



The Hong Kong Football Medicine Team Physiotherapist Course 2020

Day 1 (Sat) 17 Oct Format			Venue
Opening Lecture Case study Chit-chat Practical Practical Lecture Practical	0845-0855	Registration open	Prince of Wales Hospital
	0855-0900	Opening- Challenges and strategies for football physiotherapist	
	Session 1 Skills for team physiotherapist		
	0900-0930	Anti-doping and PCMA updates- keeping your players out of troubles	
	0930-1030	Case study- Shared decision making in team setting	
	1030-1100	Coach's voice- what do the team expect from us?	
	1100-1115	Break	
	1115-1215	Pitch side assessment - The essential ABC you must know	
	1215-1300	Challenge for football physiotherapist and survival skills when travelling with team	
	1300-1400	Lunch	
	Session 2 On field management and medical emergencies		
	1400-1415	HKFA Injury and Illness Surveillance Project	
	1415-1630	Football medicine emergencies	
	Practical	1630-1715	
1715-1745		Wound management	
1745-1800		Round up	
Session 3 Understanding needs of football players			
0850-0900		Registration open	Prince of Wales Hospital
0900-1030		Common taping techniques for football players	
1030-1045	Break		
1045-1120	Sudden cardiac death and pre-participation screening		
1120-1200	Nutrition for recovery and use of supplements		
1200-1415	Lunch and travel		
Session 4 Conditioning and injury prevention in football			
Lecture Practical	1415-1430	warm-up	Jockey Club Kitchee Centre
	1430-1500	Physiological profile and training routine of football player	
	1500-1600	Warm-up and mobility drills for football players	
	1600-1700	Lower limb injury prevention program	
	1700-1750	Strength and conditioning for team sports	
1750-1800	Round up		