



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

香港物理治療學會有限公司

中國香港特別行政區 九龍佐敦德興街 12 號興富中心 9 樓 901 室
Room 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon, HKSAR
www.hongkongpa.com.hk Tel: (852) 2336 0172 Fax: (852) 2338 0252

2018 Sports Specialty Group

Australian Physiotherapy Association – Sports Level 2

For further information about this course and to enroll, please visit:

http://www.physiotherapy.asn.au/APAWCM/LearningDevelopment/Conferences_and_Tours/2018_SportsPhysio_HongKong.aspx

This Australian Physiotherapy Association Sports Level 2 course improves your knowledge and clinical reasoning gained from our level 1 course. It is designed to give physiotherapists sound knowledge of the anatomy, biomechanics and pathology of injuries to common body areas and across different sports. Topics covered include hip and groin, elbow wrist and hand injuries, foot pain and tendon pain.

The Sports Level 2 course is aimed at physiotherapists with a minimum of three years clinical experience, including some in the field of Sports Physiotherapy. Advanced clinical reasoning and assessment of sporting injuries are addressed, with a strong practical component included. Return to sport programs, tendon overuse injuries and adolescent pathologies will all be covered.

Participants must have a minimum of 12 months clinical experience between completion of the Sports Level 1 course and commencement of the Sports Level 2 course. This course is a mandatory part of the experiential titling pathway in Sports Physiotherapy.

This course will cover:

- The lifespan of Athletes: participants should be able to demonstrate an understanding of important factors and relevant 'not to be missed' issues for to different populations (youth, adolescent, female, pregnant and elderly)
- Groin, Hip and Pelvis: participants should be able to demonstrate the ability to assess, differentially diagnose and plan for early management of common problems of the hip, groin and pelvis. Also, participants should be able to demonstrate an understanding of the 'not to be missed' pathologies associated with the hip, groin and pelvis
- Muscle injuries: participants should be able to demonstrate an understanding of the management of acute muscle injuries and also an understanding of evidence-based principles of rehabilitation and prevention of risk of further injury
- Tendon: Participants should be able to demonstrate an understanding of the tendon pathology continuum and the appropriate physiotherapy and pharmacological management of tendons throughout this continuum and applied to a variety of sporting situations

- Foot injuries: Participants should be able to demonstrate a knowledge of common foot injuries in the athlete, along with appropriate subjective examination findings, objective tests and management for these conditions
- Shoulder: Participants should be able to demonstrate a knowledge of presenting patterns for shoulder pathologies in the sporting populations. They should also demonstrate a knowledge of testing to confirm these diagnoses and appropriate soft tissue and rehabilitation models. They should also be able to demonstrate a knowledge of rehabilitation principles following common shoulder surgeries
- Case studies: Participants should have a greater understanding of how to apply clinical reasoning to sports injuries taking into account the context for these injuries such as age, gender, sport, biomechanical considerations and other considerations
- Wrist and Hand: Participants should be able to demonstrate an understanding of assessment and treatment of common wrist and hand conditions in the sporting population, including a particular focus on conditions which require specific and semi-urgent or urgent management
- Advanced knee assessment and rehabilitation: participants should demonstrate an understanding of subjective and objective features of common acute and overuse knee injuries. Principles of rehabilitation of these conditions should be demonstrated
- Elbow: Participants should demonstrate an understanding of common sporting elbow conditions. Relationship of these conditions within the kinetic chain should be appreciated

Date:	Thursday 12 th – Saturday 14 th July 2018		
Time:	9:00 am – 5:00 pm		
Presenter:	Dr Maria Constantinou & Mark Brown		
Venue:	Polytechnic University of Hong Kong		
Capacity:	30		
CPD:	Pending		
Certificate:	Certificate of Attendance issued by HKPA SSG		
Course fee:	HKPA SSG member	HKPA member	Non-HKPA member
Early bird	HKD \$5900	HKD \$ 6000	HKD \$8900
Standard	HKD \$6500	HKD \$ 6600	HKD \$9750
Application deadlines: Early bird: 3 rd June 2018 Standard: 1 st July 2018			

Remarks:

To enroll into the course, visit the APA website:

http://www.physiotherapy.asn.au/APAWCM/LearningDevelopment/Conferences_and_Tours/2018_SportsPhysio_HongKong.aspx

- Special Weather Arrangement: When a Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:
 - For classes & examinations have NOT YET STARTED, if Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.
 - For classes & examinations that have already started, when a Typhoon Signal No.8 or above is hoisted - Classes are immediately suspend.
- After confirmation of successful application, course fee paid are NOT refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.
- For queries regarding the application, please contact sarah.tormey@physiotherapy.asn.au

Speakers biography:

