

Biography of Prof. YUNG Shu Hang Patrick

1. General Information

Professor YUNG Shu Hang, Patrick, MH, JP

Chairman, Department of Orthopaedics and Traumatology, Faculty of Medicine, CUHK



Contact Information

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Expertise

Sports Medicine

Sports Injuries (Knee, Shoulder, Ankle & Hip Sports Injuries)

Community Sports Health

Education

MBChB (CUHK), FRCS(Edin), FRCS (Edin Ortho Surg), FCSHK, FHKAM (Ortho Surg), FHKCOS

2. Commitments:

Local (Community):

- Chairman, Student Sports Activities Co-ordinating Sub-committee, Leisure and Cultural Services Department, The Government of HKSAR
- Chairman, Community Sports Commission, Leisure and Cultural Services Department, The Government of HKSAR
- Member, Sports Commission, The Government of HKSAR
- Past President, Hong Kong Association of Sports Medicine and Sports Science (HKASMSS)
- Member, Supplementary Medical Professional Council, The Government of HKSAR
- Member, Examination Sub-Committee, Licentiate Committee of the Medical Council of Hong Kong
- Anti-Doping Disciplinary Panel, Hong Kong Anti-Doping Committee, Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)
- Chairman, Medical Committee, Hong Kong Football Association
- Chairman, Quality Assurance Committee, Racing Development Board, Hong Kong Jockey Club Apprentice Jockeys' School
- Board Member, Racing Development Board, Hong Kong Jockey Club
- Panels, Hong Kong Council for Accreditation of Academic & Vocational Qualifications (HKCAAVQ)
- Panels, Health Care & Promotion Fund Promotion Sub-committee, Food & Health Bureau (FHB)
- Honorary Sports Medicine Consultant, Hong Kong Cycling Association
- Honorary Sports Medicine Consultant, Hong Kong Sports Institute (HKSI)
- Honorary Sports Medicine Consultant, Hong Kong Shuttlecock Association
- Honorary Advisor, Hong Kong Rope Skipping Association, China

Local (Academic):

- Assistant Dean (Alumni Affairs), Faculty of Medicine, CUHK
- Chairman, Department of Orthopaedics & Traumatology, Faculty of Medicine, CUHK
- Division Head of Postgraduate Studies, Department of Orthopaedics and Traumatology, CUHK
- Director, Hong Kong Centre of Sports Medicine and Sports Science, Faculty of Medicine, CUHK
- Director, The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, CUHK
- Director, Centre of Neuromusculoskeletal Regenerative Medicine (CNRM)
- Clinical Director, Institute for Tissue Engineering and Regenerative Medicine (iTERM), Faculty of Medicine, CUHK
- Convenor & Member of the SMART theme, Lui Che Woo Institute of Innovative Medicine (LCWIIM), CUHK

- Adjunct Professor, Dept of Biomedical Engineering, The Hong Kong Polytechnic University
- Member, Advisory Committee of Department of Biomedical Engineering, CUHK
- Past President, The Hong Kong College of Orthopaedic Surgeons (HKCOS)
- Council Member, Hong Kong Academy of Medicine (2016-2018)
- Past President, Sports Medicine Chapter, Hong Kong Orthopaedic Association (HKOA) (2006-2008)
- Hon. Consultant Surgeon, Department of Orthopedics & Traumatology, Prince of Wales Hospital
- Member of Advisory Committee of Department of Sports and Physical Education, Hong Kong Baptist University
- Member of Department Advisory Committee for the Department of Health and Physical Education, The Education University of Hong Kong

International:

- Past President, Asian Federation of Sports Medicine (AFSM)
- Vice President, Executive Committee, International Federation of Sports Medicine (FIMS)
- Chief Editor, Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology (AP-SMART)
- Secretary General, Asia Pacific Knee Arthroscopy & Sports Medicine Society (APKASS)
- Board Member, Asian Shoulder Expert Group (ASEG)
- Board Member, Asian Knee Arthroscopy ThinkTank (AKAT)
- Elite Anti-Doping & Medical Panel, Asian Football Confederation (AFC)
- International Expert Panel, Sports Medicine Committee, Asian Rowing Federation (ARC)
- Hon. Fellow, Academy of Medicine, Singapore
- Hon. Fellow, Academy of Medicine, Malaysia

