

**Hong Kong Institute of Musculoskeletal Medicine
Annual Report 2020 – 2021**

President's Message - Dr. Lam King Hei Stanley

2020 – 21 was truly a year full of challenges for all the academic associations and societies, and for the world. With the COVID-19 pandemic, many countries were locked down and most of the educational activities were changed to online. Nevertheless, HKIMM and the council were all doing our best to keep our passions/missions of HKIMM which are also our service pledge:

1. To set up a standard of good practice of musculoskeletal medicine.
2. To promote musculoskeletal (MSK) medicine to primary care practitioners especially among general practitioners.
3. To conduct clinical researches in musculoskeletal medicine and regenerative injection therapies for different MSK conditions.

Even we could not hold face-to-face teaching, and need to postpone the current batch of CPMM hands-on practice and ACMM advanced ultrasound workshop till Jul and Aug 2021, we could still organize an international online musculoskeletal ultrasound and regenerative medicine summit on 26 Jul 2020. Speakers from Australia, China, Phillipine, Hong Kong, New Zealand, Singapore, South Korea, Taiwan and USA to share advanced MSK ultrasound knowledge and regenerative medicine throughout the world during the COVID outbreak. There were around 300 attendees joined out online summit and the feedback was excellent.

For safety reason, the theory part of module 6 to 8 of certificate course of Practical Musculoskeletal Medicine (CPMM) was changed to online teaching and our face-to-face hands-on workshops for these modules were postponed to be held in Jul to Aug 2021. The hands-on advanced musculoskeletal ultrasound teaching part 2 for the advanced certificate course of musculoskeletal medicine (ACMM) was postponed as well and would be held in Oct 2021. It is delighted to announce that HKIMM will open a new batch of CPMM and ACMM courses in Sept 2021.

Although our annual scientific meeting 2020 was cancelled due to the pandemic, we are grateful to Professor Regina Sit of the Chinese University of Hong Kong (CUHK) to invite us to teach in a musculoskeletal medicine and cadaver injection workshop for general practitioners in Hong Kong which was successfully held in the Cadaver laboratory of the CUHK on 10 Jul 2021. Introductory musculoskeletal medicine techniques, including manual medicine, diagnostic musculoskeletal ultrasound and guided injection with ultrasound validation of the needle placement were taught to a group of 30 general practitioners.

In 2021, we hope the COVID-19 pandemic will be under good control that, HKIMM can hold the unreplaceable hands-on workshops for CPMM and ACMM participants and work with CUHK to organize our ASM 2021, the tentative dates will be 24 – 26 Jun 2022. It will be a half day conference with 2 days fresh cadaveric hands-on US guided injection workshop.

The world and other disciplines keep paying more and more attentions to musculoskeletal medicine, musculoskeletal ultrasound and regenerative injection therapies. The trend has been to avoid surgery and steroid, and trying to regenerate as natural, as early, and as much as possible. In 2021 to 2021, with our service pledge in mind, our council members and I have continuously been invited to give online lectures and lead online workshops in different conferences in different countries. They are, in chronological order,

Date	Specialty of Organizers	Conferences Organizers – Topic(s)	Cities/Countries of the Venue
15 – 16 Aug 2020	Regenerative medicine specialists	Advance Regenerative Medicine Institute – US techniques in Spine	USA
16 Aug 2020	Specialists in pain management and rehabilitations	TAPRM Annual Conference – Recent update and vision in RIT	Taichung
23 Aug 2020	Pain specialists	Gulf Pain School – US guided hydrodissection of nerves for neuromuscular pain, evidence and review	Dubai

