



## **Media Release**

12 November 2024

### ***Groundbreaking MOU between the Hong Kong Sports Institute and the Hong Kong Academy of Medicine Enhances the Development of Sports Medicine***

The Hong Kong Sports Institute (HKSI) and the Hong Kong Academy of Medicine (HKAM) signed a Memorandum of Understanding (MOU) today, solidifying their partnership and reinforcing their shared commitment to strengthening the sports medicine support for elite athletes.

**Mr Tony Choi** MH, Chief Executive of the HKSI and **Prof Philip Li**, Vice President (Education and Examinations) of the HKAM signed the MOU, under the witness of **Mr Kevin Yeung GBS JP**, Secretary for Culture, Sports and Tourism, **Prof Lo Chung-mau BBS JP**, Secretary for Health, **Mr Tang King-shing GBS PDSM**, Chairman of the HKSI and **Prof Gilberto Leung**, President of the HKAM.

**Mr Tang King-shing** said, “Hong Kong’s triumph in recent sporting events is attributed not only to the athletes’ perseverance and hard work, but also the dedicated efforts of the support teams, with sports medicine playing an indispensable role in the achievement. We are pleased to collaborate with HKAM in advancing athletic performance within a safe and scientific framework.”

**Prof Gilberto Leung** said, “The growing needs on sports and exercise medicine require specialised knowledge and cross-disciplinary support from different medical specialties. By means of capacity building and developing structured training courses in sports and exercise medicine, the Academy strives to enhance the professional skills of healthcare practitioners which would benefit athletes of all levels by providing advanced medical services to support their training, recovery, and performance in competitions. The Academy is aware that more people, from children to older individuals, are participating in sports activities and there is an increasing need for healthcare service in this area. Therefore, we are also developing training for a wider group of healthcare professionals to enhance their competency in sports prescription and in providing advice on injury prevention and help-seeking behaviour, aiming to enhance community-based primary care by improving general health and disease prevention.”

This strategic partnership aims to create a platform for professionals to exchange the latest advancements and best practices in sports medicine, enhancing the expertise of medical personnel. By incorporating these developments into training programmes, the partnership ultimately seeks to improve the quality of professional services offered to elite athletes and individuals in need of primary care.



Swimmer **Siobhan Haughey** underscored the vital role of nutrition in an athlete's performance. She emphasised that regular health monitoring ensures that she maintains optimal physical condition, as athletes' nutritional needs can vary significantly based on their specific sports and training demands. Additionally, she highlighted how personalised meal plans during international competitions help meet her energy needs, particularly during critical events like the Olympic finals.

Fencer **Cheung Ka-long** shared the importance of seeking immediate help from physiotherapists whenever he experiences muscle tightness or injury. This proactive approach ensures that he receives targeted treatment for quicker recovery. Acupuncture sessions after training aid relaxation and enhance muscle recovery, demonstrating how integrated therapies can optimise athletic performance.

Wushu athlete **Mok Uen-Ying** agreed with our sports psychologists that maintaining a calm state before and during competitions is essential. She was taught to use imagery, a technique where athletes visualise successful performances and positive outcomes. This mental rehearsal helps reduce anxiety and enhances focus, allowing her to create a mental blueprint of her actions.

Para Badminton athlete **Chan Ho-yuen** stated that the Sports Medicine Centre provides tailored treatment plans for athletes, particularly those dealing with long-term injuries. By focusing on individual needs and recovery objectives, the centre helps athletes navigate their rehabilitation journey, facilitating a confident and resilient return to competition. He also mentioned that the Centre conducts annual physical examinations including blood and urine tests etc, and provides free flu vaccinations, ensuring comprehensive health monitoring and protection.

HKSI Head Rugby Coach **Paul John** emphasised the critical role of sports medicine in athlete safety and performance. He highlighted the importance of injury prevention which helps minimise risks and personalised rehabilitation plans are essential for effective recovery from injuries. Given that rugby athletes may suffer from head concussions which can lead to long-term health impacts, making early recognition significant. The shared decision-making between athletes and sports medicine team is essential for determining when it is safe for athletes to return to training and competition.

