

# Sports Therapy Professional in HKSAR : History, Current Development and Challenges

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Chairperson  
Sports Therapists Association of Hong Kong



香港運動治療師總會  
SPORTS THERAPISTS ASSOCIATION OF HONG KONG

# Speaker's Profile

## Qualification held -

- Level 6 Master Diploma in Advanced Clinical Sports Therapy and Rehabilitation
- BSc(Hons) in Work-based Learning(Fitness and Exercise)
- Registered member of Sports Therapy Organization, UK (MSTO)
- Registered member of Sports Therapists Assn of HK (STAoHK-Reg)

## Experience -

- Currently private practice in a sports clinic
- Teams Sports Therapist(HK and Overseas)
  - Valley Rugby Men's Premiership Team therapist since 2019
  - HK Eastern Men's Basketball A1 Team therapist 2022-2024
  - HK Eastern Youth Teams - S&C and sports therapist 2023-2025
  - HKU Basketball Men's and Women's Teams since 2024
- Current appointments of HK China Team medics for:
  - HK China Sports Association for Deaf(HKCSAD)
  - Hong Kong China Ice Hockey Association(HKCIHA)
  - The Schools Sports Federation of Hong Kong, China(HKSSF)
- Other Appointments:
  - Departmental Advisory Committee Member, Department of Sports & Recreation, Technological & Higher Education Institute of Hong Kong(THEi)
  - Co-opted Member to the Higher Education Advisory Committee, Vocational Training Council(VTC)



# *History of the Sports Therapy - Origin*



- “British version” of Ahtletic Therapist/Trainer;
- Established and advocated in UK early 90’s;
- Focus on injury prevention and rehabilitation;
- Has been diverse in different sectors including elite team sports, community sports teams, NHS and non-profit organizations, etc.

# ***History of the Sports Therapy Industry in HKSAR***

With the introduction of a Sports Therapy Degree in Hong Kong in 2012 and graduates beginning to practice in 2016, the development of the sports therapy profession is being recognized more widely by various sports sectors as well as the community sector.



**高科院**  
**Thei**

# *History of the Sports Therapy Industry in HKSAR(Cont'd)*



Currently, all sports therapists who graduated in Hong Kong are accredited by the Society of Sports Therapists (SST) in the United Kingdom, and overseas graduates who are also accredited by SST or by other sports therapy professional bodies in the United Kingdom also practice in Hong Kong.



# ***Establishment of Sports Therapists Association of Hong Kong***



As we do not expect the UK professional bodies can easily intervene in this situation developing in Hong Kong, therefore we need a Hong Kong based Association to stand up and protect our professional such as:

- Directory of registered STs for public access;
- Response to the public concerns such as forged clinic and therapists as appropriate.

e.g: we had published a statement to one of the court case that claimed himself as “sports therapist” to all local media and they responded by making adjustments on some wrong wording used in the news article.

## ***Establishment of Sports Therapists Association of HK(Cont'd)***



Therefore, Hong Kong must establish a local profession represents all practicing sports therapists and works to improve, and protect the title of sports therapist so that it is not misused by non-relevant professionals:

- Voluntary registration
- Professional Indemnity Insurance cover - \$20 mil per person/yr.

Finally, we aimed to subject sports therapists to the same statutory regulation as allied health professionals in Hong Kong.

# Five Purposes



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1. Act as an **regulatory** and **professional body** for sports therapists;
2. **Promote** the sports therapy profession **to the general public**;
3. **Set the standards of sports therapists** in a various way;
4. Prevent others from **abusing the title of sports therapist**;
5. Aimed to promote sports therapy professionals to the **statutory regulator** in the long run.

## *Two Functions*

### **REGULATORY BODY**

1. Establish and maintain the register of sports therapists;
2. Set and review the qualification standards for registration as a sports therapist in Hong Kong;
3. Deal with disciplinary offense;
4. Keep proper records of its proceedings;



## **Two Functions(*cont'd*)**

### **PROFESSIONAL BODY**

1. Provide **continuing education program** that are relevant to sports therapy professionals;
2. Establish an **editorial platform**(in different means) on research journal;
3. **Collaborate with local and international organizations/college/universities etc.** that aimed to raising the standard of the sports therapy professionals;
4. **Speak up for the benefits of sports therapy professionals.**



# Challenges - What We Need to Work More?



- Some of the markets are yet to be develop in Hong Kong;
- Need to lobby/delineate the benefits of employing sports therapists as some of the organizations are only accept healthcare professionals under statutory regulation;
- Need to liaise with Government Bureau and Department for better development of the industry within HKSAR's healthcare system;
- Diversity and inclusion within the healthcare system including sports medicine continuum;

# Challenges - What We Need to Work More?



- Some of the graduates not planned to join the industry after graduation (accounts for approx. 10% of graduates);
- Springboard to other healthcare professionals(e.g: physiotherapist);
- Need to construct a salary index for sports therapy professional;
- We are over weighted on “work-ready” therapist model - which is essential. Development of research scholars is another way to raise the bar of the professional.

# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach



## Establish a Hong Kong Sports Therapy Collaborative Network

- Form a multi-stakeholder network including sports therapists, physiotherapists, sports medicine doctors, coaches, academic institutions (e.g., THEi), sports associations, and government representatives. This network will:
  - a. Facilitate regular dialogue to identify shared goals and challenges.
  - b. Coordinate joint advocacy campaigns and educational programs.
  - c. Promote mutual respect and understanding of each profession's scope and expertise, reducing professional silos.

# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach



## Joint Public Awareness and Education Campaigns

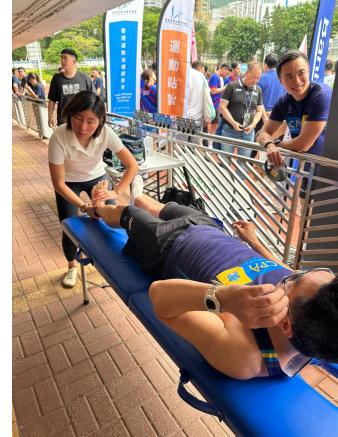
Leverage partnerships with sports organizations, schools, media, and healthcare providers to launch campaigns that:

- Clarify the distinct role of sports therapy in injury prevention, rehabilitation, and performance enhancement.
- Share success stories and case studies demonstrating sports therapy's impact.
- Promote early intervention and injury prevention strategies to reduce long-term health burdens.

# Public Education and Advocacy



# Services for Various Sports Events in HK



# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach

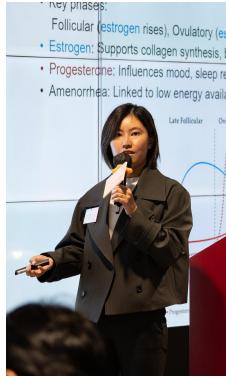


## Integrated Professional Development and Training

Develop collaborative training workshops, seminars, and conferences that bring together sports therapists and related professionals. This approach:

- Encourages cross-disciplinary learning and innovation.
- Supports standardization of best practices and clinical guidelines.
- Builds professional networks and mentorship opportunities.

# Student Conference 2025

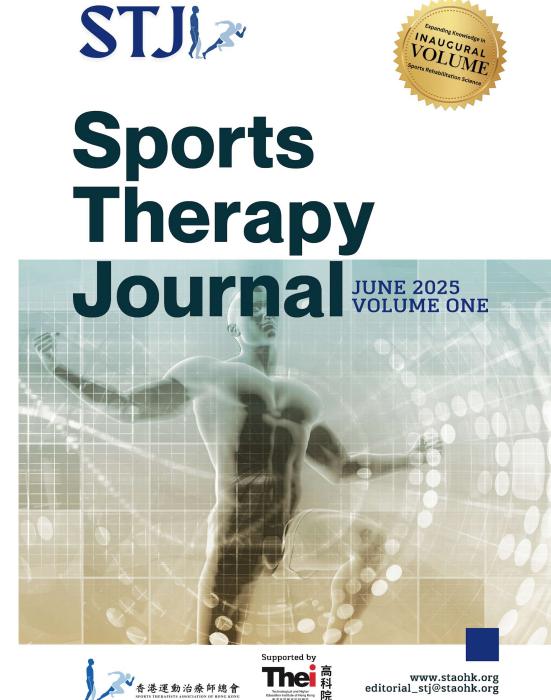


# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach

## Collaborative Research and Innovation

Encourage joint research projects between academic institutions and clinical practitioners to:

- Generate robust evidence supporting sports therapy interventions.
- Explore culturally relevant injury prevention and rehabilitation strategies for Hong Kong's population.
- Disseminate findings collaboratively to influence clinical practice and policy.



# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach



## Unified Advocacy to Policymakers and Funders

Present a cohesive voice when engaging with health authorities, sports councils, and funding bodies to:

- Advocate for formal recognition and funding of sports therapy services within public health and sports development frameworks.
- Promote inclusion of sports therapy in insurance coverage and community health programs.
- Highlight the cost-effectiveness of early intervention and rehabilitation in reducing healthcare burdens.

# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach



## Alignment with Hong Kong Health and Sports Policies

Hong Kong's Health Bureau and Culture, Sports and Tourism Bureau have outlined comprehensive policies that provide a supportive environment for advancing sports therapy:

- ***Primary Healthcare Blueprint (Health Bureau)***: Emphasizes integrated, multidisciplinary care, health promotion, and disease prevention. Sports therapy's expertise in exercise prescription and injury prevention aligns directly with these goals, supporting active lifestyles and reducing chronic disease burden.

# Advocating Sports Therapy in Hong Kong Through a Collaborative Approach



- ***Sports Policy (Culture, Sports and Tourism Bureau):*** Focuses on promoting sports participation across all ages, enhancing elite sports performance, and developing sports infrastructure and community sports programs. Sports therapy contributes by:
  - Preventing and managing sports injuries to keep athletes healthy and active.
  - Supporting rehabilitation and performance optimization for elite and community athletes.
  - Collaborating with sports organizations to deliver education and injury prevention programs.
  - Enhancing the overall quality and safety of sports participation in Hong Kong.

# More Information/Collaboration etc etc...

Website: [www.staohk.org](http://www.staohk.org)

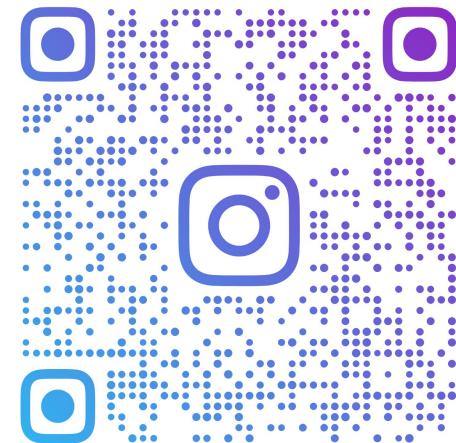
Enquiry: [enquiry@staohk.org](mailto:enquiry@staohk.org)

Social media -

Instagram - sportstherapists\_assn\_hk

Facebook - Sports Therapists Association of Hong Kong

LinkedIn - sports-therapists-association-hong-kong



# References

- Chartered Society of Physiotherapy. Collaborate, Don't Compete.

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- CSP FAQ About Exercise.

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- Hong Kong Health Bureau. Primary Healthcare Blueprint.

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**THANK YOU!**