

Talk on “Sport Injury Therapy”

Talk on “Sport Injury Therapy” organized by Physical Recreation Section Panel was successfully held on 11th June 2011, Saturday at Pui Ching Middle School. It was a great pleasure to have Mr. Liu Ka Kit (Sports Therapist and Sports Massage Therapist) to be our guest speaker. Mr. Liu introduced basic knowledge on sports injuries, including different level of sprain, the process of inflammation & tissue healing and treatment of injuries to participants. He also demonstrated some stretching exercises to help build up the muscles and strengthen the tendons. The talk attracted more than 60 Instructors and Assessors from different Operating Authorities. All participants treasured the opportunity to learn more about sport injury therapy and enjoyed a fruitful afternoon.



More than 60 Instructors and Assessors from different Operating Authorities joined in the seminar.



Sports Therapist and Sports Massage Therapist, Mr. Liu Ka Kit.



Participants were enthusiastic in doing the stretching exercise.



Mr. Poon Ka Hang, Convener of Physical Recreation Section Panel presented souvenir to Mr. Liu Ka Kit.