



HKOA Sports Medicine Chapter 2011-12

Chapter President Report

The chapter continued to grow with your support and it has already come to the 4th term of presidency since its foundation in 2005. It is my pleasure to report to the council and members the activities we had held in the last 2 years.

Chapter Committee members

Chapter President: WL Chan (KWH)

Honorary Secretary: Francis Lau (QEH)

Council members: WY Mok (PYNEH)

SH Wong (CMC)

KY Law (PWH)

Immediate past president: HM Ho (Private)

Honorary adviser: KM Chan

Membership

We have a total of 74 paid-up members in the year 2012

Academic activities in 2011-12

1. SMC trimonthly

We had total of 8 trimonthly meeting in the year 2011-12, which will be held quarterly at QEH and KWH.

Mar 2011 QEH: Platelet Rich Plasma

May 2011 KWH: Achilles tendon injury

Aug 2011 QMH: Management of MCL injury

Nov 2011 KWH: Shoulder injury in extreme sports

Mar 2012 TMH: Experience sharing: Hip arthroscopy, fellowship with Dr Allison Stubbs

Virtual Reality simulator training for arthroscopy

June 2012 PWH: On Field Medical Supports

Aug 2012 PYNEH: Fundamentals of Kineso taping

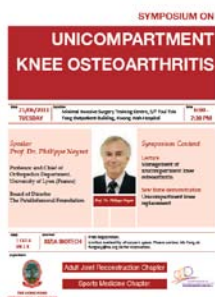
Nov 2012 KWH: Subscapularis tear – the unforgotten tendon

2. Scientific Symposiums

31 March 2011 KWH- Symposium on rotator cuff tear: from repair to salvage (Dr. Jaap Williems, Dr. Daniel Mok)



21 June 2011 KWH -Symposium on unicompartment knee osteoarthritis (Professor Philippe Neyret)



11 Sep 2012 QEH- Advances in Shoulder Arthroplasty and practical approaches (Professor Kemp)

3. Arthroscopy Workshops

Different cadaveric arthroscopy workshops were held in the 2011-12;

24 Mar 2011 Shoulder arthroscopy workshop (conjoint with HKSSH)

	Content	Faculties
8:30 – 8:45	Registration	
8:45 – 10:30	Lecture: 1. Arthroscopic shoulder surgery made easy – positioning, portals, instrumentations & fluid management (20min) 2. Labral repairs (20min)	Ashish Babhulkar Gregory Bain
	Demonstration: 1. Arthroscopic portals 2. Arthroscopic Bankart + SLAP repair	Gregory Bain
10:30 – 12:30	Hands On Practical: 1. Arthroscopic portals 2. Arthroscopic Bankart + SLAP repair	Overseas & Local Faculties
12:30-13:30	Lunch & Group Photo	
13:30-15:00	Lecture: Arthroscopic rotator cuff repair – technical tips & pearls (20min)	Ashish Babhulkar
	Demonstration: 1. Arthroscopic subacromial decompression + Rotator cuff repair 2. Arthroscopic distal clavicle excision 3. Arthroscopic release of frozen shoulder	Ashish Babhulkar
15:00-17:30	Hands On Practical: 4. Arthroscopic subacromial decompression + Rotator cuff repair 1. Arthroscopic distal clavicle excision 2. Arthroscopic release of frozen shoulder	Overseas & Local Faculties

9-10 Jun 2011 Bangkok Shoulder and Knee Cadaver Course (supported by Depuy, Mitek)

Venue: Chulalongkorn University, Bangkok, Thailand

Guest faculty: Dr Andrew Dutton - Singapore, Dr Yeggapan - Singapore, Dr. Denny Lie- Singapre, Dr WL Chan - Hong Kong

Number of member attended: 3



24-25 Nov 2011 Shanghai Huashan Hospital Shoulder cadaver lab / Shoulder course (supported by Arthrex)

Number of member attended :2

2-3 April 2012 Bangkok Shoulder and Knee Cadaver Course (supported by Depuy, Mitek)

Venue: Chulalongkorn University, Bangkok, Thailand

Guest faculty: Dr. Patrick Yung, Dr WL Chan - Hong Kong

Number of member attended: 6

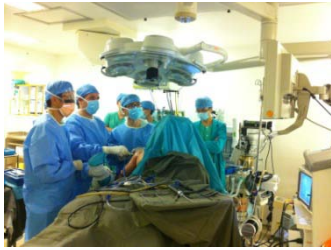


4. Interflow between orthopaedic surgeons from other regions

5 Jan 2011 Lecture at Guangzhou Orthopaedic Association Annual Congress "Arthroscopic Bankart Repair" (WL Chan)

17 Mar 2011 Lecture on "surgical pearls on DB ACL reconstruction"(WL Chan)

Live surgical demonstration



30 Nov 2012 Two operation demonstrations were performed by Professor Markus Scheibel from Berlin, Germany (Arthroscopic labral repair and arthroscopic rotator cuff repair) at KWH. He was also the invited speaker at the 32nd HKOA annual congress SMC concurrent session.

