

Title: 55% of Singaporeans have either flat feet or high arches! Should I be worried?

By Dr Malia Ho

Clinical Director & Principal Podiatrist,
Performance Sports & Rehab Specialists



About the Speaker:

Malia was awarded the prestigious Overseas Specialist Award from the Ministry of Health and graduated with an honours degree from the University of Salford (UK) in 1998. She went on to obtain her Master's degree from the National University of Singapore with her research work focused on footwear for diabetic patients. She then obtained her Doctoral degree in Sports Science in Nanyang Technological University focusing on Foot structure, foot stability and running in 2016.

Malia is the Principal Podiatrist of Performance Sports and Rehab Specialists and Singapore Sports Medicine Centre where she manages mainly high performance athletes. She is also co-author of 'Run for your Life!', the 'bible' for avid runners. She is also an **appointed member of the Sports Medicine and Science Subcommittee of Fencing Singapore.**

She is passionate about translating her knowledge to the younger generation and lectures at Nanyang Polytechnic and HMI International regularly. She is also a mentor for younger Podiatrists at National Healthcare Group Polyclinics. She also speaks at various sports and podiatry conferences locally and abroad.