HKOA Sports Medicine Chapter 2013-14
Chapter President Report

The chapter continued to grow with your support and it has already come to the 5th term of presidency since its foundation in 2005. It is my pleasure to report to the council and members the activities we held in the year 2013 and the plan in 2014.

Chapter Committee members

The new council of Sports Medicine Chapter was elected in the last Annual General Meeting of Sports Medicine Chapter on December 1st 2012. The new council started the work from January 1st 2013 onwards. It will serve a term of two years. The council members of the Sport Medicine Chapter 2013-14 are as followed:

Chapter President: Dr. YAU, Wai Pan
Honorary Secretary: Dr. FOK, Wai Ming
Council members: Dr. LAU, Shing Ki
Dr. HSU, Yung Chak
Dr. CHANG, Joseph Jeremy
Immediate past president: Dr. CHAN, Wai Lam
Honorary adviser: Professor CHAN, Kai Man

Membership

There were a total of eight-one paid-up members in the year 2013. Seventy-six paid-up members were fellow or life fellow, two were member and three were associate member of Hong Kong Orthopaedic Association. Forty-five members worked in Hospital Authority and thirty-three members worked in private sector.
Academic activities in 2013

Sports Medicine Chapter organized a number of exciting academic activities in the year 2013. These included the Combined Meeting between Adult Joint Reconstruction Chapter and Sports Medicine Chapter, four regular SMC Trimonthly Meetings and two Saturday Interhospital Meetings.

1. Combined Meeting between Adult Joint Reconstruction Chapter (AJRC) and Sports Medicine Chapter (SMC)

In order to address the common interest in joint replacement surgery and sports medicine related orthopaedic problem in our fellow members, a combined meeting between AJRC and SMC was conducted in Queen Mary Hospital on April 18th 2013. Professor Philippe Neyret, the First Vice President of ISAKOS and Head of Department, Center Albert Trillat, Hospital Croix-Rousse, Lyon of France was invited to Hong Kong as our guest speaker. The theme of the combined meeting was “Surgery around the Knee”. The combined meeting was a one-day event. Professor Neyret performed two surgical demonstrations, one on unicompartmental knee replacement and one on anterior cruciate ligament reconstruction with extra-articular tenodesis, in the morning. The surgery was broadcasted to the venue of the meeting and the audience was able to have real-time communication with Professor Neyret. In the afternoon, there were case discussions and lectures. Professor Neyret delivered two interesting talks. The first one was on management of anterior cruciate ligament deficiency and the second one on French contribution in orthopaedic world. A total of 33 participants, including three trainees, attended the meeting on that day.

Lectures and Surgical Demonstration

Theme:
Surgery Around the Knee

Faculty:
Professor Philippe Neyret
Head of Department, Centre Albert Trillat, Hospital Croix-Rousse

Registration required / Free entrance
Please contact Ms. Doris Lau at 2255-4581 for registration and car park reservation
2. Sports Medicine Chapter Trimonthly Meeting

Sports Medicine Chapter already conducted three trimonthly meetings in 2013.

Mar 2013 Meniscal Surgery
June 2013 AOSSM-APKASS Traveling Fellows Symposium
Sep 2013 Snapping Scapula & Hindfoot Arthroscopy
Nov 2013 My approach in repairing rotator cuff

The first SMC Trimonthly meeting was held at 6:30 pm on 5th March 2013 in Block A, G/F, Queen Elizabeth Hospital. The theme of the meeting was “Meniscal Surgery”. Dr. KONG, Chi Chung was invited to chair the meeting on that day. Dr. Kong shared with the audience his personal experience in using artificial meniscal scaffold for management of symptomatic meniscal defect in young athletes. A video of the surgery on meniscal scaffold implantation followed by a literature review on meniscal surgery was presented. Twenty-one members joined the meeting on that day.

The second meeting was held at 6:30 pm on 10th June 2013 in the Main Clinical Block and Trauma Center of Prince of Wales Hospital. The title of the meeting was AOSSM-APKASS Travelling Fellows Symposium. Three young orthopaedic fellows from United States (Dr. Jay Albright, Dr. Morgan Jones and Dr. Mathew Smith) and one senior Sports specialist, Dr. Allen Anderson, visited Hong Kong through this AOSSM-APKASS Travelling Fellows Program. The meeting was co-organized by Department of Orthopaedics and Traumatology of Chinese University of Hong Kong, Sports Medicine Chapter of Hong Kong Orthopaedic Association and Hong Kong Association of Sports Medicine and Sports Science. The visiting fellows from United States presented four talks on that day, including meniscal injuries in adolescent knee, patellar instability in young athletic, socioeconomic status predicts outcome after ACL reconstruction and shoulder injuries in the throwing athlete. There were a total of eighteen local participants. Fruitful discussion and valuable academic interchange were made between the Hong Kong surgeons and United States fellows on that day.

