


## Curriculum Vitae

### Personal Information

Title	Dr	
Name	Tirza Z. Tamin	
Degree	Dr. dr., Sp.K.F.R., M.S. (K), FIPM (USG)	
Country	Indonesia	
Affiliation	Department of Physical Medicine and Rehabilitation, Dr. Cipto Mangunkusumo National General Hospital	

### Education Background

- Bachelor of Medicine, Universitas Sumatera Utara (1989)
- Physical Medicine and Rehabilitation Specialist, Universitas Indonesia (1998)
- Doctoral Program, Universitas Indonesia (2009)
- Physical Medicine and Rehabilitation Specialist Consultant, Universitas Indonesia (2010)



### Fellowship :

- USG Fellowship in National Taiwan, University Hospital (2018)
- Sport Injury Rehabilitation Fellowship in, Hiroshima University Japan (2019)

### Current Roles

- Member of the Professional Service Development Council (MPPK) Indonesian Doctors Association (2022-2025)
- Advisory Board of Indonesian Physical Medicine & Rehabilitation Association (2022-2025)
- Member of the Indonesian Collegium of Physical Medicine and Rehabilitation Certification/Competency Commission (2022-2025)
- President of Indonesian Osteoporosis Association (2023-2026)

## Positions



- Consultant Staff of Musculoskeletal Rehabilitation Division Department of Physical Medicine and Rehabilitation Clinic RSUPN-Cipto Mangunkusumo General Hospital/Faculty of Medicine University of Indonesia
- Head of the Sports Injury Rehabilitation Division (2002-2011)
- Coordinator of Facilities and Infrastructure at the Department of Medical Rehabilitation (2002-2004)
- Administrator of the Indonesian Physiotherapy Association in the Education and Training Sector (2002-2011)
- Chairman of the Physiotherapy Study Program in the DIII Medical Rehabilitation program (2003-2009)
- Consultant for Martha Tilaar Spa (2003-2011)
- Consultant for Medical Rehabilitation at Medical Spa (Hydrotherapy) and Rehabilitation at Griya Natura Spa (2003-2005)
- Coordinator of Community Services at the Department of Medical Rehabilitation, RSUPN dr. Cipto Mangunkusumo (2004-2006)
- Secretary of Physical Medicine and Rehabilitation Specialist Program (2007-2012)



- Member of Indonesian Physical Medicine & Rehabilitation Association, Education and Training Sector & Research and Development Sector (2010-2013, 2013-2016)
- Undergraduate Curriculum Sub-Commission of the Indonesian Collegium of Physical Medicine and Rehabilitation (2010-2013, 2013-2016, 2016-2019, 2019-2022)
- Deputy Chair II of Indonesian Physical Medicine & Rehabilitation Association (2016-2019)
- Head of Sport Injury Rehabilitation and Obesity Clinic RSUPN-Cipto Mangunkusumo General Hospital (2018)
- Chairman of Indonesian Physical Medicine & Rehabilitation Association (2019-2022)
- Member of the Professional Service Development Council (MPPK) Indonesian Doctors Association (2022-2025)
- Advisory Board of Indonesian Physical Medicine & Rehabilitation Association (2022-2025)
- Member of the Indonesian Collegium of Physical Medicine and Rehabilitation Certification / Competency Commission (2022-2025)
- President of Indonesian Osteoporosis Association (2023-2026)





## Membership

- Indonesian Medical Association (IDI)
- Indonesian Physical Medicine & Rehabilitation Association
- Indonesian Physical Medicine & Rehabilitation Association branch of Jakarta Raya
- Indonesian Collegium of Physical Medicine and Rehabilitation
- Indonesian Osteoporosis Association
- International Society for Physical Rehabilitation Medicine
- International Osteoporosis Foundation
- International Society for Prosthetics and Orthotics
- North American Spine Society

## Books

- White Book Kedokteran Fisik dan Rehabilitasi Edisi 2 (2019)
- Panduan Koding Manual Layanan Rehabilitasi Medik (2019)
- Buku Panduan Uji Fungsi & Prosedur Kedokteran Fisik dan Rehabilitasi (2019)
- Panduan Praktik Klinik (2019)
- Pedoman Rehabilitasi Medik pada Kondisi Bencana (2019)