Publications: (10 selected papers)

1. Ko VMC, Lau NN, Qiu JH, Fu SC, Yung PSH, Ling SKK (2022). **Cross-Cultural Adaptation of Chinese Victorian Institute of Sports Assessment-Achilles (VISA-A) Questionnaire for Achilles Tendinopathy.** *Foot & Ankle Orthopaedics*, 7(1):24730114221081535
DOI: [10.1177/24730114221081535](https://doi.org/10.1177/24730114221081535)
2. Wong AYY, Man GCW, Wu YM, Wong HW, Ong MTY, Yung PSH (2022). **Risk of surgery and epidemiological profile of athletes presenting to a single sports injury clinic in Hong Kong.** *Journal of Orthopaedics, Trauma and Rehabilitation*. 29:1-10
DOI: [10.1177/22104917221082314](https://doi.org/10.1177/22104917221082314)
3. Wong CK, Man GCW, He X, Ng JP, Ng AWH, Ong MTY, Yung PSH (2022). **Large lateral tibial slope and lateral-to-medial slope difference are risk factors for poorer clinical outcomes after posterolateral meniscus root tear repair in anterior cruciate ligament reconstruction.** *BMC Musculoskeletal Disorders*. 23:247
<https://doi.org/10.1186/s12891-022-05174-3>
4. He X, Qiu JH, Cao MD, Ho YC, Leong HT, Fu SC, Ong MTY, Fong DTP, Yung PSH (2022). **Deficits in muscle strength, passive muscle stiffness and muscle activation of the quadriceps and hamstrings affect single leg hop performance and dynamic knee stability in patients after Anterior Cruciate Ligament.** *The Orthopaedic Journal of Sports Medicine*. 10(1):23259671211063893
doi: [10.1177/23259671211063893](https://doi.org/10.1177/23259671211063893)
5. Mok KM, Ha SCW, Chan ZYS, Yung PSH, Fong DTP (2021). **An inverted ankle joint orientation at foot strike could incite ankle inversion sprain: Comparison between injury and non-injured cutting motions of a tennis player.** *The Foot*, 101853.
<https://doi.org/10.1016/j.foot.2021.101853>
6. Fong DTP, Ko JKL, Yung PSH (2021). **Using fast fourier transform and polynomial fitting on dorsal foot kinematics data to identify simulated ankle sprain motions from common sporting motions.** *Journal of Mechanics in Medicine in Biology*. 21(4):2150040
DOI: [10.1142/S0219519421500408](https://doi.org/10.1142/S0219519421500408).

7. Huang WH, Ong MTY, Man GCW, Liu Y, Lau LCM, Yung PSH (2021). **Posterior Tibial Loading Results in Significant Increase of Peak Contact Pressure in the Patellofemoral Joint During Anterior Cruciate Ligament Reconstruction: A Cadaveric Study.** The American Journal of Sports Medicine. 49(5): 1286-1295
DOI: 10.1177/0363546521995546
8. He X, Huang WY, Leong HT, Qiu JH, Ma CC, Fu SC, Ong MTY, Yung PSH (2021). **Decreased passive muscle stiffness of vastus medialis is associated with poorer quadriceps strength and knee function after anterior cruciate ligament reconstruction.** Clinical Biomechanics. 82(12):105289
doi: 10.1016/j.clinbiomech.2021.105289
9. Wong AYY, Ling SKK, Louie L, Law GYK, So RCH, Lee DCW, Yau FCF, Yung PSH (2020). **Impact of the COVID-19 pandemic on sports and exercise.** Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 22(10):39-44
<https://doi.org/10.1016/j.asmart.2020.07.006>
10. Qiu J, He X, Fu SC, Ong MTY, Leong HT, Yung PSH (2020). **Is Pre-operative Quadriceps Strength a Predictive Factor for the Outcomes of Anterior Cruciate Ligament Reconstructions.** International Journal of Sports Medicine. 41:912-920 June 2020
DOI: 10.1055/a-1144-3111

