

Dance Medicine 2021

舞蹈醫學 2021



28 Aug 2021 (Sat)



10:00-13:05 **Dance Medicine Seminar**
(for health care professional only)
Language: English

Topics included: Surgical and non-surgical management of dance injuries, assessments of hyper mobility, nutritional needs of dancers.



14:00-17:00 **Assessment for Dancers**
舞者身體與體能評估
Language: Cantonese and English
語言: 粵語及英語

Test included for dancers: Body mass, strength and power, hypermobility, proprioception, balance and aerobic fitness analyses.

舞者測試包括: 身體質量、力量及爆炸力、關節過度活動、本體感覺、平衡及心肺功能評估



Theatre 2 - Hong Kong Productivity Council
78 Tat Chee Ave, Kowloon Tong
九龍塘達之路78號
生產力大樓 - 演講廳二

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名額有限，網上報名：免費
(於2021年8月25日截止)
Limited space, online enrolment:
free (deadline: 25 Aug 2021)

For any enquiry, please contact Dr. Arnold Wong
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主辦 Organised by

**CUHK RESEARCH
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CUHK DANCE MEDICINE
中大舞蹈醫學



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合作伙伴 Collaboration with



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The Hong Kong Academy
for
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香港演藝學院



Hong Kong Association of
Dance Medicine and Science
香港舞蹈醫學及科學學會



Dance Medicine 2021- Dance Medicine Seminar

Date: 28 Aug 2021 (Sat)
Time: 10:00-13:05
Venue: Theatre 2, Hong Kong Productivity Council, 78 Tat Chee Ave, Kowloon Tong
Language: English

| Time | Speakers |
|-------------|--|
| 10:00-10:10 | <p>Welcome address</p> <p>Prof. Patrick Yung, JP, MH Chairman and Professor, Dept of Orthopaedics and Traumatology, The Chinese University of Hong Kong</p> <p>Prof. Amy Fu, PDPT (MSc Scheme Chair), PR Cert (Spinal Manip), PgD (Epi & App Biostat), MPhil, PhD Associate Head and Professor, Dept of Rehabilitation Sciences, The Hong Kong Polytechnic University</p> <p>Dr. Samuel Ling, MBChB, ChM, FHKAM, FHKCOS, FRCSEd Clinical Assistant Professor, Dept of Orthopaedics and Traumatology, The Chinese University of Hong Kong Vice President, Hong Kong Association of Dance Medicine and Science</p> |
| 10:10-10:20 | <p><i>"Prevalence of Dance Injuries in Hong Kong – A Population-based Study"</i></p> <p>Dr. Arnold Wong, BSc, PT, MPhil, PhD Associate Professor, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University Vice President, Hong Kong Association of Dance Medicine and Science</p> |
| 10:20-10:50 | <p><i>"The Aetiology and Pathogenesis of Common Dance Injuries, and Medical Assessment for Dancers Including Cardiovascular Wellness"</i></p> <p>Dr. Bryan Lau, MBChB, DFM, MScSMHS Medical Doctor, Hong Kong Sports Institute Honorary Secretary, Hong Kong Association of Sports Medicine and Sports Science</p> |
| 10:50-11:20 | <p><i>"Conservative Management of Knee and Ankle Injuries in Dancers"</i></p> <p>Dr. Claire Hiller, BAppSc, MAppSc, PhD Senior Lecturer, Faculty of Medicine and Health, The University of Sydney Founder of Dance Research Collaborative (DaRC), Australia</p> |
| 11:20-11:30 | Break |
| 11:30-12:00 | <p><i>"Novel Evidence-based Hypermobility Assessments in Dancers"</i></p> <p>Dr. Clifton Chan, PT, PhD, GradDipEduStudies (Higher Ed) Senior Lecturer, School of Medical Sciences, The University of Sydney</p> |
| 12:00-12:30 | <p><i>"Common Misdiagnosed Hip Problems in Dancers"</i></p> <p>Dr. Jason Brockwell, FHKAM (Orth), FRCSEd (Orth), PGDipSEM Hip & Pelvic Surgeon, Asia Medical Specialists</p> |
| 12:30-13:00 | <p><i>"Common Nutrition and Eating Problems in Dancers"</i></p> <p>Ms. Sylvia Lam, BSc (Nutr Sci), MSc (Nutr & Diet) APD (DAA), AD (HKDA) Senior Dietitian, Pro-Wellness Health Centre Hong Kong</p> |
| 13:00-13:05 | <p>Closing speech</p> <p>Dr. Arnold Wong</p> |



Dance Medicine 2021- Assessment for Dancers 舞蹈醫學2021- 舞者身體與體能評估

- Date:** 28 Aug 2021 (Sat)
日期: 2021年8月28日(星期六)
- Time:** 14:00-17:00
時間: (1 hour/ session, 3 sessions in total, same content in each session)
 (1小時/節, 共3節, 每節內容相同)
- Venue:** Theatre 2, Hong Kong Productivity Council, 78 Tat Chee Ave, Kowloon Tong
地點: 九龍塘達之路78號生產力大樓- 演講廳二
- Language:** Cantonese and English
語言: 粵語及英語

| Time 時間 | Content 內容 |
|---|--|
| 14:00-14:15 15:00-15:15 16:00-16:15 | <p><i>"Importance of assessments in injury prevention for dancers"</i> (Talk)</p> <p>Mr. Henry Lam Registered Physiotherapist, HKSAR President, Hong Kong Association of Dance Medicine and Science ‘舞者身體與體能評估對舞者預防受傷的重要’(講座) 林漢威先生 香港註冊物理治療師 香港舞蹈醫學及科學學會主席</p> |
| 14:15-14:40 15:15-15:40 16:15-16:40 | <p>Assessments include: Body mass, muscle strength and power, hypermobility, proprioception, balance and aerobic fitness test 檢查及評估內容包括： 身體質量、肌肉力量及爆炸力、關節過度活動、本體感覺、平衡及心肺功能測試</p> |
| 14:40-14:55 15:40-15:55 16:40-16:55 | <p>Interpretation of assessment results by healthcare professionals 醫護專業人員評估結果及分析</p> |