



The Hong Kong Orthopaedic Association e-Newsletter (December 2025)



Dear Fellows and Members,

I would like to take this opportunity to express my heartfelt gratitude to all our Past Presidents, mentors, and colleagues for their unwavering support and invaluable contributions to the celebration of the 60th Anniversary of the Hong Kong Orthopaedic Association (HKOA). My sincere appreciation also goes to the HKOA Annual Congress Organising Committee, all Chapters, and our Council for their dedication and hard work.

Throughout the year, we successfully organised a series of commemorative events, including radio and television interviews, public education talks during Bone and Joint Action Week, the 60th Anniversary Photo Contest, a Wine and Dine Gathering, and a Cocktail Workshop. The HKOA 45th Annual Congress was held with great success, attracting an unprecedented number of participants, together with distinguished overseas and local speakers and honourable guests. Notably, this was the first time we collaborated with the Hong Kong Science and Technology Parks Corporation to host a designated concurrent session and matching consultation.

In addition, the Multidisciplinary Fragility Fracture Symposium, “Bridging the Gap”, was conducted on 29 November 2025 in collaboration with The Hong Kong Geriatrics Society and The Society of Anaesthetists of Hong Kong. Preoperative optimisation for hip fracture management was discussed across multiple specialties, including cardiology and endocrinology, fostering meaningful dialogue and achieving a shared understanding toward a common goal.

Moreover, we were honoured to win the championship at the Dragon Boat Fun Day during this memorable year. The Macau Orthopaedic Association was also invited for the first time to participate in our HKOA Football Day on 9 November 2025, further strengthening regional collaboration and friendship.

Looking ahead, we will be organising a community talk on Distance Running on 10 January 2026, in collaboration with the Rotary Club and the Hong Kong Physiotherapy Association, to promote well-being and a healthy lifestyle.

I look forward to meeting you all at our upcoming HKOA functions.

Wishing you all a prosperous and joyful New Year!

Warmest regards,

Dr. Wong Kam-kwong

President (2025-2026)

The Hong Kong Orthopaedic Association

Upcoming Events:

ROTARY Hong Kong Ultra Marathon 2026 cum End Polio Walk

Date: 10 January 2026 (Sat)

Venue: 銅鑼灣告士打道 311 號安達壽大廈 26 樓會所

合辦機構 Rotary District 3450

場地贊助 STC

UNITE FOR GOOD

ROTARY HONG KONG ULTRA MARATHON 2026
cum End Polio Walk
扶輪香港超級馬拉松2026
暨根除小兒麻痺症慈善行

《長跑訓練知識健康講座》

主講嘉賓



張敏怡醫生
骨科專科醫生
香港越野跑手



何浩儀先生
註冊物理治療師
香港物理治療學會運動專研組主席



石啟右教練
香港三項鐵人總會教練
香港三項鐵人代表發展隊助教

主持人



鄭立基先生
金鐘扶輪社前社長

內容：
骨科專科醫生講解常見長跑運動關節骨骼系統傷患診斷及治療方法
註冊物理治療師講解長跑運動關節骨骼系統痛症處理及預防方法
三項鐵人教練講解長跑運動訓練方法及初學者與年長者注意事項
目標人士：越野跑及路跑長跑愛好者、初學及年長跑者

10/1/2026 星期六
上午10:30 - 下午12:30
銅鑼灣告士打道311號安達人壽大廈26樓會所



費用全免
講座將以廣東話進行
REGISTER NOW!



Upper Limb Ultrasound 2026

Date: 10 January 2026 (Sat)

Venue: Seminar Room 3, Room G-05, G/F, The HKJC Bldg for Interdisciplinary Research, No. 5 Sassoon Road, Hong Kong

Registration: <https://www.ortho.hku.hk/isms-2026-upper-limb-ultrasound/>

**HKU Med**
School of Clinical Medicine
Department of Orthopaedics & Traumatology
香港大學矯形及創傷外科學系

ISMS Interdisciplinary Sonography of Musculoskeletal System

UPPER LIMB ULTRASOUND 2026
10 JANUARY 2026 (SATURDAY)

Chairpersons

**Dr. Carmen HO**
Chief of Service (Medicine, Tung Wah Hospital),
Consultant and Chief of Division (Clinical),
Tung Wah Hospital / Queen Mary Hospital /
Grantham Hospital

**Prof. Chor Yin LAM**
Clinical Associate Professor,
Department of Orthopaedics and Traumatology,
The University of Hong Kong

**Dr. Peter SIU**
Associate Consultant,
Department of Orthopaedics and Traumatology,
Queen Mary Hospital

Faculty

**Dr. Winnie CHAN**
Specialist in Radiology
Private Practice

**Dr. Nin Yuan PAN**
Consultant
Department of Radiology,
Kowloon West Cluster

**Dr. Chi Yeung CHU**
Consultant
Department of Radiology
Pamela Youde Nethersole
Eastern Hospital

**Dr. Peter SIU**
Associate Consultant
Department of Orthopaedics and
Traumatology
Queen Mary Hospital

**Dr. Carmen HO**
Chief of Service
(Medicine, Tung Wah Hospital),
Consultant and Chief of Division (Clinical),
Tung Wah Hospital / Queen Mary
Hospital / Grantham Hospital

