

The Hong Kong Football Medicine Team Physiotherapist Course 2023

Program

Day 1 (22 July 2023)		
Time	Topics	Speakers
08:45 - 13:00	Opening- Challenges and strategies for football physiotherapist	Prof. Patrick Yung
	Session 1 Skills for a team physiotherapist	
	- Anti-doping and PCMA updates - keeping your players out of troubles - Case study - Pitch side assessment - Challenges for football physiotherapists and survival skills when travelling with the team	Prof. Patrick Yung Ms. Karen Kwong Mr. Quentin Yau
13:00 - 14:00	Lunch Time	
14:00 - 17:15	Session 2 Conditioning and Injury prevention in football	
	<u>Practical Session</u> Game warm up simulation, Injury prevention program, Game-based conditioning	Dr. Justin Lee

Day 2 (23 July 2023)		
Time	Topics	Speakers
08:45 - 12:15	Session 3 On-field management and football medical problems	
	- Football medicine emergencies - Concussion - Wound management	Dr. Willis Kwok Mr. Ho Fong Hei Mr. Chun Chi Pong Mr. Chan Yiu Kwan
12:15 - 13:15	Lunch	
13:15 - 18:00	Session 4 Understanding the needs of football players	
	- Sudden cardiac death and pre-participation screening	Dr. Erik Fung
	- Nutrition for Football, Recovery and Use of Nutritional Supplements - Common taping techniques for football players	Ms. Sylvia Lam Mr. Gorman Ngai

* The programme may be subject to change