

Hong Kong Association of Sports Medicine and Sports Science

香港運動醫學及科學學會

NEWSLETTER 訊

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SMART Convention 2010



Co-organized with The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre and WHO Collaborating Centre for Sports Medicine and Health Promotion, SMART Convention 2010 was successfully held on 9 Oct 2010, Saturday, at School of Public Health Building of Prince of Wales hospital.

Featured Running and Hiking, the fourth year of SMART Convention has well attracted over 2,500 participants from public as well as professionals from the sports industry, which is a record-breaking number since its first edition in 2007.

There were 4 main elements in the SMART Convention 2010: Sports and Health Public Lectures, Scientific Meeting, Running and Biking Workshop and Sports Exhibition.

Sports & Health Public Lectures



Aiming to promote the concept of "Sports for Health", a series of public lecture were delivered by sports and health professionals to arouse the public awareness of the importance of healthy life. Speakers include medical doctors, sports scientists, sports dietitian and elite athletes. HKASMSS council and commission members, including Dr. Patrick Yung, Dr. Lobo Louie, Dr. Raymond So, Prof. Stephen Wong, Dr. Gary Mak, Mrs. Mimi Sham, Dr. Eric Ho, and Mr. Ying Ki Fung have delivered several lectures.

Half of the lectures were mainly about general sports and health issues like, Sudden Cardio Death, Stretching exercises, Cycling for Health, etc. Topics of the other 10 public lectures were focused on the theme of "Running and Hiking" as

these two sports were very popular among Hong Kong people. Topics covered Running and Hiking Injuries, Outfits, The effectiveness of Sports Drinks, Sharing from several experienced runners and hikers, etc. With interesting topics and renowned guest speakers, the public lectures had once attracted more than 600 audiences.



Opening Ceremony



During the opening ceremony, our president, Dr Patrick Yung hosted an interview session with several elite athletes, including Ms Sherry Tsai (Former Hong Kong National Swimming Team Representative), Mr Lee Chi Wo (Hong Kong National Triathlon Team Representative) and Ms Zheng Ping (Former China National Volley Ball Team Representative and Olympic Gold Medal Winner). They shared with us the happiness and difficulties they have encountered in their sports life and how they strive for success.

Sports Medicine Scientific Meetings

The scientific meeting of SMART convention comprised of three sessions: 1) Sport medicine and biomedical engineering product research, 2) Presentation of Student Research Projects in Sports Medicine and Rehabilitation Therapy and 3) WASMES(World Academy of Sports Medicine and Exercise Science) Symposium. Nearly 100 professionals and experts in related field had attended the meeting.



In the first session, Ms. Vikki Chu, Mr. Mak-Ham Lam, who are HKASMSS members, and Prof. Daniel Fong, who is one of our council member, had presented various research projects done by The Sport Performance and Biomechanics Laboratory. Mr. Terrence Chan, Managing Director of Shun Hing Electronic Holdings Limited was also present during the presentation on the topic "An inexpensive functional finger prosthesis", a research project funded by Shun Hing Institute of Advanced Engineering.

In the second session, the presentations were given by six outstanding research students on their individual research topics. Presenters included Mr. Wai-Man Chung, Ms. Fiona Ling, Dr. Grace Hui, Ms. Rachel Tsang, Ms. Tiffany Choi and Dr. Alexander Chan. Mr. Wai-Man Chung and Ms. Fiona Ling are the two awardees of the Best of the Best Paper Award in the 3rd HKASMSS Student Conference held in June 2010.



In the WASMES Symposium, presentations were given by Prof. Martin Schweltnus, Prof. Christer Rolf, Prof. Jaspal S. Sandhu, Dr. Shweta Shenoy Devraj, Prof. Gabriel Ng, who is our Vice-President, and Mr. Goran Andersson. The session was concluded by Prof. Kai-Ming Chan's speech on WASMES introduction and followed by an expert panel discussion on WASMES missions.



Exhibition of sports-related products and technology

A total of 18 famous corporate and professional institutions have joined this convention by exhibiting their latest products and equipments. We had designated 2 themed area: Runners' World and Hikers' World. In Runners' World, exhibitors included Ecco, K-Swiss, Nike and Reebok. Participants could try on the new models of running shoes as well as running on a treadmill with the shoes on. There were various hiking-related products displayed in the Hikers' World, including backpacks and hiking sticks. Exhibitors included Protrek and Vasque.



