

22 July 2018 • Jay CHAU

Clinical-Based Sports & Orthopaedic Workshop for Postgraduate Physiotherapist: The Lower Quadrant

About the Leader:

Jay CHAU

Owner of ELITE PHYSIO

Registered Physiotherapist (Hong Kong)

Jay has over 20 years of solid clinical practice in the Sports & Orthopaedic field. He obtained his Master in Sports Physiotherapy at Curtin University of Technology in his early years, and inspired significantly by the key instructor Professor Peter O'Sullivan. Jay was the longest serving Physiotherapist in HK Sports Institute, before the operation of his own practice in 2016.

About the Workshop:

This one-day workshop will cover the common Sports & Orthopaedic conditions in the lower quadrant. Through those specifically selected cases, the presenter aims to inspire participants in their clinical reasoning, to consolidate and explore the respective Orthopaedic examination skills, manual therapy and rehabilitative exercises.

Time	Content
08:45 - 09:00	<i>Registration</i>
09:00 - 10:30	Innovative ways to examine sprain ankle Best clinical method to control ankle swelling
10:30 – 10:45	<i>Break</i>
10:45 – 12:30	Key examinations for knee injuries Faulty biomechanics of the LLs, effective ways to correct either from above or below
12:30 - 13:30	<i>Lunch</i>
13:30 - 15:00	How to diagnose and manage Lumbo-pelvic instability Lumbar muscles strain: how to perform manual therapy effectively.
15:00 – 15:15	<i>Break</i>
15:15 - 17:00	Rehabilitation is the key of success in speedy recovery, how to perform & progress effectively The instructor will share various cases of elite level, inspire you to think "out of the box", and a total new perspective in rehabilitation...



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Learn From the LEADERS Education Scheme for Physiotherapists 2018-2019

Organized by AASFP & HKPA Limited

Venue	AASFP Room 1603, Eastern Centre, 1065 King's Road, Quarry Bay, Hong Kong	
Each Course Fee	AASFP/HKPA member	\$2,200 (*Early Bird: \$2,100)
	Non AASFP/ Non HKPA member	\$2,800 (*Early Bird: \$2,700)
Capacity	20 (on first-come-first-serve basis)	
CPD	AASFP CEUs 1.2	HKPA CPD pending

Cancellation of Class Students registered in a canceled course due to insufficient registration will be duly notified and may receive a full refund or transfer to another course.

Special Weather Arrangement:

When Typhoon Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes have NOT YET started

If Typhoon Signal No.8 and/or Black Signal are in force 2 hours before the course, the course will be cancelled.

For classes that have already started

When Typhoon Signal No.8 or above is hoisted – Classes immediately suspend. 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 acceptance by HKPA & AASFP.

Declaration #:

I hereby declare that I have enough ability to participate in this course. So, it is not necessary for me to produce any medical certificate to prove my ability in participating in this course. Hong Kong Physiotherapy Association (HKPA), Asian Academy for Sports & Fitness Professionals (AASFP) and the venue provider shall not be liable for any injury or death I may suffer in this course. I understand that if I doubt my ability, I should consult a doctor before taking part in the course.

Signature: _____ Name of Registrant: _____

Date: _____

#Please sign the above consent before submitting your registration

For enquiry, please contact AASFP via WhatsApp 55433050 or E-mail aasfp@aasfp.com



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Application Form

Name: _____ (First name) _____ (Last name)	
Email address: _____	
Mobile Number: _____	
Choose Course(s)	<input type="checkbox"/> 15 Apr 2018 • Debbie LOOK (Early Bird until 31 Mar 2018) Upper limb and Lower limb tendonosis / tendonopathy clinical diagnosis and its manual therapy and exercise therapy management. <input type="checkbox"/> 22 Jul 2018 • Jay CHAU (Early Bird until 22 Jun 2018) Clinical-based Sports & Orthopedic workshop for Post graduate Physiotherapist: The Lower Quadrant <input type="checkbox"/> 7 Oct 2018 • Elton NG (Early Bird until 7 Sep 2018) In what situation, can we trust our physiotherapy differential diagnosis more than radiological examinations? - Demonstration of peripheral and spinal advanced assessment and palpation techniques <input type="checkbox"/> 20 Jan 2019 • Terence CHAU (Early Bird until 20 Dec 2018) Applied Fitness training in chronic pain Rehabilitation for Physiotherapists: How fitness equipment and props be used clinically in a fun yet effective way <input type="checkbox"/> 28 Apr 2019 • Ricky FONG (Early Bird until 28 Mar 2019) Integration of Physiotherapy and Martial Arts in Physical Fitness training and Injury Prevention <input type="checkbox"/> 21 Jul 2019 • Michelle LAM (Early Bird until 21 Jun 2019) Pilates Rehabilitation Training for Physiotherapy
Registration	Are you AASFP member? <input type="checkbox"/> Yes <input type="checkbox"/> No Are you HKPA member? <input type="checkbox"/> Yes <input type="checkbox"/> No Membership No. _____ (for verification use)
Payment Method	Bank deposit: HSBC 636-046252-001 and WhatsApp the deposit slip to AASFP for record. <input type="checkbox"/> I enclosed the deposit slip (Total amount: _____) Cheque: Payable to "Asian Academy for Sports and Fitness Professionals Limited" and mail to AASFP office. <input type="checkbox"/> I enclosed the cheque, the cheque number: _____ (Total amount: _____)

Legal Claim Waiver Consent

In consideration of AASFP / HKPA Ltd accepting my registration to this course, I hereby agree to waive all my claims (howsoever accrued) against AASFP/ HKPA Ltd.

Signature: _____ Name of Registrant: _____ Date: _____

#Please sign the above consent before submitting your registration