- Standar Pelayanan Medik PB PERDOSRI (2019)
- Pengembangan Layanan Ortosis dan Prostesis bagi Spesialis Kedokteran Fisik dan Rehabilitasi (2021)
- Panduan Resertifikasi dan Program Pengembangan
- Pendidikan Keprofesian Berkelanjutan (Continuing Professional Development) Kedokteran Fisik dan Rehabilitasi Indonesia (2022)

### **International Conferences (2021 – 2024)**

- Speaker : The 5th Scientific Meeting of North American Spine Society (NASS), International Society for Minimal Intervention in Spinal Surgery (ISMISS), Indonesian Spine Society (ISS) and Indonesian Orthopedic Spine Society (IOSS) (2021)
- Speaker : The 50th Anniversary of Korean Academy of Rehabilitation Medicine in Seoul, Korea (2022)
- Participant : The 18th World Congress of International Society of Physical and Rehabilitation Medicine (ISPRM) in Sydney, Australia (2024)



## National Academic Publications (2021 – 2023)

- Co-Author : Extracorporeal shockwave treatment decreases pain, functional limitations and medial collateral ligament thickness in subjects aged 50-70 years with knee osteoarthritis (2021)
- Co-Author : The Effect of Therapeutic Exercises Model on Oxidative Stress and Gait Speed in Chronic Obstructive Pulmonary Disease (2021)
- Co-Author : Association of Physical Activity and Physical Performance with Sarcopenia in Elderly Obese Patient in Community (2022)
- Co-Author : Independence Status, Communication and Mobilization Profiles of Indonesian Hajj Pilgrims (2023)
- Co-Author : An Indonesian Version of Validity and Reliability Test of Knee Outcome Survey - Activities of Daily Living Scale in Knee Osteoarthritis (2023)
- Co-Author : Vitamin D Levels in Pre-frail Older Adults and Its Correlation with Hand Grip Strength (2023)
- Co-Author : The Influence and Feasibility of Therapeutic Exercise Videos at Home on the Functional Status of Post-COVID-19 Hospitalization (2023)





## **International Conferences (2021 – 2024)**

- Co-Author : Comparing the effectiveness of medium- and high-dose extracorporeal shockwave therapy against calcific tendonitis of the rotator cuff (2018)
- Co-Author : Health-related Quality of Life and Muscle Functions among Pre-frail Elderly Outpatients: Stronger Correlation with Gait Speed than Handgrip Strength (2018)
- Author : Correlation of Pain Improvement and Quadriceps Strength with Knee Functional Disability Index After Elastic Taping Application in Obese Patients with Knee Osteoarthritis (2019)
- Co-Author : Model Prediction Maximum Oxygen Intake (VO2max) Using the Bleep Test in Male Junior Athletes (2021)
- Co-Author : The Effect of Therapeutic Exercises Model on Oxidative Stress and Gait Speed in Chronic Obstructive Pulmonary Disease (2021)
- Co-Author : 135P Relationship between low muscle mass pre-chemotherapy with hematological toxicity in breast cancer patients after 3 cycles of chemotherapy (2021)
- Co-Author : P15-9 Factors correlated to muscle strength in breast cancer patients before chemotherapy (2021)



## On-going Researches

- Author : Perbandingan Efektivitas Latihan Keseimbangan Menggunakan Stochastic Resonance Therapy-Whole Body Vibration (SRT-WBV) (2024)
- Author : Perbandingan Efektivitas Injeksi Steroid dengan Prolotherapy pada Pasien dengan Supraspinatus Tendinopathy (2024)
- Author : Perbandingan Efektivitas Injeksi Steroid dengan Prolotherapy pada Pasien Pes Anserine Bursitis dengan OA (2024)
- Author : Perbandingan Efektivitas Program Latihan Terapeutik pada Posisi Duduk dengan Berdiri pada Pasien Obesitas dengan Osteoarthritis Genu (2024)