Other exhibitors, including ANS (Australian Nutrition & Sports), DJO Asia Pacific, Goldmali, Tiger Balm, Intelligent Group, Norvatis, Nutricia, Colantotte and Rottapharm HK, had offered various food sampling and trials on their products. Participants could gain first-hand experience on their products and learn the applications of them in sports. Our Association, Physical Fitness Association of Hong Kong China have also set up a booth in the exhibition.



The Sport Performance and Biomechanics Laboratory has provided 7 free sports performance assessments and introduction of technology for the participants, including Counter Movement Jump Test, Plantar Pressure Test, Optical Motion Analysis, Running Gait Analysis, The Knee Rotational Laxity Meter, Anti-Sprain Sports Shoes, and Agility Test.



Running and Biking Workshop

Top coaches and athletes have demonstrated and shared practical skills on running and cycling to the audience. The speakers included Mr. Roberto Veneziani, who is a top coach from Italia Running Club, Mr. Vincent Lam and Mr. Chan Yi Ko from Energetic Triathlon Shatin (ETS), Mr. Lee Kar Lung from Running Camp, Mr. Elton Ng and Mr. Ki Ka Man from Cores Athletic Union, and Mr. Wong Chun Wing from K-Swiss Running Club. More than 200 participants attended the practical workshop. Some of them were invited to join the demonstration on the stage. They had actively participated in the questions and answers sessions. These direct interactions with the coaches and athletes have made this workshop a perfect occasion for the participants to learn more about the practical skills in running and biking.



Sports Medicine, Sports Science, and the Athletes

運動醫學、運動科學、運動員

前武術運動員梅雪瑩專訪

梅雪瑩博士曾代表香港武術隊取得亞運會南拳第八名。她於賽馬會體藝中學畢業後到美國完成生態及進化生物學學士課程。留美其間亦贏得全美冠軍，並執教大學武術隊，多次帶領學生參加各公開賽事，成績優異。其後往英國深造其間亦繼續執教，帶學生到處表演，推廣中國武術。

我們的會訊編輯馮英騏近日為梅雪瑩進行了以下專訪：

馮英騏：我知道你從4歲開始接觸武術，你可不可以分享一下你接觸武術的經過？

梅雪瑩：小時候，因為家裡希望我多參加課外活動，所以我從4歲開始參加武術興趣班，直到1994年正式入選香港青少年集訓隊接受港隊訓練並專攻南拳項目。而在同年的北京國際武術邀請賽中第一次在國際比賽中奪得南拳冠軍。

馮英騏：我知道很多武術運動員都受過傷，在你的武術生涯中有沒有令你畢生難忘的傷患呢？

梅雪瑩：大約在1997年，距離當時曼谷亞運一年不到的時間，我在一場南拳比賽中因為失誤，在一個旋踢後落地不正確而導致前十字韌帶斷裂。我當時都不知道情況是那麼嚴重，最後還因為不想妨礙下一位參加者，所以我在救護員都未趕及擺擔架我就已經用一隻腳跳出比賽範圍。後來救護員雖然幫我冰敷但膝蓋依然腫脹跟大腿一樣。後來兩星期就在家裡休息及看醫生，不過由於受傷初期膝蓋過份腫脹，醫生都沒辦法馬上進行診斷。直到兩星期後，當時被體育學院「駐院」醫生Prof. Rolf進行檢查後，就要求我在第二日馬上進行前十字韌帶重建手術。後來當然要休息，不過當時因為距離亞運及一個青少年世界錦標賽時間不多，所以我很快就需要恢復訓練。最後我在曼谷亞運會中得到第8名成績。



馮英騏：後來你結束運動員生涯後隻身到美國進修，你可否分享當時是怎樣的？

梅雪瑩：其實我在賽馬會體藝中學完成中七後，因為成績未如理想才會到美國的亞利桑那大學攻讀學士學位。由於在美國生活時讀書環境很好，所以我可以集中精神讀書。這令本來要讀4年的大學課程，最後我只用了2年半就畢業，同時這使我對研究產生了興趣。後來我到了英國的Cardiff University繼續攻讀博士學位，專門研究鳥類的動作控制與訓練(Motor Control)。其實這一切都只不過是誤會，我當時本來是希望研究人類及運動員在動作控制與訓練上相關的課題的。不過訓練鳥類其實和訓練運動員很相似，在論文中總共有50隻雀鳥用來訓練，不過最後發現並不是每隻雀鳥都能夠成為「運動員」，牠們在學習上跟人類一樣，學習差異可以很大，當中能夠成為「運動員」其實只有少數。

