

中國香港欖球總會



HONG KONG
CHINA RUGBY

HONG KONG SEVENS INTERNATIONAL SPORTS MEDICINE CONFERENCE 2026



14 & 15 APRIL 2026

KAI TAK SPORTS PARK, HONG KONG



Approved CPD & CME Points
For Doctors & Physiotherapists



HONG KONG SEVENS INTERNATIONAL SPORTS MEDICINE CONFERENCE 2026



Set against the stunning backdrop of Kai Tak Stadium, the Hong Kong Sevens International Sports Medicine Conference 2026 brings together experts across sports medicine and sports science disciplines, including Sports Medicine Physicians, Orthopaedic Surgeons, Physiotherapists, Sport Psychologists, Sports Nutritionists, Exercise Physiologists, and more.

Over two transformative days, global and local experts will share evidence-based insights, innovations, and best practices that shape sports and exercise medicine. Our esteemed faculty will deliver cutting-edge lectures, engaging discussions, and hands-on learning experiences for medical professionals, allied health experts, and leaders in professional sports.

KEY THEMES

Brain Health For The Athlete

Injury Management: Return-To-Play & Performance

Female Athlete Health & Performance

FEATURED SPEAKERS



Prof. Dr. Patrick Yung
Clinical Director of
Orthopaedics,
CUHK (Hong Kong)



Dr. Yusuf Hassan
Orthopaedic Surgeon,
ASSIC (South Africa)



Dr. Wazien Wafa
Emergency Physician,
The View Hospital
(Qatar)



Dr. Kate Yung
Acting Director of
Sports Medicine,
HKSI (Hong Kong)



Dr. Cherianne Taim
Sports Physiologist,
High Performance
Sports Institute
(Singapore)



Mr. Ed Lodge
World Rugby
HIA Consultant
(New Zealand)



Ms. Maya Rolston
Sports & Performance
Nutritionist
(Hong Kong)



Ms. Georgia Cutt
Exercise Physiologist,
Joint Dynamics
(Hong Kong)



Ms. Karen Lo
Sports Psychologist,
Inner Edge
(Hong Kong)



Mr. Stephen Mutch
Head of Athletic Performance,
Science & Innovation
HKCR (Hong Kong)

And more.....





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DAY 1 CONFERENCE PROGRAM 14 APRIL 2026

Time	Topics	Speaker
08:00 - 08:30	Registration	
08:30 - 08:40	Welcome Remark by James Farndon, HKCR Chief Executive Officer	
08:40 - 08:50	Opening Remark by Dr. David Owens, HKCR Chief Medical Officer	
THEME 1 FEMALE ATHLETE HEALTH & PERFORMANCE		
08:50 - 09:20	The Menstrual Cycle in Sport: Evidence-Informed Insights for Athlete Health and Performance	Dr. Cherianne Taim
09:20 - 09:50	Navigating LEA, REDs, And Eating Disorders Among Female Athletes	Ms. Maya Rolston
09:50 - 10:20	Optimizing Pelvic Health For Peak Athletic Performance In Women	Ms. Georgia Cutt
10:20 - 10:40	Panel Discussion: Supporting The Female Athlete - Navigating Challenges To Thrive	
10:40 - 11:20	Tea Break, Networking, Stadium Tour (Group 1)	
THEME 2 INJURY MANAGEMENT: RETURN-TO-PLAY & PERFORMANCE		
11:20 - 11:50	AI Applications In Sports Injury Prevention, Treatment, & Rehabilitation	Prof. Patrick Yung
11:50 - 12:20	A Surgical Approach to Multi-Ligament Knee Injury	Dr. Yusuf Hassan
12:20 - 12:50	Improving Return-To-Play Decision Making With A Complex Systems Approach	Dr. Kate Yung
12:50 - 13:20	Athletic Pubalgia: Finding The Rhythm For Return-To-Sport In A Complex Tug-Of-War	Mr. Stephen Mutch
13:20 - 13:50	Panel Discussion: Future Trends In Sports Medicine & Rehabilitation	
13:50 - 15:00	Lunch, Networking, Stadium Tour (Group 2 & 3)	
THEME 3 BRAIN HEALTH FOR THE ATHLETE		
15:00 - 15:30	Bridging The Gap: The Missing Link In Concussion Care	Dr. Wazien Wafa
15:30 - 16:00	Use of the World Rugby Head Injury Assessment within SCRM and the Integration of iMGs	Mr. Ed Lodge
16:00 - 16:30	Rehabilitation Profiling For Injured Athletes - A Psychological Intervention For Smoother Return-To-Play Transition	Ms. Karen Lo
16:30 - 16:50	Panel Discussion: A Multidisciplinary Approach to Athlete's Brain and Mental Health	
16:50 - 17:00	Closing Remarks	



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DAY 2 WORKSHOP PROGRAM 15 APRIL 2026

Time	Room 1	Room 2	Room 3
08:30 - 09:00	Registration		
09:00 - 10:00	Advanced Assessment & Management of Knee Injuries in Sports	Sports Taping	Optimizing Female Athlete Health & Performance: Menstrual Cycle & REDs
10:00 - 11:00	Assessment & Management of Sport-Related Concussion		
11:00 - 11:30	Tea Break & Networking		
11:30 - 12:30	Advanced Assessment & Management of Knee Injuries in Sports	Sports Taping	
12:30 - 13:30	Assessment & Management of Sport-Related Concussion		





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REGISTRATION

PARTICIPANT	REGULAR RATE	SPECIAL RATE (For HKPA / STAoHK / HKATA / ATAPS / HKSI / Rugby Club Members Only)
General	HKD 3,000	HKD 2,700
Student	HKD 1,800	-

Registration Information

HKPA / STAoHK / HKATA / ATAPS / HKSI / Rugby Club Members (Special Rate)

Register your seat at <https://buy.stripe.com/eVq9AT0JBfUxbWNelvaAw0d> .

General & Student (Regular Rate)

Register your seat at <https://www.hkrugby.com/courses?tag=medical> .

For inquiries, please contact Suzzen Chong at (852) 4624 9363 or via email at suzzen.chong@hkrugby.com .

Accreditations

5 CPD Points by Hong Kong Physiotherapy Association.

CME Points approved by Hong Kong Academy of Medicine. Please consult your college for CME Points.