**Dr. Priscilla WONG**
Specialist in Rheumatology
Private Practice

**Dr. Ka Wing LEE**
Director
Rheumatology Centre
Hong Kong Sanatorium & Hospital

**Dr. Catherine YUEN**
Specialist in Rheumatology
Private Practice

Course highlight

This inter-disciplinary workshop contains lectures and hands on scanning sessions. It aims to provide a practical sonographic evaluation of upper limb structures with clinical relevance.

Details & Registration

**Lectures**
Hands on workshop

**Seminar room 3, Room G-05, G/F,
The HKJC Bldg for Interdisciplinary Research,
No. 5 Sassoon Road, Hong Kong**

**HKD 1,500**

**Accreditations (please refer to website)**



<https://www.ortho.hku.hk/isms-2026-upper-limb-ultrasound/>

Supported by

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APOA Huls Elbow Cadaveric Course 2026

Date: 23 & 24 January 2026

Venue: Arthrex Lab, Singapore



23 & 24 JANUARY 2026

APOA HULS ELBOW CADAVERIC COURSE 2026

Venue: Arthrex lab

Registration *Limited to 14 participants*

APOA HULS Member: SGD2000

Non-Member: SGD2500

AGENDA

Inaugural APOA HULS Elbow Cadaveric Course devoting one full day to elbow arthroscopy and half a day of elbow ligament repair

Course Chairman



Dr Ken Lee Puah
Singapore



Dr Margaret Fok
Hong Kong



Prof In-ho Jeon
South Korea



Prof Cholaewish Chantlert
Thailand



Dr Andy Wee
Hong Kong



Dr Erica Kholinne
Indonesia



Dr Iman Widya Aninata
Indonesia

Faculty

Day 1 • 23 January 2026

0900-1000

Theoretical Session 1: Getting Started with Elbow Arthroscopy

Indications for elbow (10 min)

- Set up and Portals in elbow arthroscopy (10 min)
- Complications of elbow arthroscopy (10 min)
- Lateral epicondylitis, plica (10 min)
- DISCUSSION (15 min), Moderator: All faculties

1000-1200 Practical Session 1

- Diagnostic anterior arthroscopy
- Diagnostic posterior arthroscopy
- Lateral epicondyle release

1200-1300

Theoretical Session 2: Therapeutic Elbow Arthroscopy

- Arthroscopic osteocapsuloplasty (10 min)
- Arthroscopic stabilization of Lateral elbow instability (10 min)
- Arthroscopic management of elbow fractures (Radial head, Coronoid process, Distal humeral fractures) (10 min)
- Endoscopic surgery -Release of the ulnar nerve, biceps endoscopy (10 min)
- DISCUSSION (15 min), Moderator: All faculties

1300-1400 Lunch

1400-1700 Practical Session 2

- Arthroscopic capsular release
- Osteophyte resection and olecranon fossa fenestration
- Arthroscopic lateral ligament plication
- Elbow Endoscopy

1700 Evaluation of the day 1

Day 2 • 24 January 2026

0830-0930 Theoretical Session 3

- Lateral column procedure (10 min)
- Cubital tunnel release and ulnar nerve transposition (10 min)
- Posterior Interosseous Nerve Release (10 min)
- Lateral Ulnar Collateral Ligament reconstruction (10 min)
- Ulnar Collateral Ligament reconstruction (10 min)
- DISCUSSION (10 min)

0930-1230 Practical Session 3

- Lateral approach to the elbow (Kaplan/EDC Split) and dissection of posterior interosseous nerve
- Repair of lateral ulnar collateral ligament and ulnar collateral ligament
- Medial elbow approach and ulnar nerve neurolysis / decompression and transposition Medial over the top approach for accessing anteromedial/anterior coronoid fracture, anterior contracture release and release of posterior capsule



SCAN TO
REGISTER

bit.ly/AHECC2026

Orthopaedic Ultrasound Workshop – Lower Extremity

Date: 1 March 2026 (Sun)

Venue: Function Room 1 – 2, 2/F, Hong Kong Academy of Medicine
Jackey Club Building

Registration Deadline: 23 January 2026

ORTHOPAEDIC ULTRASOUND WORKSHOP - LOWER EXTREMITY



Details

Date: 1 March 2026 (Sunday)

Time: 9:00am – 5:00pm

Venue: Function Room 1-2, 2/F, Hong Kong Academy of
Medicine Jockey Club Building, 99 Wong Chuk
Hang Road, Aberdeen, Hong Kong

Invited Speaker

Prof. CHANG Ke Vin
National Taiwan University
Hospital, Bei-Hu Branch,
Taipei, Taiwan

Accreditations

CME/CPD POINTS:
5 (CAT. A PASSIVE) / PENDING (CAT. R PASSIVE)

FORMAT:
LECTURES
AND
HANDS-ON WORKSHOP

REGISTER
NOW

REGISTRATION DEADLINE:
23 JANUARY 2026

REGISTRATION FEE :
HK\$800

SCAN ME!



