

Should we exercise or not? Effects of Covid-19 on muscles, bones and our immunity

With 5.8 million cases and 360,000 deaths worldwide, Covid-19 is the greatest modern pandemic of our times. As our understanding of Covid-19 is evolving, we are able to unravel some of its effects on the musculoskeletal system which may have implications on exercise, strength & conditioning, sports specific training and immunity. This talk will shed light on some of the evolving evidence and practical implications for health care practitioners.

About Dr Naj Soomro

Dr Naj Soomro (MBBS, MIPH, PhD) is a Medical Officer at Bunbury Hospital, Western Australia currently working on the front-line response for Covid-19 at the Emergency Department. He is also an Adjunct Lecturer at Faculty of Medicine, The University of Sydney and covers Pakistan Men's International Cricket Team as their Team Doctor on Australian tours. He holds a PhD from Discipline of Exercise, Health and Performance at The University of Sydney. He has previously held various academic positions with Monash University and University of Adelaide. His area of interests are Exercise Physiology, Sports Medicine, Orthopaedic Surgery & Mobile App development for health promotion.

The School of Public Health
and Community Medicine

Seminar Invitation

Wednesday 15th July

12:00 - 1:00 pm

[Seminar is available by
Teams Meeting Link](#)



Venue: Seminar is available by [Teams Meeting Link](#)

Enquiries: Ravit Danieli-Vlandis ravit@unsw.edu.au

Recorded Seminars are available on the [SPHCM website](#)

Organisation: Seminars organised by Professor Robyn Richmond. Higher Degree student seminars organised by Poshan Thapa School of Public Health and Community Medicine, Faculty of Medicine, UNSW Sydney, NSW 2052, Australia

Tel: +61 (2) 9385 2517 | Fax: +61 (2) 9313 6185 | Web: sphcm.med.unsw.edu.au | CRICOS Provider Code 00098G



UNSW
SYDNEY