(CPD Code: AC1260054)

Biennial General Meeting (BGM) cum Talk on Hand Therapy for Musicians

Register NOW!

Organized by

Hong Kong Physiotherapy Association Limited

Hand Therapy Specialty Group (HTSG)

The Hand Therapy Specialty Group (HTSG) of the Hong Kong Physiotherapy Association is organising a session on the understanding and management of hand injuries for musicians.

3 December 2026 (Thursday)
7:00 pm – 8:30 pm

Hong Kong Physiotherapy Association (HKPA) Premises
Room 901, 9/F, Rightful Centre, 12 Tak Hing Street,
Jordan, Tsim Sha Tsui, Kln.

7:00–7:05 p.m. **Registration**
7:05–7:10 p.m. **Bi-annual General Meeting**
7:10–8:30 p.m. **Wrist and Hand Conditions of Musicians and Their Management**

Limited to 30 participants (Face-to-face)

2 CPD Points (CPD Code: AC1260054)

HTSG Member: HK $100
HKPA Member (Life / Full / Student): HK $200
Non HKPA Member: HK$ 800

Ms Daisy Ng
E-mail: hkpahtsg@gmail.com

https://forms.gle/WpFoNcahwcomL3cFA

Priority will be given to HTSG, HKPA members



Why You Should Attend:

Musicians face unique physical demands that require specialized rehabilitation - instrument-specific exercises, posture correction, and injury prevention. This session equips you with practical strategies to manage overuse injuries, tendonitis, carpal tunnel syndrome, and focal dystonia, helping musicians play safely and stay injury-free.

Deadline of Registration: **1 NOV 2026**

SPEAKERS

Dr. Michael Mak

Dr. Michael Mak is a Consultant in the Department of Orthopaedics and Traumatology at Prince of Wales Hospital and an Honorary Clinical Associate Professor at The Chinese University of Hong Kong. An experienced pianist himself, he has a unique appreciation of the physical demands placed on the upper limb during musical performance. His clinical practice focuses on hand and upper limb conditions, with a particular interest in performance-related musculoskeletal disorders in musicians. He has extensive experience in managing playing-related injuries, combining his orthopaedic expertise with his understanding of musical biomechanics. He is also actively involved in research and professional education in the field of hand surgery and musicians' health.

Ms. Yancy Tse

Ms. Yancy Tse is a Senior Physiotherapist at CUHK Medical Centre. She is currently pursuing an MSc in Hand Therapy at the University of Derby, and holds an MSc in Sports Medicine from The Chinese University of Hong Kong. Her research focuses on upper limb rehabilitation, with publications on elbow, wrist, and hand conditions. She has presented at multiple international and local conferences, and serves as an Executive Committee Member of the Hand Therapy Specialty Group (HTSG) of HKPA.

APPLICATION & PAYMENT

- Please complete the application link on or before 1st November, 2026.
- Successful applicants will be notified via email.
- The verification process will take approximately 10 working days from the date of submission. Delays may occur if submitted documents are incomplete or require further clarification.
- Upon successful verification and approval, participants will receive an enrollment and payment link via email.

SPECIAL WEATHER ARRANGEMENT

- If Typhoon Signal No. 8 and / or Black Rainstorm Signal are / is in force 2 hours before the course, the course will be canceled.
- When Typhoon Signal No. 8 or above is hoisted, classes will be immediately suspended.

REMARKS

- Fees paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstances deemed acceptable by HKPA.

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