

## An Equal Chance of Manual Therapy for All Athletes



Chan Ka Lung, Kelvin, a year 5 Chinese medicine student from the Faculty of Medicine has been awarded for his significant achievement in the "4th China College Students' "Internet+" Innovation and Entrepreneurship Competition. Currently, free manual therapy is exclusive to Hong Kong team athletes, athletes otherwise would need to pay a huge sum for these services. Kelvin, being a member of the HK triathlon team, understands the risks and hardships of an athlete without proper manual therapy, he therefore wishes to extend these services to the athletes so as to enhance their recovery process. His concern for the disabled, particularly those with visual-impairment (VI), began when he first bonded with his triathlon teammate, Benny, who is a disabled professional athlete. Deeply inspired by his friend's perseverance despite the adversities, Kelvin is determined to raise social awareness regarding the commonly neglected minorities, as

indicated in the little government support for visually-impaired athletes. He then began his journey on launching a series of rehabilitation trainings for VI athletes to enhance their recovery after their trainings and competitions, hoping that would promote their social status, foster social inclusion and spread positivity within the community. While Kelvin expresses immense gratitude toward his advisors Mr. Chong Chan Yau and Mr. Hao, for they offer countless valuable advice and trainings for his project, the medical knowledge he has gained throughout his studies, like how to prevent and treat injuries in bones, joints and muscles from his course about traumatology and orthopaedics, and his understanding of sports medicine have proven very useful in his development of trainings. Combined with his personal athletic experience, Kelvin has successfully developed a series of helpful manual therapy for those in need, reducing the risks of injury for all athletes.



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