The third SMC trimonthly meeting was held at 6:30 pm on 3rd September 2013 in Queen Elizabeth Hospital. The title
of the meeting was “Snapping Scapula & Hindfoot Arthroscopy”. Dr. Wilson Li was invited to host the meeting. Two interesting cases were presented. The first case was a patient suffering from snapping scapula. The clinical summary, rationale of treatment, video showing arthroscopic release of snapping scapula and a literature review on management of snapping scapula were presented. Members from different hospitals shared their experience in managing this uncommon orthopaedic problem in the discussion period. The second case was a patient suffering from painful ankle. Dr. Li gave a talk on management of painful ankle problem using ankle arthroscopy and hindfoot endoscopy. There was a hot discussion on the management of intra-articular and extra-articular pathology using videoscope-assisted surgery in the ankle and foot region within the audience. A total of twenty-one members and three trainees attended the meeting on that day.

1. Snapping scapula
2. Hindfoot arthroscopy

<table>
<thead>
<tr>
<th>Date:</th>
<th>September 3rd, 2013 (Tuesday)</th>
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<tbody>
<tr>
<td>Time:</td>
<td>6:30 pm to 8:00 pm</td>
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<tr>
<td>Venue:</td>
<td>Block A, G/F, Queen Elizabeth Hospital</td>
</tr>
<tr>
<td>Host:</td>
<td>Dr. Wilson Li</td>
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The fourth meeting was scheduled at 5:30 pm on 22nd November 2013 in Queen Mary Hospital. The theme of the meeting was on rotator cuff problem. Dr. OH, Joo Han, Chief of Shoulder Surgery Division of Seoul National University of Medicine, was invited to Hong Kong as the guest speaker. He delivered a talk entitled “My approach towards rotator cuff repair”.

My approach towards rotator cuff repair

Date: 5:30 pm to 6:30 pm, November 22nd 2013
Venue: Lecture Theatre, 5/F, Professorial Block, Queen Mary Hospital

Faculty:
Joo Han Oh
Associate Professor
Chief of Shoulder Surgery Division
Department of Orthopaedic Surgery
Seoul National University of Medicine, Seoul, Korea

IFCCS CME: 2-A, IFCCS Training point: 2

Please contact Ms. Doris Loo at 2855-4861 for car park reservation
3. **Saturday Inter-hospital Meeting**

The chapter was invited to host two Saturday Inter-hospital Meetings during the year 2013.

The first meeting was held on June 29th 2013 in United Christian Hospital. The theme was “Anterior Shoulder Dislocation”. Kwong Wah Hospital and Queen Mary Hospital jointly prepared the teaching material in this meeting. Three clinical cases of different age groups suffering from anterior shoulder dislocation were presented. The rationale and potential difference in the management of anterior shoulder dislocation in young and elderly patients were discussed.

![Anterior Shoulder Dislocation](image)

The second meeting was held on 21st September in Duchess of Kent Children’s Hospital. The theme was “Chondral Injury in Patella”. Two cases of traumatic chondral injury in patella were presented. The difference in chondral injury management for a patient with and without concomitant patellar tracking problem was explored. There was a thorough discussion among the audience on the use of current surgical treatment modalities for symptomatic patellar chondral lesion.

![Doctor, My knee hurts](image)
Sponsorship

The chapter continued to receive support from industrial partners in carrying out post-graduate training and research activities in orthopaedic sports medicine in Hong Kong. The aim is to promote and assist orthopaedic medicine and therapy for the benefit of the public. With the generous support from our industrial partners, three educational activities are organized in the year 2013, namely Bangkok Shoulder and Knee Course, Best Free Paper Presentation Award in Sports Medicine during HKOA Annual Congress 2013 and Visiting Professorship Lecture in the SMC Concurrent Session of HKOA Annual Congress 2013.

1. Bangkok Shoulder and Knee Course

DeputySynthes kindly supported six orthopaedic surgeons nominated by Sports Medicine Chapter to attend the Bangkok Shoulder and Knee Course held in Chulalongkorn University of Bangkok, Thailand on April 3rd and 4th 2013. The course was organized by Faculty of Medicine of Chulalongkorn University. It was a two-day arthroscopic workshop using fresh frozen cadaveric specimen. The course included didactic lecture and hand-on workshop in performing arthroscopic Bankart repair, rotator cuff surgery, anterior cruciate ligament reconstruction and meniscal repair.

