

Hong Kong Primary Care Conference 2018
“Family Physician – Nexus of the New Era of Primary Care”
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Workshop 2

Ankle Sprain, Taping and Exercise Prescription



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Dr. Ngai has been practicing musculoskeletal medicine since 2004 and subsequently have obtained the Postgraduate Diploma in Musculoskeletal Medicine (Otago) in 2006. He is accredited in Musculoskeletal Ultrasound by the American Registry of Diagnostic Medical Sonography (2012) and has also obtained the Master in Sports Medicine and Health Science (CUHK) in 2015.

Dr. Ngai is one of the founding council members of Hong Kong Institute of Musculoskeletal Medicine (HKIMM) and currently holds the post as Honorary Secretary of HKIMM. His current interests are in the area of diagnoses and treatments of musculoskeletal pain and sports injuries, diagnostic musculoskeletal ultrasound and ultrasound-guided musculoskeletal injections and regenerative musculoskeletal injections, e.g. prolotherapy, platelet-rich plasma injections.



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Dr. Lee has obtained the Postgraduate Diploma in Musculoskeletal Medicine (Otago) with the Barrie Tait Prize for Clinical Excellence in 2007. He is the Fellow of Hong Kong Institute of Musculoskeletal Medicine and a certified prolotherapist in regenerative injection therapy by the American College of Musculoskeletal Medicine in 2011. He is also accredited in Musculoskeletal Ultrasound by the American Registry of Diagnostic Medical Sonography in 2012 and has obtained the Master in Sports Medicine and Health Science (CUHK) in 2015.

Dr. Lee is a private musculoskeletal physician. He concurrently holds the post of chairman of the board of Information Technology of the Hong Kong Institute of Musculoskeletal Medicine since 2006. Dr. Lee was the Honorary advisor of Public Communications and Education advisory committee of St Paul's Hospital from 2014-2017 and was a member of the working group on Primary care of the Health and Medical development advisory committee of HKSAR Food and Health bureau from 2008-2015.

Lateral ankle sprain (LAS) is the most common musculoskeletal injury in the physically active population as well as being a common condition encountered by the general population. Apart from the pain and temporary period of reduced functioning and disability, there is an association with an increased risk of recurrent ankle sprain, development of chronic ankle stability (CAI) and post-traumatic ankle osteoarthritis (PTOA). While the direct costs for treatment of an isolated LAS are relatively low, compounding these are indirect costs with after-care, loss of productivity, time loss of activity and care of its long-term consequences. Therefore, it becomes apparent that the healthcare burden that emerges from the so called “simple” LAS is substantial. In this workshop, we will go through the possible consequences of poorly treated or untreated ankle sprain. We will also have hands-on practice of ankle taping. Finally, we will share tips on exercise prescriptions for a person with ankle sprain.