CONTACT US

Phone: 2871 8722
Email: hkcos@hkcos.org.hk

ORGANIZER

Musculoskeletal Ultrasound Committee
Orthopaedic Rehabilitation Subspecialty Board
The Hong Kong College of Orthopaedic Surgeons

APFSSH-FESSH Foundation Course 2026

Date: 4 – 6 March 2026
Venue: InnoCentre, 72 Tat Chee Avenue, Kowloon Tong
Early Bird Registration: USD395 until December 20, 2025
Registration: <https://handsurgerycourses.com/>

APFSSH-FESSH FA | Academy FOUNDATION COURSE

co-organised by HKSSH

4-6 March 2026 Hong Kong

395 USD
until 20 DECEMBER 2025

 **REGISTER NOW**

Join the 3 day course with lectures, practicals, discussions in small groups with experienced international faculty.

www.handsurgerycourses.com
apfc@congressworks.com



IFSSH Sponsored
Educational Program



FESSH
Federation of
European Societies for
Surgery of the Hand

Martinoli Ultrasound course: MASTERS 3, MSK ultrasound of the distal lower extremity

Date: 13 – 15 March 2026

Venue: CUHK Medical Centre, 9 Chak Cheung Street, Sha Tin

Registration: <https://martinoliultrasound.com/masters-3-msk-distal-lower-extremity-in-hong-kong/>

Martinoli
ULTRASOUND

MARTINOLI ADVANCED SONOGRAPHY
TRAINING EXPERT RESOURCE SEMINARS

MASTERS-3

MSK Ultrasound of the Distal Lower Extremity

3 DAYS

**13-15 MARCH 2026
SHA TIN, HONG KONG**



21st Hong Kong International Orthopaedic Forum

Date: 25 – 26 April 2026 (Sat – Sun)

Venue: Cheung Kung Hai Conference Centre, G/F, William MW Mong Block, 21 Sassoon Road, Hong Kong

Early Bird Deadline: 22 March 2026

Event Website: <https://www.ortho.hku.hk/forum2026>



 **HKU Med** School of Clinical Medicine
Department of Orthopaedics
& Traumatology
香港大學矯形及創傷外科學系

**21ST HONG KONG
INTERNATIONAL
ORTHOPAEDIC FORUM**

Personalised Orthopaedics

25-26 April 2026 (Sat - Sun)

 **FORUM WEBSITE**

 Cheung Kung Hai Conference Centre, G/F,
William MW Mong Block, 21 Sassoon Road, Pokfulam, Hong Kong

INTERNATIONAL SPEAKERS



Professor Christopher BONO

Harvard Medical School, Boston,
Massachusetts, United States
MB Lee Visiting Professorship

Professor Takeshi SAWAGUCHI

Fukushima Medical University, Fukushima, Japan
Harry Fang Visiting Professorship



Professor Kevin SHEA

Stanford University School of Medicine,
Stanford, California, United States
Yang Hsueh Chi Visiting Professorship



2255 6878



events@ortho.hku.hk



<https://www.ortho.hku.hk/forum2026-programme/>

The 99th Annual Meeting of the JOA

Date: 21 – 24 May 2026 (Thur - Sun)
Venue: Kobe Convention Center, Japan
Registration: [The 99th Annual Meeting of the Japanese Orthopaedic Association](#)

The 99th Annual Meeting of the JOA

General Information

Name of the Meeting	The 99th Annual Meeting of the Japanese Orthopaedic Association (JOA2026)
Theme	A Bridge Between Past, Present, and Future
Congress President	Sakae Tanaka, M.D., Ph.D Department of Orthopaedic Surgery, Faculty of Medicine, The University of Tokyo
Date	Thursday, May 21 – Sunday, May 24, 2026
Venue	Kobe Convention Center
Abstract Submission Period	July 10 – September 10, 2025
Early-bird Registration Open	Early March to Mid-May, 2026 (tentative)
On-site Registration	Thursday, May 21 – Sunday, May 24, 2026
Post Registration	June to July, 2026 *Exact date will be announced in due course.
On-demand Viewing Period	June – July, 2026 *Exact date will be announced in due course.
Host Organization	Department of Orthopaedic Surgery, Faculty of Medicine, The University of Tokyo 7-3-1, Hongo, Bunkyo-ku, Tokyo, 113-8655, Japan
Congress Secretariat	Congrès Inc. Onward Park Building, 3-10-5, Nihonbashi, Chuo-ku Tokyo, 103-8276, Japan Email: joa2026@congre.co.jp
Calligraphy for Japanese Theme	Shoko Kanazawa