23 – 24 Aug 2019	Pain specialists	Foundation Centro de Atencion Integral del Dolor Buenos Aires (CAIDBA) – 1. Dynamic US to find out the root causes of pain spine and peripheral; 2. US guided nerve and fascial hydrodissection, axial spine; 3. US guided intradiscal injection	Argentina
23 – 25 Oct 2020	Regenerative Injection Therapy specialists and family medicine specialists	International Association of Regenerative Therapy October 2020 International Conference (HHPF) – US guided Hydrodissection of Nerves, lower limbs	USA
27 Feb 2021	Pain specialists	Gulf Pain School – US guided regenerative medicine of lower limb msk pathologies	Dubai
21 – 22 Mar 2021	Orthopedic Medicine specialists	Annual Conference of Korean Association of Orthopedic Medicine – US and guided intervention of Nerves, C-Spine, T-Spine, LS-Spine, Dynamic US	Seoul/South Korea
27 Mar 2021	Pain specialists	Pain Association of Singapore Annual Conference – 1. Keynote speech: US guided pain intervention; 2. US guided Hydrodissection for MSK pain	Singapore
Mar – Jul 2021	Pain Specialists	Indonesian 2nd PRECURSOR 2021 (Comprehensive Course in MSK Pain intervention and Regeneration) – a series of 5 lectures	Indonesia
15 May 2021	Orthopedic Surgeons	The 94th Annual Meeting of the Japanese Orthopaedic Association (JOA2021) - Ultrasound-Guided Nerve Hydrodissection for Pain Management: Rationale, Methods, Current Literature, and Theoretical Mechanisms	Japan
29 May 2021	Pain and Regenerative Medicine specialists	I-ASPN: Clinical Webinar Series Session 1: Regenerative Medicine – US guided intradiscal PRP / BMAC injection for cervical and lumbar discs	USA
30 May 2021	Pain Specialists	Malaysian Society of Interventional Pain Practitioners – Nerves Hydrodissections	Malaysia
4 – 6 Jun 2021	Pain Specialists	International Symposium of Ultrasound and Regional Anesthesia (ISURA) 2021 1. Dynamic US in MSK Diagnosis 2. The best candidates of US guided hydrodissections 3. Dynamic US in MSK diagnosis workshop 4. How I do it – Master demonstration of US guided diagnosis and interventions.	Canada
17 Jul 2021	Specialists in pain management and rehabilitations	TAPRM Annual Conference – 1. Prolotherapy past, present, and future 2. Anterior knee pain from theory to clinical practice	Taichung

Another passion of HKIMM is to conduct clinical researches in musculoskeletal medicine, diagnostic US of neuromusculoskeletal tissues and US guided regenerative injection therapies for different MSK conditions. During the past year, despite the pandemic, HKIMM continues to contribute to publish manuscripts in peer review journals. A list of the published manuscripts are listed in the session of Board of Clinical Research.

Internally, during the pandemic, we have started a monthly online grand round for members to bring up difficult or educational clinical scenarios for discussions. These grand rounds have great appraisals among the members.

In the coming years, HKIMM will continuously organizing international and local conferences, some of them will be online teleconferences; and hands-on workshops in Hong Kong and co-organizing international musculoskeletal medicine, musculoskeletal pain management conferences and workshops with sister MSK Associations in the world.

I would also like to take this opportunity to give my highest appreciation to our Censor and founding president Dr. Keith Chan and our immediate past president Dr. Andrew Ip for continuously giving valuable advice to the council, all the chairmen of different boards for continuously giving generous support to the council, and Ms. Melissa Leung for giving secretarial support to different matters of the institute. Let us join our hands together to build up an even better HKIMM in the coming years.

Report from Board of Education - Dr. Lai Wai Wah Mark

The mode of education was changed a lot due to the pandemic of COVID-19. Due to the lockdown and restriction rules, our face-to-face teaching of module 6 to 8 of certificate course of Practical Musculoskeletal Medicine was postponed. The theory part of the teaching was changed to online teaching. And the face-to-face hands-on workshop was held in Jul to Aug 2021.

The teaching of advanced certificate course of musculoskeletal medicine was also affected. The hands-on advanced musculoskeletal ultrasound teaching part 2 was postponed and it will be held in the Oct 2021 if the pandemic situation is under control.

Although our annual scientific meeting 2020 was cancelled due to the pandemic, we organized an international online musculoskeletal ultrasound and regenerative medicine summit on 26 July 2020. We invited speakers from Australia, China, Phillipine, Hong Kong, New Zealand, Singapore, South Korea, Taiwan and USA (in alphabetical orders) to share advanced MSK ultrasound knowledge and regenerative medicine throughout the world during the COVID outbreak. There was around 300 attendees joined out online summit and the feedback was excellent.

We will open another cycle of CPMM and ACMM in coming Sept. We will try our best to keep on teaching in a safety way.

Report from QA & A Subcommittee - Dr. Ng Tsz Kin

The current 3-year cycle of the HKIMM Quality Assurance Program started from Jan 1 of 2020. The HKIMM QA certificate requires 90 credit points within the three-year cycle. Members are reminded to keep record of their attendance certificates of various educational activities related to musculoskeletal medicine (organized by HKIMM or other institutions) if they wish to apply for the HKIMM QA certificate at the end of the 3-year cycle. The HKIMM QA certificate is a prerequisite for the application for the HKIMM fellowship examination and the active membership and fellowship status.

In the past years, the QA & A subcommittee had applied for CME & CPD accreditation from HKCFP, HKAM or HKMA for various HKIMM educational activities.