Based on the insights from Head Badminton Coach **Wong Choong Hann**, Chinese and Western medicine both significantly enhance athletic performance and recovery. He said, "Chinese medicine contributes through various methods such as acupuncture, manual therapy etc. Meanwhile, Western medicine focuses on injury diagnosis and rehabilitation using advanced technologies and evidence-based practices. The integration of both systems offers a holistic approach that combines the strengths of each."



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Fencing coach **Gregory Koenig** stated, “My role extends beyond just providing technical guidance, it also involves offering psychological support, which is crucial for mental health management in sports medicine. Cheung Ka-long's success is greatly supported by the dedicated efforts of the sports medicine team, which focuses on psychological support, injury prevention, and treatment. This comprehensive approach enables him to perform exceptionally well under pressure, ultimately leading to his two-time gold medal victory for Hong Kong in the Olympic Games.”

This MOU represents a significant step forward in advancing sports medicine in Hong Kong, ultimately aiming to enhance athletic performance while prioritising the health and well-being of athletes. Together, we are paving the way for a healthier, more successful sporting community.

## 圖片說明 Photo Captions

### Photo 1

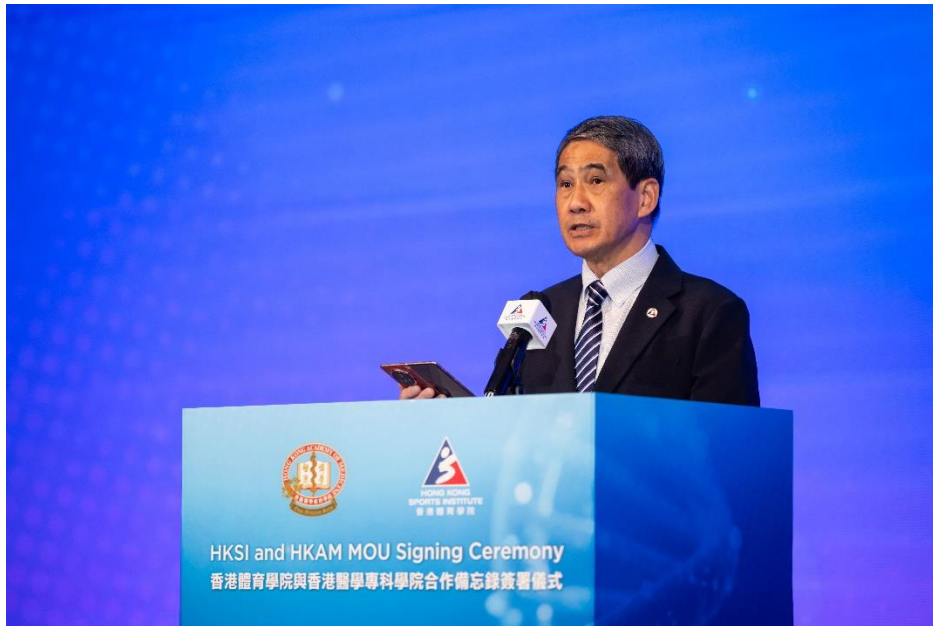


在文化體育及旅遊局局長楊潤雄先生 GBS JP（後排右二）、醫務衛生局局長盧寵茂教授 BBS JP（後排左二）、體院主席鄧竟成先生 GBS PDSM（後排右一）醫專主席梁嘉傑教授（後排左一）的見證下，由體院院長蔡玉坤先生 MH（前排右）及醫專教育及考試事務副主席李錦滔教授（前排左）代表簽署。

Mr Tony Choi MH, Chief Executive of the HKSI (front row, right) and Prof Philip Li, Vice President (Education and Examinations) of the HKAM (front row, left) signed the MOU, under the witness of Mr Kevin Yeung GBS JP, Secretary for Culture, Sports and Tourism (back row, 2<sup>nd</sup> from right), Prof Lo Chung-mau BBS JP, Secretary for Health (back row, 2<sup>nd</sup> from left), Mr Tang King-shing GBS PDSM, Chairman of the HKSI (back row, 1<sup>st</sup> from right) and Prof Gilberto Leung, President of the HKAM (back row, 1<sup>st</sup> from left).



