



ACL MASTERY COURSE

UNLOCKING POTENTIAL: EFFECTIVE ACL AND KNEE REHAB IN CONFINED SPACE

Understanding that space is very limited in Hong Kong, Luke designed the rehabilitation protocol and exercise accordingly to accommodate the specific needs of the Hong Kong Physio.

 **24-25 MAY 2026 0930-1730**

 **14/F, CHINA BUILDING**

 **CPD: 10 POINTS**

**Speaker
Luke Poon**

ACL Rehabilitation consultant
Hinsta Performance Coach



PREHABILITATION

- Intra-articular knee structure and surgery understanding
- Knee prehabilitation strength and conditioning



POST OP REHABILITATION

- Recovering from post-operative stage
- Agility and landing training



RETURN TO SPORTS

- Return-to-sports phase
- Athlete and patient wellbeing

Price: \$5700 (non-HKPU), \$5400 (HKPU member)

Please email henry.guo@virtuscare.com for enquiries

Early Bird Price:
\$5200(non-HKPU),
\$4900(HKPU member)
before March 31