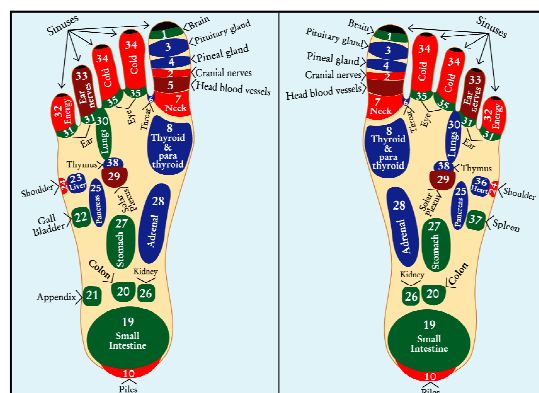


2017-18 HKUST Sports Leader Development Program Sports Injury Prevention and Treatment Workshops Acupressure Therapy

Instructor: Mr. LEE Chi Ho, Assistant Student Life Officer

	Workshop 1	Workshop 2
Date:	27 Feb 2018 (Tue)	9 Mar 2018 (Fri)
Venue:	LG3002	LG3002
Time:	20:30 – 22:00	18:30 – 20:00
Deadline:	<u>12 noon</u> <u>23 February 2018</u>	<u>12 noon</u> <u>2 March 2018</u>



Registration fee: Free

What is Acupressure Therapy?

Acupressure is a healing method by using the fingers to gradually press the key healing points which stimulate our body's natural self-curative abilities.

Why Acupressure Therapy is good for us?

By applying the hand's power and sensitivity, Acupressure Therapy is effective in the relief of stress-related ailments. It is ideal for self-treatment and preventive health care for boosting our immune system. It also aims to release tension, increase blood circulation and reduce muscular pain.



Remarks:

Participants should wear sports t-shirt, shorts and non-marking sports shoes to attend the workshop.

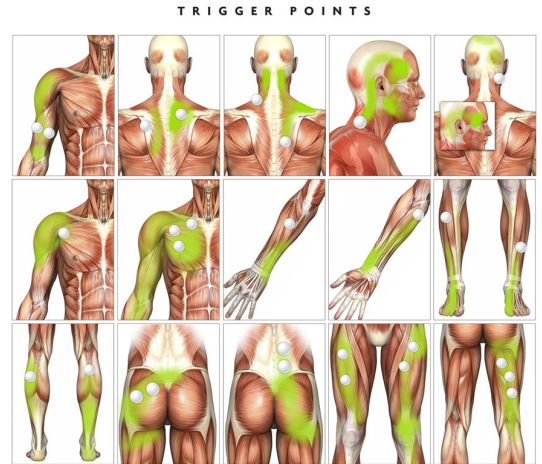
**2017-18 HKUST Sports Leader Development Program
Sports Injury Prevention and Treatment Workshops
Trigger Point Therapy**

Instructor: Miss. Hoi Lam POON, Student Life Officer (PE)

	Workshop 1	Workshop 2
Date:	8 Mar 2018 (Thur)	15 Mar 2018 (Thur)
Venue:	LG3002	LG3002
Time:	20:30 – 22:00	18:30 – 20:00

Registration fee: Free

Deadline: 12 noon, 2 March 2018



What is Trigger Point Therapy?

Trigger point therapy is a self-treatment which has the potential to release many common pain problems in a safe approach. In this workshop, practical skills to relax contracted muscles, improve blood and lymphatic circulation as well as stimulating the stretch reflex in muscles will be introduced. These skills are effective to prevent sports injury and facilitate the recovery after intense training.

Activities on how to use the foam roller and some hands-on equipment to perform myofascial trigger point treatment will be leaded by the instructor throughout the workshops.



Why Should We Roll?

Foam rolling keeps fascia healthy by circulating fresh, oxygenated blood through soft tissue for better movement and recovery.



Remarks:

1. Participants should wear sportswear and non-marking sports shoes to attend the workshop.
2. Please bring along a **Water Bottle** made by **Hard Plastic** for the workshop (1.5L or above is preferable).



**2017-18 HKUST Sports Leader Development Program
Sports Injury Prevention and Treatment Workshops
Sports Taping**

What is Sports Taping & Strapping?

A taping & strapping can aid recovery of joint injuries and assist injury prevention.

Taping is the process of applying tape directly on the skin in order to maintain a stable position of joints and muscles during sports activities. It can also ease the burden after sports injury. These two workshops will introduce the taping techniques of both **Athletic Taping** and **Kinesio Taping** on injury prevention as well as recovery.

Instructor: Miss. Cammi CHAN, Registered Physiotherapist

Registration fee: Free

Deadline: 12 noon, 2 March 2018



Workshop 1	Workshop 2
Date: 14 Mar 2018 (Wed)	Date: 21 Mar 2018 (Wed)
Venue: Room1015	Venue: Room1015
Time: 18:00 – 20:00	Time: 20:00 – 22:00
Basic Taping Procedures and Techniques for Injury Prevention and Recovery of Common Injuries on <u>Upper Limb</u>	Basic Taping Procedures and Techniques for Injury Prevention and Recovery of Common Injuries on <u>Lower Limb</u>
Details: This workshop will introduce taping procedures which aim to prevent getting injuries and recovery taping techniques on three joints of upper limb: 1. Shoulder ; 2. Tennis / Golf Elbow; 3. Carpal Tunnel Syndrome	Details: This workshop will introduce taping procedures which aim to prevent getting injuries and recovery taping techniques on three parts of lower limb: 1. Runners' Knee ; 2. Plantar Fasciitis ; 3. Shin Pain



Remarks: Participants should wear sportswear and non-marking sports shoes to attend the workshops.