



Specialty Day in Sports Medicine

Date: November 13th – 14th 2014

Time: 9 am to 5 pm

Venue: Hong Kong Sports Institute,
25, Yuen Wo Road, Sha Tin, New Territories, Hong Kong.

Overseas Faculty:

Andrew CARR

Ryosuke KURODA

Benjamin MA

Mark MILLER

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Please contact College Secretary at 2871-8722 for
registration or visit website of HKCOS
(www.hkcoss.org.hk)

Co-organized by:



HKCOS Specialty Day in Sports Medicine



	<u>November 13th 2014 (Thursday)</u>
08:30 – 09:00	Registration – Day 1
09:00 – 09:05	Course Introduction
	<u>Basic Science in Sports Medicine</u>
09:05 – 09:25	Biology and Biomechanics of Cartilage
09:25 – 09:45	Basic science of Ligament and Tendon
09:45 – 10:15	Biomaterials used in Sports Medicine
10:15 – 10:30	Tea Break
10:30 – 10:50	Quiz I
10:50 – 11:10	Basic Principle of Biomechanics and Kinematics
11:10 – 11:40	Musculoskeletal radiology in Sports Medicine
11:40 – 12:00	Tissue engineering in Sports Medicine
12:00 – 13:00	Lunch
	<u>Hip Module</u>
13:00 – 13:10	Quiz II
13:10 – 13:30	Femoro-acetabular impingement
13:30 – 13:50	Snapping Hip and its assessment
	<u>Patellar Module</u>
13:50 – 14:10	First time patellar dislocation
14:10 – 14:30	Recurrent patellar instability
14:50 – 15:10	Patello-femoral joint pain and arthritis
15:10 – 15:30	Tea break
	<u>Knee Module I</u>
15:30 – 15:50	Applied anatomy of knee
15:50 – 16:10	Pathophysiology of chondral injury and osteoarthritis
16:10 – 16:30	Management of isolated chondral injury
16:30 – 16:50	Non-replacement management of osteoarthritis
16:50 – 17:00	Round up of Day One Course

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	<u>November 14th 2014 (Friday)</u>
08:30 – 09:00	Registration – Day 2
	<u>Knee Module II</u>
09:00 – 09:20	Anterior Cruciate Ligament Injury
09:20 – 09:40	Posterior Cruciate Ligament Injury
09:40 – 10:00	Collateral ligament Injury and Knee Dislocation
10:00 – 10:20	Meniscal tear
10:20 – 10:40	Tea Break
10:40 – 11:00	Common Sports problem in Paediatric Knee
11:00 – 11:20	Iliotibial band syndrome, Quadriceps tendon and Patellar tendon pathology
11:20 – 11:40	Stress fracture, muscle rupture and chronic compartment syndrome
11:40 – 12:00	Quiz III
12:00 – 13:00	Lunch
	<u>Shoulder Module</u>
13:00 – 13:10	Quiz IV
13:10 – 13:30	Applied anatomy of shoulder joint
13:30 – 13:50	Anterior shoulder instability
13:50 – 14:10	Posterior shoulder instability and Multi-directional instability
14:10 – 14:30	Epidemiology and Pathology of Rotator Cuff Tendinopathy and Tear
14:30 – 14:50	Impingement syndrome and partial rotator cuff tear
14:50 – 15:10	Full thickness rotator cuff tear
15:10 – 15:30	Tea break
15:30 – 15:50	Frozen shoulder
15:50 – 16:10	Acute acromioclavicular joint injury
16:10 – 16:30	Chronic acromioclavicular joint instability and arthritis
16:30 – 16:50	Referred shoulder pain
16:50 – 17:00	Conclusion of Course