Report from Board of Examination - Dr. Ip Kit Kuen Andrew

Board members include:
Dr. Andrew Ip (Chairman)
Dr. Ricky Wu (Vice-Chairman)

Due to pandemic COVID-19, HKIMM council decided to defer the HKIMM fellowship examination until further notice.

Report from Board of Clinical Research - Dr. Ngai Ho Yin Allen

One of the most important missions of HKIMM is to conduct clinical researches in musculoskeletal medicine. Though 2020 – 2021 was a difficult year to all of us due to the social movement in Hong Kong as well as the pandemic COVID-19 outbreak, HKIMM were still able to publish few articles in international well-renowned journals. These articles included the following:

1. Comments on “Ultrasound imaging of the posterior cruciate ligament and its mimic, the posterior meniscofeoral ligament.” by Dr. KH Stanley Lam et al in Pain Pract. 2021 May 26. Doi: 10.1111/papr. 13045
2. Ultrasound-guided L5/S1 intradiscal needle placement using biplanar approach with the patient in the lateral decubitus position: A report of three cases. by Dr. Stanley Lam et al in Pain Pract. 2021 May 4; Doi: 10.1111/papr.

13027.

3. Prognostic factors in carpal tunnel syndrome treated with 5% dextrose perineural injection: A retrospective study by Dr. Stanley Lam et al in International journal of medical sciences, in Mar 2021, 18(9), 1960–1965. <https://doi.org/10.7150/ijms.56142>
4. Neuromuscular exercise for chronic musculoskeletal pain in older people: a randomized controlled trial in primary care in Hong Kong. by Dr. Reginia Sit et al in BGJP 2021; 71(704): e226-236; doi: 10.3399/bjgp20X714053
5. Ultrasound -assisted intraosseous injection of platelet-rich plasma for a patient with tibial plateau subchondral bone marrow lesion: a case presentation and technical illustration. by Dr. Stanley Lam et al in Cureus 2020 Dec 26 ; DOI: 10.7759/cureus. 12312
6. Ultrasound-guided cervical intradiscal injection with platelet-rich plasma with fluoroscopic validation for the treatment of cervical discogenic pain: a case presentation and technical illustration. by Dr Stanley Lam et al in Journal of Pain Research, 2020: 13, 2125-2129; doi:10.2147/JPR.S264033
7. Ultrasound-guided nerve hydrodissection for pain management: Rationale, methods, current literature, and theoretical mechanisms. by Dr. Stanley K. H. Lam et al in J Pain Res. 2020 Aug 4;13:1957-1968 doi:10.2147/JPR.S247208

Report from IT Subcommittee - Dr. Lee Wang Yat Paco

The technical support of HKIMM website remained the same as managed by MIMS since 2018.

In “Research” domain, we have updated many research articles for members to read the full text on journal site or download the paper in PDF format. The articles included:

1. Efficacy of intra-articular hypertonic dextrose (prolotherapy) for knee osteoarthritis: a randomized controlled trial by Dr. Regina Sit and Dr. Ricky Wu.
2. Ultrasound-guided lumbar intradiscal injection for discogenic pain: technical innovation and presentation of two cases by Dr. Stanley Lam.
3. Shear Wave Elastography to guide perineural hydrodissection: two case reports by Dr. Stanley Lam.
4. Ultrasound-guided nerve hydrodissection for pain management: rationale, methods, current literature, and theoretical mechanisms by Dr. Stanley Lam.
5. Ultrasound-guided cervical intradiscal injection with platelet rich plasma with fluoroscopic validation for the treatment of cervical discogenic pain: a case presentation and technical illustration by Dr. Stanley Lam.
6. Musculoskeletal medicine in family practice by Dr. Allen Ngai.
7. Ultrasound-assisted intraosseous injection of platelet rich plasma for a patient with tibial plateau subchondral bone marrow lesion: a case presentation and technical illustration by Dr. Stanley Lam.
8. Prognostic factors in carpal tunnel syndrome treated with 5% dextrose perineural injection: a retrospective study by Dr. Stanley Lam.
9. Ultrasound-guided L5/S1 in intradiscal needle placement using biplanar approach with the patient in the lateral decubitus position: a report of three cases by Dr. Stanley Lam.
10. Letter to the editor: comment on “ultrasound imaging of the posterior cruciate ligament and its mimic, the posterior meniscofemoral ligament” by Dr. Stanley Lam.

In “Seminars and Workshops” domain, we provided latest information for the up-coming courses, seminars or workshops. Members could also check the schedule of our Grand round, Certificate course of Practical Musculoskeletal Medicine or Advanced Certificate course of Musculoskeletal Medicine. We have also uploaded videos of different speakers in HKIMM MSKUSG Online Summit (Part II - Regenerative Medicine) held on 26 Jul 2020 including Dr. Jen-Li Pan, Dr. Jeni Saunders, Dr. Zaid Matti, Dr. Jeimylo De Castro, Dr. Daniel Wang and Q&A Regenerative Medicine Session. Members could email our secretary hkimmltd@gmail.com for the password and reviewed the videos within certain period of time.