Summary

Recognised globally as a **leader in Orthopaedic Sports Medicine**, Professor YUNG Shu-Hang Patrick is the current Chairman of the Department of Orthopaedics and Traumatology, Assistant Dean (Alumni Affairs), Faculty of Medicine, The Chinese University of Hong Kong, focused on Orthopaedics sport medicine and arthroscopy surgery. He serves as the leader of a lot of international & local centres of sports medicine & health science, including being the Past President of the Asian Federation of Sports Medicine (AFSM), Past President of the Hong Kong Association of Sports Medicine & Sports Science (HKASMSS), also as the Past President of the Hong Kong College of Orthopaedic Surgeons. He is also the Director of the Hong Kong Centre of Sports Medicine and Sports Science, The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, and the Centre of Neuromusculoskeletal Restorative Medicine (CNRM) of InnoHK cluster research centres.

A **keen researcher and educator**, Professor YUNG leads a team of CUHK researchers devoted to making advances in sports medicine and arthroscopy surgery. He has published over 150 scientific papers in international journals, contributing significantly to the establishment of Hong Kong's leading position in sports medicine. The head of the first ever Master Course in Sports Medicine & Health Science in Hong Kong & Asia- he has helped train over 1000 medical professionals in the field of sports medicine since 2005. He also conducted hundreds of training courses to teach people ranging from amateur sports lovers to medical professionals about the management of sports injuries, from delivering emergency care on the field to the treatment and rehabilitation of injuries. In his capacity as director of the Orthopaedic Learning Centre (OLC) of CUHK, he has contributed to the training and development of more than 12,000 Orthopaedics surgeons from all over the world over the past 20 years.

Professor YUNG is also committed to delivering **medical services in amateur and professional sports communities** in Hong Kong, China & overseas. As Medical Consultant for the Hong Kong Sports Institute, he has been volunteering his services for athletes of Hong Kong's elite sports teams and has been holding a weekly clinic at the Hong Kong Sports Institute since 2001. Since 2003, he has been acting as Team Physician for Hong Kong teams competing in several major international tournaments, focusing mostly on the management and medical care coordination of injuries suffered by the elite athletes of the Hong Kong Sports Institute. His commitment to the promotion of sports medicine education and delivery of clinical services extend to public amateur sports lovers, and Professor YUNG has been serving sports teams across all levels of education (primary, secondary and college level). He is also an active member of the Elite Anti-doping & Medical Panel of the Asian Football Federation (AFC), and has been performing Anti-Doping works in major local and international sports competitions for the last 15 years. He remains an active member of the Anti-Doping Disciplinary Panel of the

Hong Kong Anti-Doping Committee, Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and is a key figure in Anti-Doping in Asian football.

Professor YUNG is known for his **selfless dedication to community service**, particularly in promoting sports as an important part of an active and healthy lifestyle, as well as advocating for safety in sports for all participants. In his capacity of Vice Chairman of the Community Sports Committee and Chairman of the Student Sports Activities Co-ordinating Sub-committee of The Government of HKSAR as well as in his functions of Member of the Sports Commission of the Government of HKSAR, Professor YUNG advises the Hong Kong government on strategies and initiatives aimed at promoting community participation in sports, particularly in schools. He also works on fostering partnerships between different sectors of the community to promote major community sports programmes, develop territory-wide community sports facilities and improve existing sports facilities.

Professor YUNG's commitment to community services has helped make Hong Kong a global leader in the field of Sport Medicine & Arthroscopy Surgery. In recognition of his local and international contributions in the advancement of Sports Medicine & Health Science, he has been awarded the **"Ten Outstanding Young Persons of Hong Kong"** in 2009, the **"FIMS Fellows"** in 2011, the **"Award of Secretary for Home Affairs' Commendation Scheme"** of the Government of HKSAR in 2015. He also received the prestigious **"Chinese Sports Medicine Magnolia Award"** in 2017, the highest **"Takagi & Watanabe Award"** of Asia Pacific Knee Arthroscopy & Sports Medicine Society in 2018 as well as the **"Golden Cradle Award"** of the Hong Kong Elite Athletes Association in 2018 and the **"Hong Kong Health Award"** in 2018. He was made **"Justice of the Peace"** and the **"Medal of Honour"** by the Government of Hong Kong SAR in 2018 and 2021 respectively.