

Programme (Day 1) Date: 10 October 2020 (Saturday)

Time/Venue	Topics	
09:45 - 10:10	Registration / Login	
10:10 - 10:15	Room S421	
	Opening Remarks Dr. Carina Li (Hong Kong) Founding President of Multidisciplinary International Association of Musculoskeletal Pain (MIA)	
10:15 - 11:00	Plenary Lecture (1) Chairs: Dr. Carmen Ho and Dr. Steven Wong Musculoskeletal Pain Intervention: Present and Beyond Professor Philip Peng (Canada) Plenary Lecture (2) Zona Pain: New Approach to Relief the Pain at the Acute Phase and At the Post Herpetic Phase Dr. Philippe Macaire (Vietnam)	
11:00 - 12:00	Room S421	Room S425
	MSKUSPM Masterclass with Pathologies (1)[#] Chair: Dr. Anne Chan Applications of Point of Care Ultrasound for Mixed Pain Syndrome Dr. Carina Li (Hong Kong) Back and Spine Pain Sonoanatomy: PV, ESM, QL Compartment, Nerve Root and Facet Joint Professor Manoj Karmakar (Hong Kong)	MSK Health in Older Adult (1) Chairs: Dr. Chi-yeung Chu and Dr. Sharon Tsang Hip Pain in Elderly from Radiologist Perspective Dr. Andrew Wai (Hong Kong) Muscle Pain in Older Person - Rheumatologist Perspective Dr. Gavin Lee (Hong Kong)
12:00 - 12:30	US Neck and Nerve Root for Cervicogenic Headache and UL Pain Dr. Sang-hoon Lee (Korea)	
12:30 - 13:30	Lunch Break	
13:30 - 15:00	Room S421	Room S425
	MSKUSPM Masterclass with Pathologies (2)[#] Chair: Dr. Gavin Lee Enthesopathy: Tennis Elbow and Related Conditions Dr. Stella Wong (Hong Kong) Foot and Ankle Pain Dr. James Linklater (Australia) Knee Pain Dr. George Pitsis (Australia)	MSK Health in Older Adult (2) Chairs: Dr. Mary Chu and Dr. Carmen Ho Screening and Prevention Dr. Ching-lung Cheung (Hong Kong) Fracture Liaison Service Ms. Rosa Tam (Hong Kong) Rehabilitation for Back Pain in Elderly Ms. Catherine Chan (Hong Kong) (Co-organized with The Osteoporosis Society of Hong Kong)
15:00 - 15:45	Room S421	
	Plenary Lecture (3) Chairs: Professor Gladys Cheing and Dr. Carina Li Clinical Pearls in Radiofrequency Applications for Trunk & Back Pain Dr. Arun Bhaskar (UK)	
15:45 - 16:15	Break and Exhibition	
16:15 - 17:15	Room S421	Room S425
	MSKUSPM Masterclass with Pathologies (3)[#] Chair: Dr. Carina Li Shoulder: Rotator Cuff Dr. Rajesh Singh (Malaysia) Hand and Wrist: Carpal Tunnel Dr. Anwar Arshad (Malaysia)	MSK Health in Sportsman Chair: Dr. Steven Wong Ethical Dilemmas in Sports Medicine Injuries Dr. George Pitsis (Australia) Experience in Field Management of Sports Injury and Acute Pain Cases Dr. Wendy Cheng (Hong Kong)

Remarks:

[#]MSKUSPM Masterclass with Pathologies (1), (2) and (3) are the Preparation Lecture for Post-Congress Hands-on Masterclass with Pathologies.

Programme (Day 2)

Date: 11 October 2020 (Sunday)

Time/Venue	Topics	
08:45 - 09:00	Registration / Login	
09:00 - 09:45	Room S421	
	Plenary Lecture (4) Chair: Dr. Carmen Ho Erecta Spinae Plane (ESP) Block and Applications Dr. Philippe Macaire (Vietnam)	
09:45 - 10:45	Room S421	Room S425
	Pearls in Pain Management (1) Chair: Dr. Anne Chan Knee Mobilization for OA Knee Pain Dr. Regina Sit (Hong Kong) Regenerative Therapy in Athletes Dr. Philippe Macaire (Vietnam)	MSK Health in Older Adult (3) Chair: Dr. Ka-kui Lee Management of Osteoporosis for the Old Old Dr. Tai-pang Ip (Hong Kong) Sarcopenia and Frailty Dr. James Luk (Hong Kong)
10:45 - 11:15	Break and Exhibition	
11:15 - 12:15	Pearls in Pain Management (2) Chairs: Dr. Tony Ng and Dr. David Sun Neck Pain Dr. Dong-eon Moon (Korea) Ultrasound-Guided C2 Nerve Root Coblation by Different Approaches for Cervicogenic Headache Dr. Baishan Wu (Mainland China)	MSK Health in Older Adult (4) Chair: Dr. Carrel Yu Practical Advice for Combating Sarcopenia Ms. Sambo Wan (Hong Kong) Ms. Joanne Chan (Hong Kong) Applications of MSK USG in Older Persons with Joint Pain - Case Studies Dr. Priscilla Wong (Hong Kong)
12:15 - 13:15	Lunch Break	
13:15 - 14:15	Innovative Technology in MSK & Pain Medicine (1) Chairs: Ms. Chun-mei Chang and Ms. Angela Lee Transcranial Magnetic Stimulation (TMS) Professor Leonard Li (Hong Kong) Electromagnetic Transduction Therapy (EMTT) and Extracorporeal Shockwave Therapy (ESWT) in Shoulder Tendinopathy Dr. Karsten Knobloch (Germany)	Neurology & Pain Chair: Dr. Yuk-fai Cheung Central Pain Syndrome Dr. Carina Li (Hong Kong) New Insight on Migraine Management Dr. Terrance Li (Hong Kong)
14:15 - 14:45	Break and Exhibition	
14:45 - 16:15	Room S421	Room S425
	Innovative Technology in MSK & Pain Medicine (2) Chairs: Professor Gladys Cheing and Dr. Chor-yin Lam Muscle Dynamic Assessment with Portable EMG/US Professor Yong-ping Zheng (Hong Kong) Vibration Enhancement on Skeletal Muscle: The Potential to Treat Sarcopenia? Dr. Louis Cheung (Hong Kong) Combined Extracorporeal Shockwave Therapy (ESWT) for Patella Tendinopathy in German Budesliga Dr. Karsten Knobloch (Germany)	MSK Health & Nutrition Chairs: Dr. Carmen Ho and Dr. Doris Leung Diet for Healthy Weight Reduction Ms. Sally Poon (Hong Kong) Intermittent Fasting Dr. Carmen Ho (Hong Kong) The Roles of Nutrition in Exercise Performance Mr. Frankie Siu (Hong Kong)
16:30 - 17:30	Public Event for World Arthritis Day 2020 <i>(Co-organized with Hong Kong Arthritis & Rheumatism Foundation)</i> Opening Ceremony Founding President of MIA: Dr. Carina Li Chairman of HK Arthritis & Rheumatism Foundation: Dr. Gavin Lee Guest of Honour: Professor Chak-sing Lau Exercise for Neck and Shoulder Pain Dr. Sharon Tsang and Team Mindfulness Yoga Dr. Penelope Sham and Team Ba Duan Jin Dr. Mary Chu and Team	