馮英騏：你現在回來香港了，你對將來工作上有沒有什麼期望？

梅雪瑩：我回港已經2年，回港後第一份工作是在香港大學從事博士後研究工作。而最近因為想接觸與體育相關之研究，所以已轉到香港浸會大學體育學系從事體育及運動相關之研究工作。我希望將來能夠在大學裡任教動作控制及訓練相關之大學課程。不過我覺得和教授課本知識相比，能夠改變及誘導一班學生進行學習將會是更大的挑戰。



Brief snapshot of the 7th Pan Pacific Conference on Rehabilitation (PPCR)

On 20 October 2010, typhoon signal number 3 was hoisted and the weather forecast of the Hong Kong Observatory was that 'Megi', the typhoon of the century, would be most close to Hong Kong on 23 and 24 October and the weather for these two days was predicted to be with squally thunder storm and wind at gale force level. If the movement of Megi was towards Hong Kong, typhoon signal number 8 or higher would be hoisted. That has really stretched the nerves of the organizing committee of the 7th Pan Pacific Conference on Rehabilitation (PPCR) and 2010 Graduate Student Conference on Rehabilitation Sciences to the limit and a swift decision has to be made on whether to call the conference scheduled on 23 and 24 October off or not. After much consideration, the decision was to proceed the conference as planned but with a number of contingency measures should the weather turn against us. Besides the contingency plans, the only other thing we could do then was to pray that Megi would not come. Finally, our prayers were heard and Megi had not come. Not only was the conference held smoothly but it was also the most well attended PPCR with a record breaking of more than 180 overseas delegates coming from 8 countries and regions around the World.

Mr Matthew Cheung, Secretary for Labour and Welfare Bureau of the Government of the Hong Kong Special Administrative Region, Prof. Philip Chan, Deputy President of the Hong Kong Polytechnic University and Mr Douglas So, Director of the Hong Kong Jockey Club Charity Trust Fund officiated the opening ceremony. The theme for the conference is Mind, Brain and Body and the conference was co-organized by the Hong Kong College of Family Physicians and sponsored by the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, RGC Postgraduate Student Conference Grant and K.C. Wong Education Foundation.

There were about 400 delegates from 8 countries and regions around the world joining this conference. Three keynote speakers: Prof. Leeanne Carey (La Trobe University, Australia), Dr Peter Wayne (Harvard Medical School, USA) and Prof. Victor Sierpina (University of Texas Medical Branch, USA) and 5 focus symposium speakers: Prof. Zhuo Dahong (Director of WHO Collaborating Centre for Rehabilitation, Sun Yat-sen University, China), Prof. Poon Chung-kwong (Past President of PolyU, Hong Kong), Dr Rainbow Ho (The University of Hong Kong), Ms Mabel Chau (CEO of the Hong Kong Society for Rehabilitation, Hong Kong) and Mr Edwin Lau (Environmentalist, Hong Kong) spoke at the conference. Besides the keynote lectures and focus symposium on 'Health and Wellness', there were two SMART sessions on ACL and shoulder injury diagnosis and management presented in the afternoon of 23 October, which were well attended by medical students, physiotherapy students and other conference delegates. The free scientific sessions comprised 4 workshop presentations, 48 oral presentations and 34 poster presentations with 6 prizes given out to the best paper and poster.

The conference ended in flying colors and the organizing committee is thankful to the donors for supporting the event and the participants and speakers for sharing at the conference. We look forward to seeing you all again in the next PPCR be it held in Hong Kong or elsewhere.

