



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 Moderator: Dr. Keith Chan
	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 Moderator: Dr. Wai-wah Lai
	Plenary Lecture 3 Role of Dextrose Prolotherapy for Recurrent Ankle Sprain <i>Dr. Regina Sit (Hong Kong)</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



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20 September 2026 (Sunday)

Time	Topics and Speakers
08:30 – 08:40	Registration
08:40 – 10:00	Session 3 – Clinical Assessment Moderator: Dr. Allen Ngai
	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>
10:00 – 10:30	Coffee Break
10:30 – 11:30	Session 4 - Ultrasound Assessment and Hands-on Moderator: Dr. Ricky Wu
	Ultrasound Assessment on Elbow Ligaments with Demonstration <i>Dr. Teinny Suryadi (Indonesia)</i>
	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>
11:30 – 13:00	Hands-on Session 1 (Station 1 – 3)
13:00 – 13:15	AGM (for members only)
13:00 – 13:30	Lunch (Shantung Room)
13:30 – 14:00	Lunch Symposium (Sponsored by Amgen) Moderator: Dr. Paco Lee
	Updates in Osteoporosis Management: Translating Evidence on Anabolic Therapies into Clinical Practice <i>Dr. Francis Lau</i>
14:00 – 15:00	Session 5 - Ultrasound Assessment and Hands-on Moderator: Dr. Stanley Lam
	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 Elbow Joint Ligaments
- Station 2: USG Shoulder Joint, AC Joint Ligaments
- Station 3: USG Thoracolumbar Fascia
- Station 4: USG Wrist, Hand & Fingers Ligaments
- Station 5: USG Knee Ligaments and Menisci
- Station 6: USG Ankle Ligaments