In “Membership” domain, members were encouraged to download the annual report, the fact sheet and the consent form for regenerative injection therapy which were both in English or Chinese version. We advised members to renew their membership yearly through this electronic platform. Our past annual report could also be reviewed.

Facebook homepage “HKIMM 香港肌骨醫學研究中心” was set up since Dec 2014. Clinical musculoskeletal topics would be presented. Members were encouraged to check the latest news of HKIMM on facebook.

In March 2021, we have set up a new website domain link www.hkimm.org. All connection to this new link will be directed to our present website www.hkimm.hk.

The IT subcommittee will continue to upgrade the electronic platform for promotion of musculoskeletal medicine in 2021.

Report from Board of Internal Affairs - Dr. Tsang Hing Fai Brian

The following candidates were admitted by the Institute to be Associate Members:

1. Dr. Fan Siu Wai

2. Dr. Wong Chun Kit Arthur
3. Dr. Cheuk Yau Chun

The current membership list (up to May 2021)

Dr. Lam King Hei Stanley	President, Fellow
Dr. Ip Kit Kuen Andrew	Immediate Past President, Chairman of Board of Examination, Fellow
Dr. Chan Kwok Wai Keith	Chairman of Board of Censors, Foundation Fellow
Dr. Lai Wai Wah Mark	Vice-President, Chairman of Board of Education, Fellow
Dr. Ngai Ho Yin Allen	Honorary Secretary, Chairman of Board of Clinical Research, Fellow
Dr. Wu Wing Keung Ricky	Honorary Treasurer, Vice-Chairman of Board of Examination, Fellow
Dr. Lee Wang Yat Paco	Chairman of Board of Information Technology, Fellow
Dr. Ng Tsz Kin	Chairman of Board of Quality Assurance, Fellow
Dr. Tsang Hing Fai Brian	Chairman of Board of Internal Affairs, Fellow
Dr. Chan Ying Ho	Council Member, Vice-Chairman of Board of Education, Fellow
Dr. Mock Michael	Fellow
Dr. Leung Fung Sun Peter	Fellow
Dr. Pang Man Pan	Fellow
Dr. Sit Wing Shan	Fellow
Dr. Tang Chi Man	Fellow
Dr. Wong Sau Yee Winnie	Fellow
Dr. Wong Wai Bun Wilbert	Fellow
Dr. Lin Chia Hung	Fellow
Dr. Chen Pon An	Fellow
Dr. Wang Wei Chuan	Fellow
Dr. You Chi Kai	Fellow
Dr. So Fong Tat	Full Member
Dr. Tsang Chi Fai	Full Member
Dr. Choi Yue Kwan	Associate Member
Dr. Lai Chi Ming, Alvin	Associate Member
Dr. Chan Ping Chuen	Associate Member
Dr. Chan Tun Kut	Associate Member
Dr. Cheung Kin Wan Kelvin	Associate Member
Dr. Fong Pak Yiu Hugo	Associate Member
Dr. Lau Shun Chung Jacky	Associate Member
Dr. Hui Ka Fung	Associate Member
Dr. Wong Chun Kit Arthur	Associate Member
Dr. Cheuk Yau Chun	Associate Member
Dr. Hsu Jui Jen	Associate Member
Dr. Hung Kun	Associate Member
Dr. Hsiao Po Lung	Associate Member
Dr. Lin Shih Fan	Associate Member
Dr. Tsai Sheng Heng	Associate Member
Dr. Wu Tsung Ju	Associate Member
Dr. Wong Tze Wing	Associate Member
Dr. Chiu Hsi Ting	Associate Member
Dr. Hung Chen Yu	Associate Member
Dr. Yen Chi Hung	Associate Member
Dr. Lin Chun Ju Sindy	Associate Member
Dr. Chen Wei Hung	Associate Member

Dr. Liu Ding Hao	Associate Member
Dr. Strong Po Chin	Associate Member
Dr. Yuen Sek Cheung	Associate Member

Annual Financial Report 2020 - Dr. Wu Wing Keung Ricky**

**THE HONG KONG INSTITUTE OF MUSCULOSKELETAL
MEDICINE LIMITED**

**(COMPANY LIMITED BY GUARANTEE
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ANNUAL FINANCIAL REPORT

FOR THE YEAR ENDED

30TH NOVEMBER, 2020