

The Hong Kong Football Medicine Team Physiotherapist Course 2024

Date: 6-7 July 2024

Venue: Jockey Club Kitchee Centre, 23 On Muk Street, Shek Mun, Shatin

Day 1 (Sat) 6 July							
Format	Time	Topic	Speakers	Venue			
Opening	0845-0900	Opening- Challenges and strategies for football physiotherapist	Prof Patrick Yung	Seminar Room 1 & 2, 1/F Jockey Club Kitchee Centre			
Session 1 Skills for a team physiotherapist							
Lecture	0900-0930	Anti-doping updates	Prof Patrick Yung				
Case study	0930-1030	Team work and shared decision making in elite football	Dr Keith Wan & Mr Dennis Lo				
	1030-1045	Break					
Lecture	1045-1130	Challenges for football physiotherapists and survival skills when travelling with the team	Mr Dennis Lo				
Practical	1130-1300	Pitch side assessment - The essential ABC you must know	Mr Quentin Yau				
	1300-1400	Lunch					
Session 2 Sports science in football							
Lecture	1400-1500	Physiological demands and load monitoring in football	Mr Wesley Wong	Seminar Room 1 & 2, 1/F Jockey Club Kitchee Centre			
Practical	1500-1800	Conditioning and injury prevention in football	Dr Justin Lee	Seminar Room 1 & 2 and Football pitch			
Day 2 (Sun) 7 July							
Format	Time	Topic	Speakers	Venue			
Session 3 On-field trauma management and medical emergencies in football							
Practical	0900-1230	Football medical emergencies Concussion Wound management	Dr Willis Kwok and team	Seminar Room 1 & 2, 1/F Jockey Club Kitchee Centre			
	1230-1330	Lunch					
Session 4 Understanding the needs of football players							
Lecture	1330-1415	Current trends in football medicine research	Dr Kate Yung	Seminar Room 1 & 2, 1/F Jockey Club Kitchee Centre			
Sharing	1415-1430	Injury monitoring and surveillance	Mr Nathan Ng				
Chit-chat	1430-1500	Coach's and player's voice - what do they expect from us?	Mr Nathan Ng, coach and player				
Practical	1500-1800	Common taping techniques for football players	Mr Gorman Ngai				