

# THE HONG KONG COLLEGE OF ORTHOPAEDIC SURGEONS



## Specialty Day in Rehabilitation Shoulder Rehabilitation

**Date:** 21 November 2020, Saturday

**Time:** 13:00 – 16:00

**Venue:** On-line

**Teaching Faculty:**

Dr. Enoch Chen	(CMC)
Dr. HC Cheng	(UCH)
Dr. Kelvin Kwok	(CMC)
Dr. WY Mok	(PYNEH)
Prof. Patrick Yung	(CUHK)

**Organized by:**

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Please contact College Secretariat at 2871-8722  
for registration or visit website of HKCOS  
([www.hkcos.org.hk](http://www.hkcos.org.hk))





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Time	Topics	Speaker
13:00 – 13:30	Rotator cuff repair – rehabilitation	Prof. Patrick Yung, CUHK (30 mins)
13:30 – 14:10	Biomechanics and rehabilitation of shoulder impingement syndrome	Dr. WY Mok, PYNEH (40 mins)
14:10 – 14:50	Shoulder rehabilitation – physiotherapist perspective	Dr. Kelvin Kwok, SPT, CMC Physio of CMC (40 mins)
14:50 – 15:20	Shoulder instability – rehabilitation of conservative and operative treatment	Dr. WY Mok, PYNEH (30 mins)
15:20 – 15:40	Biceps pathology – treatments options and rehabilitation	Dr. Enoch Chen, CMC (20 mins)
15:40 – 16:00	4 parts proximal humerus fracture – rehabilitation after hemiarthroplasty vs reverse shoulder arthroplasty	Dr. HC Cheng, UCH (20 mins)