Evidence-based Approach for Resolution of LBP, Hip and SIJ Pathologies

Date: 12 (Sat) & 13 (Sun) September 2026

Time: 12 September (Sat): 13:30-19:00

13 September (Sun): 9:30-17:30

Venue: 14/F, China Building, 29 Queen's Road Central, Central, HK

Organizer:

Virtus Medical Group / S. K. Yee School of Health Sciences, St. Francis University / Hong Kong Physiotherapist's Union

Instructors:

Alfio Albasini: Alfio is owner of a physiotherapy clinic in Bellinzona in Switzerland. Alfio studied physiotherapy in Basel Switzerland and obtained his graduate diploma in Manipulative therapy from Curtin University in 1995. In 2005 he was the scientific committee chairman and organizer of the first world Manual Therapy Congress, "The Spine" held in Roma, Italy.

Target participants: Physiotherapist

Medium of instruction: Instructed in English, Content written in English

Capacity: 20 for each workshop

Fee:

$4800 (HKPU member)

$5300 (non-HKPU member)

CPD from HKPU: 12 points

Course Content:

The course will cover the anatomical and functional basis to the evaluation of disorders of hip, SIJ and LBP. Special interest will be given to evidence based clinical practice, emphasizing clinical examination, evaluation, interpretation, differential diagnosis, gait analysis and treatment.

Aims:

- Perform a static and dynamic examination of the lumbar spine, the hip as well as the SIJ. Cluster of tests according to the literature.
- Unload/stabilize a specific lumbar segment with the use of taping
- Mobilization and taping of the hip and the SIJ
- Unload sciatic nerve irritation with taping
- Improve lower extremity motor control through mobilization, taping and dynamic training techniques.
- Understand and apply specific motor control and targeted exercises for training for the spine as well as the hip: pain related fear, neuromuscular, functional, endurance, strength, power, flexibility, gait education training
- Focus on dosage and education to reduce pain related fear and promote behavior change for patients

Deadline of Application: 23 August 2026

Remarks:

* Please fill in the application form https://forms.gle/nakR2BqiyxN5BEZK8
* Successful applicants would be contacted by email.
* Payment: Bank-in. Please send the proof of the payment to email: raly.wong@virtuscare.com
* Once payment is received, no refund is given unless the available spot is filled from a waiting list.
* On a First-come, first-served basis.
* Virtus Medical Group reserve the right to cancel the course due to bad weather or pandemic condition. Full refund will be given in such circumstances.
* For application enquiries, please contact Ms. Raly Wong (Whatsapp 66889128, Email raly.wong@virtuscare.com)