


**1<sup>st</sup> Multidisciplinary International Musculoskeletal Pain Congress  
7 – 8 December 2019 • Hong Kong**

**Programme (Day 1)**

**Date: 7 December 2019 (Saturday)**

**Venue: Level 1, Phase II (New Wing), HKCEC**

08:45-09:00	Registration			
09:00-09:10	Room N101A			
	Opening Remarks			
09:00-10:00	Plenary Lecture (1): Neuropathic Pain / Mixed Pain			
10:00-11:00	Room N101A (A) Sport and Exercise	Room N103 (B) Age-related Pain Management	Room N106-8 (C) Therapeutic & Interventions	Room N111-12 (D) Greater Bay China Forum on Pain Management* (*conduct in Putonghua)
	1: Health Running  2: Gait, Biomechanics	Osteoporosis (1)	1: Rehabilitation for Back Pain in Elderly  2: Acute Stage and Maintenance	
11:00-11:30	Coffee Break			
11:30-13:00	1: Muscles in Athletes  2: Imaging of MM injury	Osteoporosis (2)  1: Therapeutics	Pain Intervention for Cancer (Lecture for Post-Congress Cadaveric Interventions Workshop)	
	Room N101A Luncheon Symposium			
13:00-14:30	Room N101A Luncheon Symposium			
14:30-15:30	Plenary Lecture (2): Back Pain - Multidimensional Problem			
15:30-16:00	Coffee Break			
16:00-17:30	1: Lower Limb Problem in Sportsman  2: Athletic Groin Pain, Running Injury, Bone Stress Injuries, Popliteal Artery Entrapment	Osteoarthritis  1: Hip Pain from Rheumatologist Perspective  2: Key Player in OA?  3: Bio-machine	Dietary Intervention  1: Ketogenic Diet - Good or Not, Weight Reduction Diet, Diet for Health Aging  2: Intermittent Fasting	
				Co-organizer:  The Hong Kong Pain Society

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**Programme (Day 2)**

**Date: 8 December 2019 (Sunday)**

**Venue: Level 1, Phase II (New Wing), HKCEC**

08:45-09:00	Registration			
09:00-09:10	Room N101A			
	Opening Remarks			
09:00-10:00	Plenary Lecture (3): Holistic & Personalized Pain Management			
10:00-11:00	<b>Room N101A (A) Sport and Exercise</b>	<b>Room N103 (B) Age-related Pain Management</b>	<b>Room N106-8 (C) Therapeutic &amp; Interventions</b>	<b>Room N111-12 (D) Advanced Technology in Pain Management</b>
	Diet for Athletes	Health Supplements for MSK System (Theories and Evidence for Supplements to: Bone, Tendon, Cartilage)	Acute Pain (Trauma and Post-operative)	Virtual Reality Training
11:00-11:30	Coffee Break			
11:30-13:00	Fascia and Tendon  1: Functional Anatomy and Image Update	Sarcopenia	Spine Intervention – Update  1: Vertebroplasty / Spondylolisthesis / Spinal Stenosis	Exoskeleton
13:00-14:30	Room N101A			
	Luncheon Symposium			
14:30-15:30	Regenerative Therapy in Athletes	Myalgia	Central Pain Syndrome	Transcranial Maguire Stimulation
15:30-16:00	Coffee Break			
16:00-17:00	Exercise Prescription and Safety  1: Exercise Prescription - What to Assess, Safety in Outdoor Activities	Insomnia and Pain in Older Persons	Treatment for Neuralgia	