

Organizer



THE ACL MASTERY COURSE



Speaker **Luke Poon**
Hinsta Performance Coach
Sport Physio

23-24/03/2024

Virtus Medical Tower

122 Queen's Road Central, Hong Kong

\$4200 (HKPU member), S4500 (non-HKPU member)

10 CPD points available



Unlocking potential:
Effective ACL rehab in confined space



Course Outline

1. Principles of ACL Rehabilitation
2. Focus on 'Prehabilitation'
3. Staging rehabilitation framework
4. High level pattern recognition
5. Adaptations for return-to-play
6. Rehab-to-training for performance

立即報名
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