

2016-17 HKUST Sports Leader Development Program
Sports Injury Prevention and Treatment Workshop
Description of Workshop I



Workshop: Sports Massage

Time: 20:30-22:00

Instructor: Mr. LEE Chi Ho, Sports and Wellness Team

Date:	Timeslot 1	Timeslot 2
	28 Feb. 2017 (Tue)	15 Mar. 2017 (Wed)
Venue:	LG3002	Room1015

Registration fee: Free

Sports massage is a popular measure for speeding the recovery of muscular fatigue. It is performed with a combination of hand-stroke to apply gentle pressure on the target muscle groups. It aims to release the tension and stress from the muscles after intense physical training.

You will be able to apply the fundamental concepts practically at the workshop.

Benefits of **Sports Massage:**

- **Increasing muscular permeability**
- **Relaxation**
- **Pain reduction**
- **Facilitating the micro-circulation**



Remarks:

1. Both male and female athletes are welcome.
2. Participants should wear sportswear and non-marking sports shoes.
3. For HLTH1010 participants, 1.5 hours will be attained towards the Organized Sports of Activities Module.



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Description of Workshop II

Workshop: Myofascial Release by Using Foam Roller

Time: 20:30-22:00

Instructor: Mr. Danny YEUNG, Sports and Wellness Team



Date:	Timeslot 1	Timeslot 2
	7 Mar. 2017 (Tue)	22 Mar. 2017 (Wed)
Venue:	LG3002	Room1015

Registration fee: Free

Myofascial Release is an excellent measure to relax contracted muscles, improve blood and lymphatic circulation as well as stimulating the stretch reflex in muscles. This is also an effective tool to prevent sports injury and facilitate the recovery after intense training.

There are at least **5 benefits** of using Foam-Rolling in Myofascial Release:

- **Improving flexibility**
- **Better blood and lymphatic circulation**
- **Stress reduction**
- **Reducing exercise-related soreness**
- **Injury prevention**

In this workshop, activities on how to use the foam roller effective to perform myofascial release exercises will be leaded by the instructor.

Remarks:

1. Both male and female athletes are welcome.
2. Participants should wear sportswear and non-marking sports shoes.
3. For HLTH1010 participants, 1.5 hours will be attained towards the Organized Sports of Activities Module.



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Description for Workshop III

Workshop: Sports Taping: Injury Prevention vs Recovery on Common Injuries

Time: 20:00-22:00

Instructor: Registered Physiotherapist

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

Topic: Common Taping Procedures for **Injury Prevention** on Ankle, Knee and Shoulder

Date: 27 Mar. 2017 (Mon)

Venue: LG3002

Details:

This workshop will introduce taping procedures which aim to prevent getting injuries on three Joints:

1. Ankle Taping Techniques
2. Knee Taping Techniques
3. Shoulder Taping Techniques



Topic: **Recovery Taping** Techniques for Common Injuries on Ankle, Mallet Finger and Knee.

Date: 29 Mar. 2017 (Wed)

Venue: Room 1015

Details:

This workshop will introduce on the taping procedures on injured joints and muscles which can facilitate the recovery process:

1. Ankle Sprain
2. Mallet Finger
3. Knee Injuries



Remarks:

1. All equipment and materials for the workshops will be provided.
2. Participants must wear sportswear and non-marking sports shoes.
3. For HLTH1010 participants, 2 hours will be attained towards the Organized Sports of Activities Module.