

Football Medicine – Team Physiotherapist Course

Co-organized by:

- Hong Kong Association of Sports Medicine and Sports Sciences
- CUHK O&T Department
- Hong Kong Physiotherapy Association

Accredited by Hong Kong Football Association

Supported by Bayer HealthCare Limited

Date:	14, 15 and 21 November 2015
Time:	8:30 – 18:00
Venue:	Prince of Wales hospital, Shatin
Number of Participants:	20
Target Participants:	Physiotherapists
Course Fee:	Non-HKPA / HKASMSS members: HK\$4,500 HKPA members: HK\$4,050 HKPA SSG / HKASMSS members: HK\$4,000

Course Outlines:

1. Review current epidemiology, evidence and physiotherapy practices for the medicine in football
2. Introduce theoretical and conceptual issues underpinning assessment, evaluation, management and rehabilitative approaches within football
3. Learn to develop and implement relevant preventive measures, on-field support, rehabilitation strategies and performance enhancement programs for various level and group of football players

After the completion of the course, participants should be able to:

1. Formulate and implement preventive measures, on-field support and injury management, rehabilitation strategies and performance enhancement programs for various levels of football players
2. Critically analyse the epidemiology and physiotherapy practices for football related injuries by reviewing the current trends and applying theories and concepts in physiology, biomechanics, motor learning, strength and conditioning as well as assessment

Day 1 – Knowing about modern football & Orthopedic Sports Medicine

Time	Program	Format	Speaker
8:30 – 9:15	Course Opening		Course organizer
9.15 – 10:15	Prevention of Sudden Cardiac Death in football players. FIFA Pre-Competition Medical Assessment: Cardiovascular Aspect	Lecture	Dr Gary Mak
10:30 – 11:30	FIFA Sports Medicine and Trend, Pre-Competition Medical Assessment: Musculo-skeletal Aspects	Lecture	Dr Patrick Yung
11.30 – 12.30	Doping Control	Lecture	Dr Patrick Yung
12:30 – 13:30	Lunch		
13:30 – 16:30	Orthopaedic Football Medicine [Differentiate diagnosis / imaging / consideration to Op]	Case Discussion	Ms Karen Kwong Dr Patrick Yung
16:30 – 17:30	Sports nutrition	Lecture	Mr. Gabriel Pun
17.30 - 18.00	Introduction of Day 2	Briefing	Course organizer

Day 2 Football Science Clinical Medicine (conduct at Football Pitch & Physio Gym)

Time	Program	Format	Speaker
8:30 – 9:30	FIFA 11+ Warm Up Routine [evidence base practice]	Practical	Mr. Hardaway Chan Mr. Justin Lee
9:30 – 10:15	Physiological profiles of football player – indication for scientific training		
10.30 – 12.00	Football training - Training Routine - Strength, conditioning & circuit training		
12:00 – 13:30	Lunch (*Longer Lunch for shower & preparation)		
13:30 – 16:45	Rehabilitation Medicine Clinical examination / rehab Exercise /	Case Discussion	Mr. Jacky Leung Mr. Gorman Ngan
16:45– 17:30	Return to Sports: Functional assessment Progression & return to sports	Practical	Mr. Quentin Yau
17.30 – 18.00	Introduction to Day 3	Briefing	Course organizer

Day 3 Emergency Response & Travel with team

Time	Program	Format	Speaker
8:30 – 9:30	Tour with team	Experience Sharing	Mr. Alan Wong
9:30 – 10:30	Medical emergency – cardiac incidence, concussion and Wound management	Experience Sharing	Emergency Department Dr.
10:30 – 12:30	Pitch -side assessment procedure	Practical	Mr. Alan Wong Ms. Karen Kwong
12:30 – 13:30	Lunch		
13:30 – 16:30	Taping & Strapping For football player	Case discussion	Mr. Quentin Yau Mr. Alan Wong Ms. Karen Kwong
16:00 – 17:30	Competency check	Lecture	Course organizer