



Multidisciplinary
International
Association of
Musculoskeletal Pain

**MULTIDISCIPLINARY INTERNATIONAL
ASSOCIATION OF MUSCULOSKELETAL
PAIN (MIA)**

What is Musculoskeletal Pain?



- Musculoskeletal pain can be caused by disorders of bones, joints, muscles, tendons and ligaments.
- It can be **back pain, knee pain, neck pain and hip pain**
- **It can be caused by**
 - the wear and tear of daily activities
 - trauma to an area - car accidents, falls, fractures etc
 - some diseases or treatment (osteoporosis, diabetes, breast cancer treatment)
 - postural strain, repetitive movements, overuse and prolonged immobilization
 - changes in posture or poor body mechanics may lead to spinal alignment problems and muscle shortening, with the result that other muscles are misused and become painful.

Highly prevalence, huge impact on QoL

- According to a study targets at people aged 65+, 4,000 subjects in Hong Kong
 - Overall, back pain was most prevalent (48%), followed by knee (31%), neck (22.5%) and hip (8.9%) pain
- Give rise to considerable functional and psychological impairments
- Results in poor quality of life (poor sleep quality, disability etc) and even psychological problems

Ref:

Prevalence and correlates of musculoskeletal pain in Chinese elderly and the impact on 4-year physical function and quality of life. Woo J, Leung J, Lau E. Public Health. 2009 Aug;123(8):549-56. doi: 10.1016/j.puhe.2009.07.006. Epub 2009 Aug 25.

However

- Many people tend to **take pain lightly** -- people tolerate it, or prefer self diagnosis, using OTC products, painkillers or massage instead of seeking medical help.
- Many people who suffered from pain, considered themselves expert and thus, **recommend friends how to treat pain** – unfortunately with a poor diagnosis and recommendation on treatment, things may worse off.
- The above may lead to worsening off of the pain (and may develop neuropathic pain and subsequently, psychological problems) which may be irreversible.
- There rests a need to heighten alertness of Musculoskeletal Pain, the **adverse consequences of pain** and **the need of early diagnosis by medical professionals**, and provision of advanced treatment for the wellbeing of patients.



About MIA

- Formed in 2016, the Multidisciplinary International Association of Musculoskeletal Pain (MIA) is founded by professionals around the globe specializes in the management of musculoskeletal pain.
- Members aim to
 - Promote the advancement of musculoskeletal pain knowledge and treatment via exchange of knowledge and collaboration among organizations with shared will
 - Provide a platform for public education in musculoskeletal pain knowledge and its management
 - Promote non-profit making training for medical professionals and relevant healthcare workers on this area
 - Conduct and assist in academic research
 - Provide support for patients (i.e, physiotherapy, pain management program, hydrotherapy etc)
 - Subsidize treatment for patients





MIA - The only International Medical Foundation specializes in musculoskeletal pain

Founding members

- Dr. HO, Tze Kwan Carmen 何紫筠醫生 (HK)
- Dr. LEE, Ka Wing Gav in 李家榮醫生 (HK)
- Dr. LI , Ching Fan Carina 李靜芬醫生 (HK)
- Dr. MACAIRE, Philippe Rene Bertrand
- Dr. NAROUZE, Samer Nabil
- Dr. PENG, Philip Wenn Hsin
- Dr. SINGH , Rajesh Singh Kamil
- Dr. LINKLATEL, James Macpherson
- Dr. LEE, Sang Hoon



New directors

- Dr. LAM, Kuen (HK - Geriatrician)
- Dr. WAI, Andrew (HK – Radiologist)
- Dr. LAW, Sheung Wai (HK - Ortho)



Honorary advisors

- Prof. YUNG, Patrick(HK)
- Dr. FREYHNAGAN, Rainer (German)
- Dr. YEO, Alex (Singapore)
- Dr. ROMANOV, Nicholas (USA)



Ambassador of MIA

黎志偉 Lai Chi Wai

- 17歲成為職業運動員
- 2000年起多次奪得亞洲攀石賽冠軍、06年躋身世界排名第8位 World Sports Climber
- 2008年包山王
- 2011年的車禍令他下半身癱瘓 Paralysis in a road traffic accident and suffered from Mixed pain
- 2013年曾出版自傳《翻越生命的高牆》 issues his story book
- 2014年香港十大傑出青年
- 故事被電影公司購入版權，準備翻拍成電影 His story has been film & will be hosted in Dec 2017
- 正寫作第二本自傳，希望藉此協助意志消沉的殘疾人士重拾自信，創造人生新傳奇



Ambassador of MIA



東網

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2014年10月05日(日) 22:26

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馬經



黎志偉憑雙手再闖人生高峰獲選香港十大傑青(左圖), 右圖為黎未遇車禍前攀石的英姿。(何穎賢攝)

【on.cc東網專訊】「我半身癱瘓，靠雙手都可以爬到上頂，身為健全人嘅你，點解咁輕易放棄？」曾奪多屆亞洲攀石錦標賽冠軍、2008年長洲包山王黎志偉，一度是攀石運動界的天之驕子，但因為一次交通意外而下半身癱瘓，以為緣絕攀石的黎志偉反憑着永不放棄的精神，去年成功重返攀石場，憑雙手爬上5層樓高，其後成為香港攀石代表隊教練，今年更獲選為香港十大傑出青年，再闖人生高峰！

MUSEE 想 8周年特典! HKS188 自選部位 脫毛療程3次

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