Prof. Gabriel Ng
Vice President
HKASMSS

第十四屆全國運動生物力學學術交流大會 — 中國山東濟南



學術大會與會人員合照

2010年9月13日-17日，由中國體育科學學會運動生物力學分會主辦，山東省體育科學研究中心承辦的第14屆全國運動生物力學學術交流大會在山東體育學院隆重召開。本次大會的主題是“科學、運動、健康”，二百多名專家學者彙聚一堂，共同交流運動生物力學領域取得的科研成果。本次學術交流大會邀請了13位知名專家作了大會主題報告，包括香港中文大學洪友廉教授、加拿大萊斯橋大學畢共兵教授、美國北卡大學于冰教授、台灣師範大學相子元教授、新加坡體育理事會謝威博士、及北京體育大學劉卉教授等等。大會共錄取論文154篇，涉及運動技術診斷、運動損傷生物力學、體能訓練、足生物力學、大眾體育生物力學、體育工程生物力學、運動生物力學測試方法、運動生物力學教學等方面的內容。來自臺灣師範大學的石又同學獲得了“健樂新人獎”，另有十五位代表獲得優秀論文獎。

大會的主席毛德偉教授除了是山東省體育科學研究中心主任以外，亦是香港中文大學



毛德偉教授（左）與方迪培教授（右）於2006年合照

的畢業生，在洪友廉教授指導下於2006年獲得博士學位。這次大會中的其他香港代表還有博士生林默涵、碩士生莫鑑明、研究助理王少君、及我自己本人。我們除了發表了自己在運動生物力學方面的成果以外，亦得到國內有名的專家給我們指導，包括國家體育總局體育科學研究所的王清老師、廣東體育科學研究所的張躍老師、北京體育大學的劉學貞老師、浙江技術學院的李建設老師、成都體育學院的周繼和老師等等。我們也很享受濟南美麗的景點，包括大明湖、歷下亭、千佛山和趵突泉等等。

明年第十五屆全國運動生物力學學術交流大會將會在南京舉行，希望不久的將來，香港也能夠舉辦這個大會，加強香港跟國內的運動生物力學學術交流！



香港中文大學醫學院矯形外科及創傷學系
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Past Activities

Sports Carnival for students and to welcome the 16th Asian Games

「文」德「武」德！——「全港學界迎亞運嘉年華」



The 2010 Asian Games held in Guangzhou is a significant sports event. With the enthusiasm towards the event, the Asian Games School Carnival was held on 25 September (Saturday) at Shatin Jockey Club. The event has attracted more than 10,000 students, parents and public. As one of the participating units, HKASMSS has set up a booth introducing our association. We have distributed the HKASMSS Newsletters and displayed the HKASMSS 20th Anniversary Monograph.

Besides, collaborating with the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, we had set up various booths at the carnival for promoting sports and health.

Our booths include fitness tests, stretching exercises and wheelchair game. At fitness tests, participants can test for amount of body test, flexibility, cardiovascular functions etc. For stretching exercises, participants can practice some simple and effective exercises lead by our physiotherapists. For the wheelchair game, participants have to control the wheelchair and reach designated areas randomly assigned by the flashlight. Moreover, there were also football workshop organized by FCBESCOLA Hong Kong and demonstration by football stars of Kitchee Football Team as well as fascinating performance by Techni Freestyle Soccer Crew. Various events above had attracted a lot of participants and they have had a fun time at the carnival.



Upcoming Events

Biomedical Engineering International Conference 2010 (BME2010)

HKASMSS is one of the supporting organizations of the Biomedical Engineering International Conference 2010 (BME 2010). Organized by the Biomedical Division of the Hong Kong Institution of Engineers, it will be held on 2-5 November 2010.

BME2010 Hong Kong composes of 2-day scientific presentation and workshop, 1-day pre-conference workshop plus 1-day technical visit, serves as a platform for the biomedical engineers, researchers, regulators, industrialists and healthcare professionals to exchange the latest information and achievements. Presentation topics cover from laboratory research to clinical application, facilitating the idea exchange on the new advancement of R&D and industry update in a wide spectrum and allowing further promotion of the professional development in the field.

Hong Kong International Acupuncture Conference(HKIAC) 2011

HKASMSS is one of the collaborating organizations of Hong Kong International Acupuncture Conference(HKIAC) 2011 which will be held on 14- 16 Jan 2011. The HKIAC 2011 is co-hosted by The Hospital Authority and the Hong Kong Association for Integration of Chinese-Western Medicine (HKAIM). It will focus in neurological and psychological conditions, their pathophysiology and how they can be improved by acupuncture treatment modalities.

Welcome to share your news

If you have any news related to sports, sports medicine and sports science, please do not hesitate to send us an email. Upon approval, your notice will be published in our newsletter. We are looking forward to receiving updates from you!

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