

**1st Multidisciplinary International Association of Musculoskeletal Pain 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	
	Opening Remarks Dr. Carina Li (Hong Kong)	
10:15 - 10:40	Plenary Lecture (1) Musculoskeletal Pain Intervention: Present and Beyond Professor Philip Peng (Canada) *Toronto, Canada 22:15 – 22:40*	
10:40 - 11:00	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) *Hanoi, Vietnam 09:40 - 10:00*	
11:00 - 12:00	Room S421 MSKUSPM and Pain Interventions (1)[#] Applications of Point of Care Ultrasound for Mixed Pain Syndrome Dr. Carina Li (Hong Kong) Back and Spine Pain Sonoanatomy: PV, ESM, QL Compartment, Nerve Root and Facet Joint Dr. Manoj Karmakar (Hong Kong) US Neck and Nerve Root for Cervicogenic Headache and UL Pain Dr. Sang-hoon Lee (Korea) *Seoul, Korea 12:00 - 13:00*	Room S425 MSK Health in Older Adult (1) Hip Pain in Elderly from Radiologist Perspective Dr. Andrew Wai (Hong Kong) Muscle Pain in Older Person - Rheumatologist Perspective Dr. Gavin Lee (Hong Kong)
12:00 - 12:30		
12:30 - 13:30	Lunch Break	
13:30 - 15:00	MSKUSPM and Pain Interventions (2)[#] Enthesopathy: Tennis Elbow and Related Conditions Dr. Stella Wong (Hong Kong) Ankle and Calf Dr. George Pitsis (Australia) *Sydney, Australia 16:30 – 18:00* Knee Dr. James Linklater (Australia) * Sydney, Australia 16:30 – 18:00*	MSK Health in Older Adult (2) Screening and Prevention Mr. Ching-lung Cheung (Hong Kong) Fracture Liaison Service Ms. Rosa Tam (Hong Kong) Rehabilitation for Back Pain in Elderly Ms. Catherine Chan (Hong Kong) <i>(Co-organized with The Osteoporosis Society of Hong Kong)</i>
15:00 - 15:45	Room S421 Plenary Lecture (3) Clinical Pearls in Radiofrequency applications for Trunk & Back Pain Dr. Arun Bhaskar (UK) *London, UK 08:00 – 08:45*	
15:45 - 16:15	Coffee Break	
16:15 - 17:15	Room S421 MSKUSPM and Pain Interventions (3)[#] Shoulder: Rotator Cuff Dr. Rajesh Singh (Malaysia) Hand and Wrist: Carpal Tunnel Professor Anwar Arshad (Malaysia)	Room S425 MSK Health in Sportsman MSK Health in Sports Muscles in Athletes Dr. George Pitsis (Australia) * Sydney, Australia 19:15 - 20:15* Experience in Field Management of Sports Injury and Acute Pain Cases Dr. Kenneth Wu (Hong Kong)

Remarks:

local time

[#]MSKUSPM and Pain Interventions (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

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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	Room S421	
	Plenary Lecture (4) ESP Block Dr. Philippe MaCaire (Vietnam) * Hanoi, Vietnam 08:00 - 08:45*	
09:45 - 10:45	Room S421	Room S425
	Pearls in Pain Management (1) Knee Mobilization for OA Knee Pain Dr. Regina Sit (Hong Kong) Regenerative Therapy in Athletes Dr. Philippe MaCaire (Vietnam) * Hanoi, Vietnam 08:45 - 09:45*	MSK Health in Older Adult (3) Management of Osteoporosis for the Old Old Dr. Tai-pang Ip (Hong Kong) Sarcopenia and Frailty Dr. James Luk (Hong Kong)
10:45 - 11:15	Coffee Break	
11:15 - 12:15	Pearls in Pain Management (2) Neck Pain Dr. Dong-eon Moon (Korea) *Seoul, Korea 12:15 - 13:15* Ultrasound-Guided C2 Nerve Root Coblation by Different Approaches for Cervicogenic Headache Professor Baishan Wu (Mainland China)	MSK Health in Older Adult (4) Chair: Dr. Carmen Ho Practical Advice for Combating Sarcopenia Ms. Sambo Wan (Hong Kong) Ms. Joanne Chan (Hong Kong) Case Sharing Dr. Priscilla Wong (Hong Kong)
12:15 - 13:15	Lunch Break	
13:15 - 14:15	Innovative Technology in MSK & Pain Medicine (1) Transcranial Magnetic Stimulation (TMS) Dr. Leonard Li (Hong Kong) Electromagnetic Transduction Therapy (EMTT) and Extracorporeal Shockwave Therapy (ESWT) in Shoulder Tendinopathy Dr. Karsten Knobloch (Germany) *Munich, Germany 07:15 – 08:15*	Neurology & Pain Central Pain Syndrome Dr. Carina Li (Hong Kong) New Insight on Migraine Management Dr. Terrance Li (Hong Kong)
14:15 - 14:45	Coffee Break	
14:45 - 16:15	Innovative Technology in MSK & Pain Medicine (2) Muscle Dynamic Assessment with Portable EMG/US Professor Yong-ping Zheng (Hong Kong) Vibration Enhancement on Skeletal Muscle: The Potential to Treat Sarcopenia? Dr. Louis Cheung (Hong Kong) Combined Extracorporeal Shockwave Therapy (ESWT) for Patella Tendinopathy in German Budesliga Dr. Karsten Knobloch (Germany) * Munich, Germany 08:45 – 10:15*	MSK Health & Nutrition Chair: Dr. Doris Leung Diet for Healthy Weight Reduction Ms. Sally Poon (Hong Kong) Intermittent Fasting Dr. Carmen Ho (Hong Kong) The Roles of Nutrition in Exercise Performance Mr. Frankie Siu (Hong Kong)
16:15 - 17:15	Public Event for World Arthritis Day 2020 <i>(Co-organized with Hong Kong Arthritis & Rheumatism Foundation)</i> Opening Ceremony Exercise for Neck and Shoulder Pain Dr. Sharon Tsang Mindfulness Yoga Dr. Penelope Sham and Team Ba Duan Jin Dr. Mary Chu and Team	

Remarks: *local time*

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