

The Hong Kong Football Medicine Team Physiotherapist Course 2023

Preliminary Program

Day 1 (22 July 2023)		
Time	Topics	Speakers
AM	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
1300-1400	Lunch Time	
PM	Session 2 Conditioning and Injury prevention in football	
	Practical Session Game warm up simulation, Injury prevention program, Game-based conditioning	Dr. Justin Lee

Day 2 (23 July 2023)		
Time	Topics	Speakers
AM	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
1215-1315	Lunch	
PM	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	Ms. Sylvia Lam
	- Common taping techniques for football players	Mr. Gorman Ngai

* The programme may be subject to change