

The Hong Kong Football Medicine Team Physiotherapist Course 2022

Preliminary Program

Day 1 (16 July 2022)

Time	Topics
AM	Opening- Challenges and strategies for football physiotherapist
	Session 1 Skills for team physiotherapist
	<ul style="list-style-type: none">- Anti-doping and PCMA updates - keeping your players out of troubles- Case study- Pitch side assessment- Challenge for football physiotherapist and survival skills when travelling with team
1300-1400	Lunch Time
PM	Session 2 On field management and medical emergencies
	<ul style="list-style-type: none">- Football medicine emergencies- Concussion management- Wound management

Day 2 (17 July 2022)

Time	Topics
AM	Session 3 Understanding needs of football players
	<ul style="list-style-type: none">- Common taping techniques for football players- Nutrition for recovery and use of supplements- Sudden cardiac death and pre-participation screening
1300-1400	Lunch
PM	Session 4 Conditioning and Injury prevention in football
	<u>Practical Session</u> Game warm up simulation, Injury prevention program, Game-based conditioning