

Curriculum Vitae

Name : Lim Yi Lin
Nationality : Malaysian
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Workplace : MyPhysio FiCoMo Specialist Centre & Tesseract Centre for Advance Movement Intelligence
Education : Master of Health Science (Physiotherapy), UKM, Malaysia.
Bachelor of Science (Hons) Applied Rehabilitation (Physio) (UK) from Teeside University, United Kingdom

Certification :

1. Fully Certified DNS Practitioner A-D (Dynamic Neuromuscular Stabilization) by Prof. Pavel Kolar, Prague Rehabilitation School. www.rehabps.com
2. Certified DNS Instructor. www.rehabps.com
3. Certified DNS Exercise Trainer.
4. DNS Women's Health, DNS Scoliosis, DNS Gerd, DNS Foot Dysfunction.
5. The Janda Approach to Musculoskeletal Pain Syndromes.
6. CranioSacral Therapy 1 & 2 by The Upledger Institute, Inc.
7. MAB1 (Manual Approach to the Brain) by Barral Institute.
8. Lymphoedema Therapy.
9. Pain Management.
10. Connective Tissue Manipulation.
11. Fascial Release Techniques by James Earls' and Thomas Myers.
12. Kinesiotaping by Kenzo Kase.
13. Neuromuscular taping by David Blow. www.nmtinstitute.org

Extra Curricular Activities includes :

1. Member of Malaysian Physiotherapy Association (MPA)
2. Member of World Confederation for Physical Therapy (WCPT)
3. Treasurer of MPA (2001-2002)
4. Editor for MPA newsletter (2012-2013)

Publications :

- **Lim Yi Lin**, Magdalena Lepsikova, Devinder Kaur Ajit Singh, 2018. Effects of dynamic neuromuscular stabilization on lumbar flexion kinematics and posture among adults with chronic non-specific low back pain : a study protocol. Regional Conference on Science, Technology and Social Sciences(RCSTSS).
- **Lim Yi Lin**, Magdalena Lepsikova, Devinder Kaur Ajit Singh, 2016. Effects of dynamic neuromuscular stabilization(DNS) on lumbar flexion kinematics and posture during a specific task among adults with chronic non-specific low back pain (CNSLBP): a study protocol. Regional Conference On Sciences Sciences , Technology and Social Sciences 2016.pp715-724. Springer. Chapter in book.
- Nancy G. Jette, **Yi L. Lim**, Hui L. Lim, Sabarul A. Mokhtar, Kok B. Gan, Devinder K. A. Singh, "Lumbar Kinematics , Functional Disability and Fear Avoidance Beliefs Among Adults with Nonspecific Chronic Low Back Pain." Sultan Qaboos University Medical Journal, November 2016, Vol. 16, Iss. 4 ,pp 430-436.
- Devinder K. A. Singh, **Yi L. Lim**, Jai Y. Khor, Ponnusamy S., Sabarul A., "Perspective Regarding Pain And Fear-Avoidance Belief in Adults With Chronic Non-specific Low Back Pain – A Qualitative Study." Scientific World Journal

Work Experience

Founder of Tesseract Centre for Advanced Movement Intelligence.

- Teaches the DNS Introductory, DNS A, DNS B and DNS Exercise 1 modules for DNS Prague (Rehabilitation Prague School ,Czech Republic)

International

1. DNS A , Korea Association Rehabilitation Functional Exercise (KARFE) , Busan, Korea.
2. DNS A , Universitas Aisyiyah Yogyakarta (UNISA).
3. DNS and FCM Introduction , Undergraduate Physiotherapy Students and Physiotherapy Department , Universitas Aisyiyah Yogyakarta (UNISA)
4. DNS Introduction , Mahidol University ,Bangkok ,Thailand.
5. DNS A, B , Exercise 1, Kanya Academy, Bangkok, Thailand.
6. DNS A with Scoliosis Introductory, Exercise 1 with Pelvic/hip-Foot Introductory, DNS Exercise 2, DNS Movement Flow & Flexibility, Hong Kong.
7. DNS A & B , InPhysio, Bandung, Indonesia.

Local

1. DNS A, B, Exercise 1, DNS Movement Flow & Flexibility, DNS Scoliosis (Novice level) courses in Penang, Kuala Lumpur and Petaling Jaya, Malaysia.
2. DNS Introduction , MAHSA University.
3. DNS Introduction, Malaysian Physiotherapy Association.
4. DNS Introduction, Universiti Tunku Abdul Rahman, Malaysia.
5. DNS Introduction, Orthopedic Department, National University Malaysia Hospital.

➤ **Others**

1. Lecture(online) for Masters Programme of Physiotherapy at Universitas Muhammadiyah Surakarta (UMS), Solo, Indonesia March 2024. (Topics : Motor Control, Postural Control, Learning Movement...etc)

➤ Teaches and train physiotherapists & occupational therapist with the Five Core Movement Modules which encompasses:

- 1) Leadership & teamwork training programmes
- 2) Clinical Observation and Reasoning Skill training programmes which uses the Functional Approach and BPS models

International

1. Upgrade Physiotherapist' Level of Thinking- Move from Structural Approach to Functional Approach, Bali,Indonesia.
2. Introduction to DNS and FCM, FCM 1, Universitas Muhammadiyah Surakarta (UMS), Solo, Indonesia.

3. Being a Movement Specialist Conference, Bandung Physiotherapy Association.
4. FCM Women's Health Conference, Universitas Aisyiyah Yogyakarta (UNISA).
5. FCM Women's Health Skill Course, Universitas Aisyiyah Yogyakarta (UNISA).
6. FCM 1 and 2 courses in Bandung, Indonesia.

Local

1. FCM 1 & 2 Courses in Selangor, Penang, Pahang, Johor since 2016.
2. 1 Year FCM module for the whole NASAM Physiotherapist team in Selangor, Kuala Lumpur, Melaka, Johor, Ipoh, Penang. (National Stroke Association Malaysia) 2014.

Consultant Physiotherapist and Founder of MyPhysio FiCoMo Specialist Centre since 2011.

Provides personal patient and public education on well-being, patient-centred design physiotherapy treatment which is current in the health care industry and network with the appropriate medical professional team (interdisciplinary approach). Area of interest in current practice is Movement Care (centrated stabilisation for good neuromuscular movement patterns) especially in relation with women's health and paediatrics.

Senior Physiotherapist at Gleneagles Hospital Kuala Lumpur from 2005 – 2010 specialising in women's health and paediatrics. Initiated and developed the specialisation of women's health in physiotherapy management at Gleneagles Hospital, Kuala Lumpur. Person in charge of the musculoskeletal physiotherapy outpatient department in Gleneagles from 2008 – 2010.

Encompasses full range of physiotherapy care with priority for complicated musculoskeletal, women's health and paediatrics patients. Was also in charge of the Continuous Professional Development programmes in the department.

Physiotherapist at UMMC and UMSC (University Malaya Medical and Specialist Centre). 1997 - 2004. Specialised in women's health and paediatrics beginning 2002.

Community physiotherapist since 1999. This encompasses providing physiotherapy care to patients in their personal homes or nursing homes/day care centres.

Speaker for Public health talks especially related to Women's well-being, Spine Care, Posture Care and Ergonomics.

Volunteer physiotherapist for NASAM (National Stroke Association Malaysia) in 1998

Board member of NASAM since 2013 -2015.

Volunteer physiotherapist for KASIH HOSPIS in 2011 & 2012.

External examiner for the Physiotherapy College Malaysia and Universiti ITM (Physiotherapy)
for the Practical Examinations of Year 2 & 3 students.