Dr Maria Constantinou

PhD, MPhSt(Sports) BPhy GradCertEd

Maria Constantinou is an Australian Physiotherapy Association (APA) Titled Sport Physiotherapist and a Fellow of the Australian Sports Medicine Federation (FASMF). Maria is a Senior Lecturer at the School of Physiotherapy, Australian Catholic University, previously having worked at The University of Queensland and Griffith University. Maria was awarded her PhD in 2016 and holds a Master in Physiotherapy Studies (Sports). She is the Secretary on the Executive Board of the International Federation of Sports Physical Therapy and a National Sports Physiotherapy Australia committee member. Maria has extensive clinical experience, having worked as a Sports Physiotherapist at many major sporting events including the Sydney 2000 and Athens 2004 Olympic Games, the Vancouver Winter 2010 Olympic Games, the Melbourne 2006 Commonwealth Games, the Port Moresby 2015 Pacific Games and Vanuatu 2017 Pacific Mini Games. Maria's clinical, teaching and research interests comprise the prevention and management of sports injuries, sports and therapeutic taping, reflective practice in health education and gait and function in hip osteoarthritis, which was the focus of her PhD studies. Maria's publications include the book Therapeutic Taping for Musculoskeletal Conditions which has been translated into several languages. Maria has an interest in the international advancement of sports physiotherapy and has presented in over 20 countries at national and international conferences, workshops, and professional development events.



Assistant Professor Mark Brown

B.App.Sc(Phty); MHSc(Sports Physio); MBA

Mark Brown has post graduate qualifications in both Sports Physiotherapy and Management. Mark is an Australian Physiotherapy Association Titled Sports Physiotherapist, a Fellow of the Australian Sports Medicine Federation, an IFSPT International Registered Sports Physical Therapist and a Fellow of the Australian Institute of Managers and Leaders. Mark is currently the Allied Health Clinic Coordinator at Australian Catholic University, an Honorary Adjunct Assistant Professor in the School of Physiotherapy at Bond University and Venue Medical Manager for Triathlon, Marathon and Swimming of the 2018 Gold Coast Commonwealth Games. Mark's previous positions include: Executive Officer of Sports Medicine Australia's Queensland Branch, Associate Professor (Adjunct) in the Menzies Health Institute Queensland Centre of Musculoskeletal Research, Executive Director, Australian Physiotherapy Association (New South Wales Branch), and Director of Physiotherapy for



the Sydney 2000 Olympic and Paralympic Games. As well as his has experience in managing physiotherapy and sports medicine services Mark also has extensive clinical experience as a Sports Physiotherapist including at major sporting events such as the Sydney 2000 Olympic and Paralympic Games, Athens 2004 Olympics, Vancouver 2010 Winter Olympics, Melbourne 2006 Commonwealth Games, Glasgow 2014 Commonwealth Games, 2015 Port Moresby Pacific Games and Vanuatu 2017 Pacific Mini Games. Mark's main teaching and research interest areas relate primarily to improving safety and performance in sport and physical activity and he has both published and presented on sports injury prevention and performance enhancement, the prevention and management of medical emergencies in sport, and taping techniques for the prevention and management of musculoskeletal conditions. He has conducted many training programs for health professionals, coaches and other athlete support staff in over 20 countries. Mark's publications include the book 'Therapeutic Taping for Musculoskeletal Conditions' which has been translated into several languages, two chapters in the International Olympic Committee 'Manual of Emergency Medicine in Sport' and he was the Editor of the Tenth Edition of 'Sports Medicine for Sports Trainers'.

Event Registration

Contact details

Name: _____

Address: _____

Ph (BH): _____ Ph (Mob): _____

Email: _____

I am a registered physiotherapist: Yes No

Event details

Event title: Sports Physiotherapy Level 2

Event date(s): 12-14 July 2018

I found out about this event via: _____

I meet the prerequisites of this event: Yes No Special dietary requirements: _____

Payment options

Please charge my credit card as detailed below:

Event fee: \$ _____ Payment by: Amex Mastercard Visa

Card number: _____ / _____ / _____ / _____ Expiry date: _____ / _____

Signature: _____ Cardholder name: _____

Terms and conditions

By submitting this form, you agree to the terms and conditions below.

Registration:

Completing our registration form is the only way to secure your place. Registration will not be accepted without payment. Places are allocated according to the date that an application form and payment are received by the APA.

Courses:

Standard course registration closes on 1 July 2018. It is the participant's responsibility to ensure that they meet the prerequisites.

Cancellation:

After receiving confirmation of course application, course fees paid are NOT refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA and APA.

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION Privacy Statement for Professional Development Programs:

The APA acknowledges and respects the privacy of its customers. The information that you provide on this form is 'personal information' as defined by the Privacy Act 1988. This information is being collected for the purpose of processing your registration and keeping you informed about upcoming events. The intended recipients of the information are the APA and service providers engaged by the APA. The provision of this information is voluntary but if this information is not provided, the APA may be unable to process your registration. You have the right of access to and alteration of personal information concerning yourself in accordance with the Privacy Act. The information is being collected by the APA and will be held by the APA. Direct any enquiries you may have in relation to this matter to our Privacy Officer.