

HKSI International Sports Science Symposium, sponsored by Mr Ming Wai Lau

16-17 January 2015

Programme

Last updated : 19 December 2014

Day One – Friday, 16 January 2015		
08:00 – 09:00	Registration	
Part I. Pre-Symposium Workshops		-
09:00 – 11:00	Concussion management (120 minutes)	-
11:00 – 13:00	ACL & hamstring injury prevention (120 minutes)	-
13:00 – 14:00	Lunch Break	
Part I. Pre-Symposium Workshops		Part II. Symposium Drug & Nutrition in Sports
14:00 – 14:30	Kinesio-taping (90 minutes)	2015 World Anti-Doping Code (30 minutes)
14:30 – 15:00		Demonstration on anti-doping procedure (30 minutes)
15:00 – 15:30		Future plan of Hong Kong Anti-Doping Committee (30 minutes)
15:30 – 15:45	Tea Break	
15:45 – 16:15	Kinesio-taping (120 minutes)	Nutritional supplements in the prevention and treatment of injury (30 minutes)
16:15 – 16:45		Nutrient timing for optimal recovery and prevention of injury (30 minutes)
16:45 – 17:15		Ahead of injuries: psychological intervention to prevent sports injuries (30 minutes)
17:15 – 17:45		Preventing female athlete triad: early recognition, intervention and return to sports (30 minutes)
End of Day One Schedule		

Part II. Symposium

Day Two – Saturday, 17 January 2014	
08:30 – 09:30	Registration
09:30 – 09:35	Welcome Speech by Hong Kong Sports Institute
Session A: Pre-competition Screening and Intervention in Preventing Sports Injuries 09:35 – 10:15	
09:35 – 09:55	Pre-competition medical assessment (PCMA) in HKSI (20 minutes)
09:55 – 10:15	Screening athlete for conditions predisposing to sudden cardiac death (20 minutes)
10:15 – 10:30	Opening Ceremony (15 minutes)
Session B: Hamstring Injuries – Treatment & Injury Prevention 10:30 – 12:45	
10:30 – 11:00	Plenary Lecture I: Advancing the preparticipation physical evaluation – an FIMS & ACSM joint consensus statement (30 minutes)
11:00 – 11:15	Tea Break
11:15 – 11:45	Plenary Lecture II: Treatment of hamstring injuries – practical rehabilitation protocol & guidelines to return back to sports (30 minutes)
11:45 – 12:15	Plenary Lecture III: Preventing hamstring injuries – who are at risk & what to do? (30 minutes)
12:15 – 12:45	Plenary Lecture IV: Managing muscle and tendon injuries – the future direction (30 minutes)
12:45 – 13:45	Lunch Break

Part II. Symposium

Day Two – Saturday, 17 January 2014	
Session C: Head and Back Injuries 13:45 – 14:35	
13:45 – 14:10	Managing concussion in sports – current consensus and practical tips (25 minutes)
14:10 – 14:35	Rehabilitation training in sportsman with back injury (25 minutes)
Session D: Upper Limb Sports Injuries 14:35 – 15:50	
14:35 – 15:00	Elbow injuries in sportsman – the no man’s land? (25 minutes)
15:00 – 15:25	Shoulder injuries in sports man – look out for yours! (25 minutes)
15:25 – 15:50	Injection therapy for sports injuries – hope or hype? (25 minutes)
15:50 – 16:05	Tea Break
Session E: Lower Limb Sports Injuries 16:05 – 17:45	
16:05 – 16:30	Groin injuries in sports – not the tip of iceberg! (25 minutes)
16:30 – 16:55	ACL in 2015: Updated knowledge in treatment, rehabilitation to injury prevention (25 minutes)
16:55 – 17:20	Preventing ankle injuries: practical injury prevention strategies (25 minutes)
17:20 – 17:45	Leg pain in sportsman: know the red flag sign! (25 minutes)
End of Symposium	