5. Collaboration with HKCOS

25 Jun 2011 Subspecialty Course in Sports and Arthroscopy

With the support from our members, a half-day subspecialty course was held at QEH with details as below.



Subspecialty Course in Sports and Arthroscopy

Date : 25 June 2011 (Saturday).
 Time : 1:30 – 6:00 pm.
 Venue : Multi-function Room, G/F, Block D, Queen Elizabeth Hospital.

Timetable * Revised on 15 June 2011

Time	Topics	Speakers
1:30-1:50	Recurrent shoulder dislocation	P. Tse
1:50-2:10	Biomechanics of ligament injury	YC Wan
2:10-2:30	ACL Injury, an overview	J Cheng
2:30-2:50	PCL Injury, an overview	HC Poon
2:50-3:10	Menisus and cartilage injury, current update	Wilson Li
3:10-3:30	Algorithm in management of multiple ligaments injury of knee	Francis Lau
3:30-3:50	Tea break	
3:50-4:10	Recurrent patella dislocation, the role of MP FL	WIP Yau
4:10-4:30	Basic Musculoskeletal radiology in sports injury	Alex Chow
4:30-4:50	Rotator cuff tear	HIM Ho
4:50-5:10	Acromioclavicular joint injury	YC Wan
5:10-5:30	Tips and Tricks in Hip arthroscopy	HC Cheng
5:30-5:50	Rehabilitation after Sports Injury	Patrick Yung
5:50-6:00	Evaluation	

6. Saturday Inter-hospital Meeting

The chapter was invited to host several Saturday Inter-hospital Meetings during the year 2011-12. With the conjoint effort from the members, the following presentations were made during the meeting;

- Shoulder dislocation
- Complications after ACL surgery
- Myth and Science of Injection
- PCL injury: from Basic to Advance

7. HKCOS Public Information Service (HKCOS PIC)

The council members of the chapter had also helped to write up articles of public interest and had submitted to the HKCOS Public Information Committee for publication in the website and newspaper. These included topics on double bundle ACL reconstruction, SLAP, ACJ dislocation, shoulder dislocation, knee dislocation.

8. HKOA SMC Concurrent Session 2011 and 2012

TUNG WAH VISITING PROFESSOR LECTURE

19/11/2011 SATURDAY
1. **Common lig injuries in Professional Athlete** 13:00 - 15:00
2. **Grain Pain in the athlete: Diagnosis and Management** 15:00 - 16:00
Hong Kong Convention and Exhibition Centre, Wan Chai
Joint HKOSPIC Chapter Concurrent Session, HKOA Annual Congress

22/11/2011 TUESDAY
1. **Shoulder Injuries in Extreme Sports (Case Report - J. Choi)** 18:15 - 19:15
2. **Yau Yau Tung Department Building, Kwong Wah Hospital**
Conjoint with Sports Medicine Chapter Triennial Meeting
Joint HKOSPIC Chapter Concurrent Session, HKOA Annual Congress

Dr. Tandy R. Freeman
Medical Director
Texas Orthopedic Association
The USA

TUNG WAH VISITING PROFESSOR LECTURE

09/12/2012 SATURDAY
1. **Arthroscopic Treatment of distal clavicle and acromioclavicular joint** 13:00 - 15:00
2. **Non-operative Treatment of Acute and Chronic ACL and PCL Injuries** 15:00 - 16:00
3. **Yau Yau Tung Department Building, Kwong Wah Hospital**
Conjoint with Sports Medicine Chapter Triennial Meeting, Joint HKOSPIC Chapter Concurrent Session, HKOA Annual Congress

Prof. Markus Scheibel
Head of Shoulder and Elbow Service
Center for Musculoskeletal Surgery
Department of Traumatology and Department of Orthopedics
Charité - Universitätsmedizin Berlin

Dr. Tandy Freeman (Texas, USA) and Professor Markus Scheibel (Berlin, Germany) were the invited speakers for the 2011 and 2012 HKOA annual congress respectively.

9. HKOA Best Paper Award for Sports medicine & Arthroscopy section (supported by Smith and Nephew)

The award winners were Dr. Patrick Yung (PWH) and Dr. PH Chan (PWH) in the year 2011 and 2012 respectively. They were granted sponsorships (\$15000 each) for sports medicine related overseas training, conference or workshops.

10. HKOA SMC travelling sponsorship (supported by Smith and Nephew)

Two sponsorships (\$10000) were given to members for attending overseas conferences starting in 2012. Dr. Grace Kwok (AHNH) and Dr. PH Li (YCH) were the successful applicants this year.

With all these activities, I hope our members can increase their exposure to sports medicine and arthroscopic surgery. Thanks for your support to the Sports Medicine Chapter and I look forward to another successful year in 2013.

Dr. Wai-lam CHAN

Chapter President 2011-12