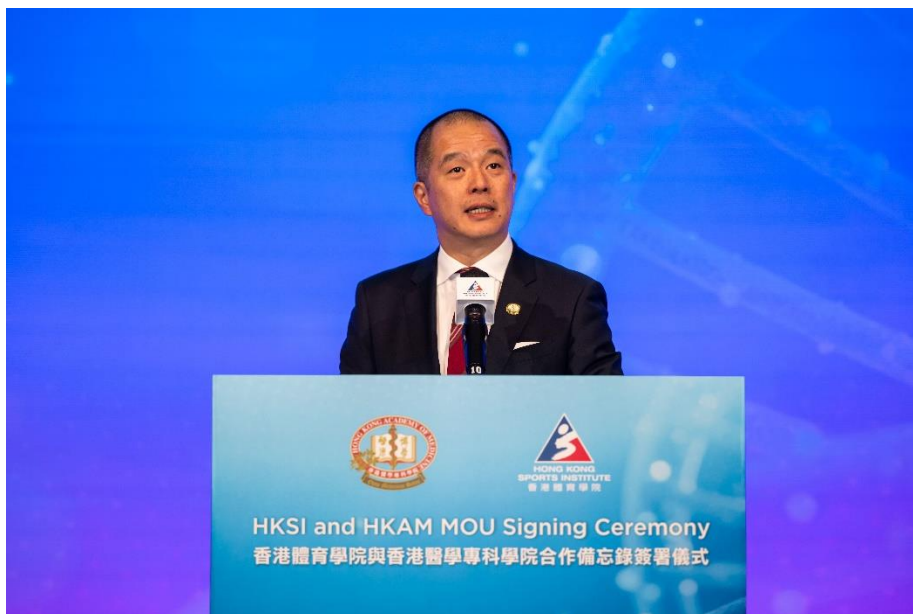
## Photo 2



鄧竟成先生感謝醫專透過今次合作提升運動醫學對精英運動員的支援。

Mr Tang King-shing thanked HKAM for enhancing the support of sports medicine to elite athletes.

## Photo 3



梁嘉傑教授表示醫專將致力透過增強醫學教育，發展及引入結構化運動和體育醫學培訓課程，以作提升醫療人員的專業技能，惠及各階層的運動員。

Prof Gilberto Leung said by means of capacity building and developing structured training courses in sports and exercise medicine, the Academy strives to enhance the professional skills of healthcare practitioners which would benefit athletes of all levels.



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#### Photo 4



四位精英運動員分享運動醫學團隊如何協助他們。左起：莫宛螢（武術）、張家朗（劍擊）、何詩蓓（游泳）及陳浩源（殘疾人羽毛球）。

Four elite athletes shared how the sports medicine team supports them. From left: Mok Uen-ying (Wushu), Cheung Ka-long (Fencing), Siobhan Haughey (Swimming) and Chan Ho-yuen (Para Badminton).

#### Photo 5



（左起）劍擊教練 Gregory Koenig、欖球總教練 Paul John 及羽毛球總教練黃綜翰分享運動醫學如何協助提升運動員表現。

(From left) Fencing coach Gregory Koenig, Head Rugby Coach Paul John and Head Badminton Coach Wong Choong Hann shared how sports medicine enhances the performance of athletes.



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## Photo 6



眾嘉賓在合作備忘錄簽署儀式上合照，以標誌雙方合作的正式開始。

The guests took a group photo to commemorate the beginning of the collaboration.

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High resolution photos can be downloaded [here](#).

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