

**1st Multidisciplinary International Musculoskeletal Pain Congress cum
9th Multidisciplinary Musculoskeletal Ultrasound Congress on Pain Management
10 – 11 October 2020 • Hong Kong**

Programme (Day 1)

Date: 10 October 2020 (Saturday)

Venue: Level 4, Phase I (Old Wing), Hong Kong Convention and Exhibition Centre

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

Remarks:

[#]MSKUSPM Masterclass with Pathologies (1), (2) and (3) are the Preparation Lecture for Post-Congress Hands-on Masterclass with Pathologies. Hands-on part will be conducted on 28 Nov and 19 Dec.

** Programme is subject to change without prior notice

**1st Multidisciplinary International Musculoskeletal Pain Congress cum
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Programme (Day 2)

Date: 11 October 2020 (Sunday)

Venue: Level 4, Phase I (Old Wing), Hong Kong Convention and Exhibition Centre

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