



## **Media Release**

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### ***Sports and Exercise Medicine Summit 2026 Strengthens Collaboration to Advance the Development of Sports Medicine in Hong Kong***

The Hong Kong Sports Institute (HKSI) and the Hong Kong Academy of Medicine (HKAM) jointly hosted the Sports and Exercise Medicine Summit 2026 at the HKSI today, bringing together leading local and international experts, healthcare professionals and elite athletes to explore the evolving roles of sports and exercise medicine in high performance sport and the wider community.

The Opening Ceremony was officiated by **Mr Lau Chun, Raistlin JP**, Under Secretary for Culture, Sports and Tourism; **Dr Pang Fei-chau**, Commissioner for Primary Healthcare; **Prof Li Kam-tao, Philip**, President of the HKAM; and **Mr Tang King-shing GBS PDSM**, Chairman of the HKSI.

In his opening remarks, **Prof Philip Li** highlighted the importance of strengthening the development of sports and exercise medicine in Hong Kong through closer collaboration between the medical and sports sectors. “Sports and exercise medicine is playing an increasingly important role not only in elite sports performance but also in disease prevention, rehabilitation and the promotion of healthy lifestyles in the community.”

**Mr Tang King-shing** described the Summit as a significant milestone in the collaboration between the HKSI and the HKAM. “This Summit underscores the growing recognition of sports medicine as an emerging professional field. By fostering its development, we not only elevate athlete care but also inspire the next generation to pursue excellence in this vital area. He added that through collaboration across disciplines with the HKAM, support provided to athletes can be further strengthened, with the aim of benefiting the local sporting community.

### **Strengthening Collaboration under the HKSI-HKAM Partnership**

Building on the Memorandum of Understanding signed between the HKSI and the HKAM in November 2024, both institutions have continued to foster the development of sports and exercise medicine in Hong Kong through strategic collaboration, joint initiatives and knowledge exchange. The partnership aims to strengthen the city’s sports and exercise medicine framework and support the integration of medical expertise, sports science and athlete support systems.

A key objective of the Summit is to promote the wider integration of sports and exercise medicine within the healthcare community. Through closer collaboration between doctors, allied health professionals, sports scientists and other healthcare disciplines, the initiative seeks to broaden professional awareness and encourage the wider adoption of sports and exercise medicine principles across the healthcare sector.

### **Elite Athletes’ Perspectives: Preventive Care and Performance**

During the sharing session, cyclist **Lee Sze-wing** highlighted the value of preventive care and collaboration with sports medicine practitioners. “Sports medicine practitioners



monitor our strength, flexibility and training load with targeted advices, helping us avoid overuse injuries. With their support, I can train at ease and race with greater confidence.”

Para badminton athlete **Chan Ho-yuen** emphasised that sports medicine plays a crucial role in managing the physical demands of high performance sport. “As a Para badminton athlete, constant wheelchair manoeuvring and repetitive racket work put significant strain on my shoulders, wrists and trunk. Regular screening, tailored conditioning and proper load management allow problems to be detected early, prevent deterioration and help me perform consistently while extending my competitive career.”

Skater **Lam Ching-yan** spoke about the importance of sports medicine for long-term athlete development. “Sports medicine helps protect my long-term health. With proper medical support, I can identify small issues early, balance training and recovery, and focus on building a sustainable skating career.”

The Summit reaffirms the commitment of the HKSI and the HKAM to advancing sports and exercise medicine in Hong Kong. Through continued collaboration and knowledge exchange, both institutions will further strengthen the development of the field and enhance its positive impact on elite athletes and the broader community.

To further the long-term development of the discipline, the HKAM will launch a 30-hour Certificate Course in Sports and Exercise Medicine, providing comprehensive training to equip healthcare and sports professionals with essential knowledge and skills to enhance athlete care. In addition, the learning hours accumulated at the Summit will be credited toward the course requirements. Further details regarding the course outline, schedule and registration arrangements will be announced in due course.

### **About the Hong Kong Academy of Medicine**

Established in 1993, the Hong Kong Academy of Medicine is an independent institution with statutory power to organise, monitor, assess and accredit all medical and dental specialist training, and the responsibility to oversee the continuing medical education and continuous professional development to maintain the standard of specialists practising in Hong Kong. There are now 74 specialties with more than 9,800 Academy Fellows, who are eligible for registration in the Specialist Register of the Medical Council of Hong Kong or Dental Council of Hong Kong on the recommendation of the Academy.

### **About the Hong Kong Sports Institute**

As the Government’s elite sport training systems delivery agent, the Hong Kong Sports Institute (HKSI) is committed to providing an environment in which sport talent can be identified, nurtured and developed to pursue excellence in the international sporting arena. Other than sports facilities, the support given to athletes includes elite coaching and training, sports science, sports medicine, strength and conditioning, athlete affairs and education, applied research and sports information.

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High resolution photos can be downloaded [here](#).



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