

Joint & Ligament Instability: Hands-on Ultrasound Assessment and Regenerative Injection Therapies

19 September 2026 (Saturday)

Time	Topics and Speakers
13:30 – 14:00	Registration
14:00 – 14:05	Welcome Speech <i>Dr. Allen Ngai, Chairman, Organizing Committee of the ASM 2026</i>
14:05 – 15:15	Session 1
	Plenary Lecture 1 From Laxity to Tensegrity: Restoring Joint Stability through Regenerative Injection Therapy <i>Dr. Andy Hung (Taiwan)</i>
	Plenary Lecture 2 Gender Effects on Sacroiliac Joint Ligament & Biomechanics, Sacroiliac Joint Regenerative Injection Therapy Points <i>Dr. Teinny Suryadi (Indonesia)</i>
15:15 – 15:45	Coffee Break
15:45 – 17:30	Session 2
	Plenary Lecture 3 Advances in the Management of Chronic Ankle Instability <i>Speaker TBC</i>
	Plenary Lecture 4 Role of Thoracolumbar Fascia in Lumbar Stability and Clinical Benefits of its Regenerative Injection Therapy <i>Dr. Stanley Lam (Hong Kong)</i>
	Plenary Lecture 5 Review of Shoulder Instabilities and their Clinical Assessments <i>Dr. Allen Ngai (Hong Kong)</i>
18:00 – 18:45	Congregation
19:00 – 21:00	Faculty Dinner (by Invitation)

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20 September 2026 (Sunday)

Time	Topics and Speakers
08:30 – 09:00	Registration
09:00 – 10:20	Session 3 – Clinical Assessment
	Causes & Types of Elbow Instability and Clinical Assessments <i>Dr. Teinny Suryadi (Indonesia)</i>
	Wrist & Hand Ligament Injuries and Clinical Assessments <i>Dr. Wai-wah Lai (Hong Kong)</i>
	Knee Ligament & Meniscal Injuries and Update on Treatments <i>Dr. Ying-ho Chan (Hong Kong)</i>
	Ankle Ligament Injuries and Clinical Assessments <i>Dr. Ricky Wu (Hong Kong)</i>
10:20 – 10:50	Coffee Break
10:50 – 13:00	Session 4 - Ultrasound Assessment and Hands-on
	Ultrasound Assessment on Shoulder Ligaments with Demonstration <i>Dr. Allen Ngai (Hong Kong)</i>
	Ultrasound Assessment on Thoracolumbar Fascia in Lumbar Stability with Demonstration <i>Dr. Stanley Lam (Hong Kong)</i>
	Hands-on Session 1 (Station 1 – 3)
13:00 – 13:15	AGM (for members only)
13:15 – 14:00	Lunch Symposium
	Topic TBC <i>Dr. Paco Lee (Hong Kong)</i>
14:00 – 15:00	Session 5 - Ultrasound Assessment and Hands-on
	Ultrasound Assessment on Wrist, Hand & Finger Ligaments with Demonstration <i>Dr. Wai-wah Lai (Hong Kong)</i>
	Ultrasound Assessment on Knee Ligaments and Menisci with Demonstration <i>Dr. Ying-ho Chan (Hong Kong)</i>
	Ultrasound Assessment on Ankle Ligaments with Demonstration <i>Dr. Ricky Wu (Hong Kong)</i>
15:00 – 15:20	Coffee Break
15:20 – 16:50	Hands-on Session 2 (Station 4 – 6)
16:50 – 17:00	Wrap Up and Summary

Groups Rotation:

Station 1: USG shoulder joint, AC joint ligaments

Station 2: USG elbow joint ligaments

Station 3: USG wrist, hand & fingers ligaments

Station 4: USG knee ligaments and menisci

Station 5: USG ankle ligaments

Station 6: USG thoracolumbar fascia