The chapter invited all the members of Sports Medicine Chapter to apply for the sponsorship in February 2013. A total of ten applications were received. Six candidates were selected according to the criteria set in the HKOA SMC Travelling Scholarship regulations. The results were announced to the applicants in March 2013. The successful candidates were nominated by the chapter to attend the course held in Bangkok. The successful candidates were listed as followed:

Dr. CHAN Tun Kut, Dr. KOU Sio Kei, Dr. KWOK Ken, Dr. WONG Tak Man, Dr. YAM Cheong Fat and Dr. YEN Chi Hung
2. **Best Free Paper Presentation Award in Sports Medicine**

Smith and Nephrew (Hong Kong) kindly donated a total of HK$ 35,000 to Hong Kong Orthopaedic Association for setting up three seats of paper award in the Free Paper Presentation Session of Sports Medicine Chapter in the 2013 Annual Congress of HKOA. Because of the generous donation from our industrial partner, three Best Free Paper Presentation Awards in Sports Medicine (Gold, Silver and Bronze Award) are established this year. They will be awarded to three different SMC members (either a fellow member or a trainee member) giving the best presentation in the Sports Medicine Free Paper Presentation Session in HKOA Annual Congress 2013. The adjudication will be done by two independent senior members of Sports Medicine Chapter. The aim is to encourage research activities in the field of Sports Medicine in Hong Kong. The awarded sponsorship can only be used by the award winner to attend a conference, which is related to Sports Medicine, within twelve months from the date of award of the sponsorship.

3. **Visiting Professorship Lecture in the SMC Concurrent Session of HKOA Annual Congress 2013**

DepuySynthes kindly donated a total of HK$ 55,000 to Hong Kong Orthopaedic Association to set up a Visiting Professorship Lecture in the Sports Medicine Concurrent Session in HKOA Annual Congress 2013.

The prestigious scholar to be invited to Hong Kong this year is Dr. OH, Joo-Han. Dr. Oh is the Associate Professor of Department of Orthopaedics and Traumatology in National University of Seoul, Chief of Shoulder Surgery Division and Director of Upper Extremity Service, Joint Reconstruction Center in Seoul National University Bundang Hospital in Korea. Dr. Oh operates more than five hundred shoulder arthroscopies each year and has published more than seventy articles in international peer-reviewed journal.

The SMC Concurrent Session is scheduled at 4:15 pm on November 23rd 2013 in Room N111-112 of Hong Kong Exhibition and Convention Center. Dr. Oh (Seoul, Korea) is going to give two talks. The title of the talks are “Shoulder arthroplasty: How to do and avoid complications” and “Arthroscopic labral repair using knotless suture anchor”.

![Image of the venue and Dr. OH](image.png)
HKOA Best Paper Award for Sports medicine & Arthroscopy section 2012

The award winner of the HKOA Best Paper Award for Sports medicine and Arthroscopy section in 2012 was Dr. Chan Pak Hin, Alexander. The title of his presentation was “Assessment of knee rotational laxity using knee rotational laxity meter - the reproducibility and its normative value”.

Hong Kong Orthopaedic Association Annual Congress 2014

The Council of Hong Kong Orthopaedic Association decided that the theme of the Annual Congress of HKOA in 2014 will be Sports Medicine. The chapter nominated Dr. YUNG, Shu Hang Patrick and Dr. YAU Wai Pan as the co-chairmen of the organizing committee in the HKOA Annual Congress 2014. The nominations were subsequently endorsed by the Council of Hong Kong Orthopaedic Association.

Future Plan in 2014

As in the past, for the year 2014, Sports Medicine Chapter will continue to serve our members by organizing regular trimonthly meeting and chairing Saturday inter-hospital meeting. We will also keep on communicating with our industrial partners so that they will consider continuing their support in education and research funding in the field of Sports Medicine. We will be organizing the Annual Congress of Hong Kong Orthopaedic Association in 2014, which we consider a significant challenge next year. We also hope to increase our contribution in teaching of orthopaedic trainee and young specialist by further collaboration with the Hong Kong College of Orthopaedic Surgeons.

Thanks for your support to the Sports Medicine Chapter!

Dr. YAU, Wai Pan
Chapter President 2013-14