIOTHERAPY APPROACH FOR JOINT RESTRICTIONS | 2003**

Channel 5 Mediacorp | SG

**PHYSIOTHERAPIST FOR NATIONAL WATER-POLO & SWIMMING TEAM | 2001**

XXI SEA Games | MY

**PHYSIOTHERAPIST FOR NATIONAL WATER-POLO & SWIMMING TEAM | 2000**

6th Asian Swimming Championships | KR

**ANATOMY ASSISTANT FOR CADAVER LABORATORY | 1994**

Department of Physical Therapy | Loma Linda University | USA

**CORPORATE HEALTH TALKS**

Yahoo, National Technological Institute, salesforce.com, Greif, Cisco, Neslay, Bain & Company, Exxon Mobil, Sony, Mapletree

**PHYSIOTHERAPIST FOR THE PERFORMING ARTS**

Performances: Saltimbanco, If There Are Seasons, Lao Jiu: The Musical, The Forbidden City

Organizations: The Theatre Practice, Singapore Dance Theatre, International Salsa Festival