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
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Sports and Exercise Specialty Group

1. Webinar: From Symmetry to Clinical Utility: The Next Decade of Biomechanical Evaluation in Sports Rehabilitation

2. Practical face to face workshop: Objective Measurement in Rehabilitation

DATE
12 December 2026 (Saturday)

CPD Webinar: 2 (AC1260078)
Workshop : 4 (AC1260079)

TIME
Webinar : 13:00 to 15:00
Workshop: 15:00 to 19:00

CAPACITY
Webinar : 100
Workshop: 20

WORKSHOP VENUE
Rm 1111, 11/F, Metro Centre 2, 21 Lam Hing Street, Kowloon Bay, Kowloon

WEBINAR SPEAKER

Professor Roy T.H. CHEUNG



WORKSHOP INSTRUCTOR

Mr. Valen HO



Webinar Fee: Free
Workshop Fee:

- SESG Member: HKD$300
- HKPA (Life / Full / Student) / MPTA members HKD$400
- Non-HKPA: HKD$900

Priority will be given to SESG, HKPA members

Register NOW!

REGISTRATION

- Please submit the application and choice of webinar/workshop on or before **5 December 2026**.
- Successful applicants will be notified via email or HKPA Ltd website.
- The verification process takes approximately 5 working days from the date of submission.
- Delays may occur if the submitted documents are incomplete or require further clarification.
- Upon successful verification and approval, participants will receive an enrollment and payment link via email.
- For enquiries, please contact the SESG via email at hkpassg@gmail.com

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

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Sports and Exercise Specialty Group

1. *Webinar: From Symmetry to Clinical Utility: The Next Decade of Biomechanical Evaluation in Sports Rehabilitation*

This seminar explores how biomechanical evaluation can move from the laboratory into meaningful clinical practice in sports rehabilitation. It traces the evolution from traditional motion capture towards accessible technologies such as load cells, computer vision and force plates, and examines why a variable can be a risk factor yet still perform poorly as a screening test. Drawing on prospective injury studies, gait retraining trials, and validation work across healthy and patient populations, it highlights both the promise and the limitations of these tools.

ABOUT the SPEAKER

Professor Roy T.H. Cheung is a Professor in Physiotherapy at Western Sydney University, with a BSc (Hons) in Physiotherapy, a PhD in Biomechanics, and postdoctoral training in physical medicine and rehabilitation. His work bridges biomechanics, rehabilitation technology, and clinical practice, with a focus on injury prevention, gait retraining, and musculoskeletal health. He has secured over HK$50 million in grant funding, holds five patents, and has received international invention awards. A dedicated mentor to more than 50 postgraduate students across physiotherapy, engineering, and sports science, he also serves as an editor for multiple top-tier journals.

2. *Practical face to face workshop: Objective Measurement in Rehabilitation*

Mastering Load Progression: A Data-Driven Approach to Injury Rehabilitation

Struggling to decide when to progress, regress, or clear your athlete for return-to-performance?

While rest protects an injured tissue, it cannot restore the strength, rate of force development (RFD), or impact tolerance required for competitive sports. To bridge the gap between injury and peak performance, clinicians must precisely quantify tissue capacity and safely scale mechanical loading (Warden et al., 2021).

Transform your clinical decision-making with objective data.

- **Data Retrieval & Interpretation:**
  Master advanced assessment tools including **Force Plates, Dynamometers or other tools**.
- **Evidence-Based Progressions:**
  Learn exactly when to progress or regress loading protocols based on objective metrics.
- **Clinical Case Applications:**
  Dive deep into practical strategies for **knee rehabilitation** and complex **foot/ankle injuries**.

Warden, S. J., Edwards, W. B., & Willy, R. W. (2021). Optimal load for managing low-risk tibial and metatarsal bone stress injuries in runners: The science behind the clinical reasoning. The Journal of Orthopaedic and Sports Physical Therapy, 51(7), 322–330. https://doi.org/10.2519/jospt.2021.9982

ABOUT SPEAKER

Valen Ho is the Hong Kong Representative for VALD and has a background in Strength & Conditioning and Sport Science. He works closely with physiotherapists, sports medicine practitioners, and performance professionals to integrate objective testing and monitoring technologies into rehabilitation and athletic performance settings. His interests include performance assessment, return-to-sport decision-making, and the practical application of sports science in clinical practice.

DEADLINE of Registration: *5 December 2026* **ACT NOW!**