



## **FIE Hong Kong Sports Medicine Conference**

### **DRAFT PROGRAM**

**July 23<sup>rd</sup>, 2026**

*A Multidisciplinary Approach to Health,  
Performance, and Safety in Modern Fencing*

**13:30 – 14:00 | Registration & Welcome Coffee**

**14:00 14:15 | Opening Session**

### **Welcome Address and Conference Objectives**

#### **Speaker Roles:**

- ✓ *Interim President*, International Fencing Federation (FIE)
- ✓ *Secretary General*, International Fencing Federation (FIE)
- ✓ *President*, Hong Kong Fencing Federation
- ✓ *Chair*, Hong Kong Organizing Committee
- ✓ *Chair Scientific and Education Committee*
- ✓ *President*, FIE Medical Commission

### **14:15 – 15:00 | Keynote Lecture**

#### **Multidisciplinary Athlete Care in Elite Fencing**

- Injury, performance, and workload trends in international fencing
- Prevention and treatment of joint overload and injuries of the limbs
- Integrating medical, performance, and psychosocial support
- Strategic Priorities for the Development of Multidisciplinary Practice within FIE

### **15:00 – 16:00 | Session 1: Injury**

#### **Prevention, Biomechanics & Load**

#### **Management**

- Injury epidemiology in elite and youth fencing (sports medicine)
- Biomechanical demands of fencing actions (sports science & physiotherapy)
- Spinal disorders and prevention of overload-related conditions
- Training load monitoring and injury risk mitigation
- Return-to-fence decisions: integrated medical–performance model
- Multidisciplinary case discussion

### **16:00 – 16:15 | Coffee Break**

### **16:15 – 17:00 | Session 2: Athlete Safety, Concussion & Competition Support**

- Fencing Injury Surveillance System (FISS): A real-time digital tool to collect, monitor, and analyze injury data from fencing competitions worldwide.
- Head injury mechanisms and concussion management in fencing
- Field-of-play medical care and emergency preparedness
- Environmental stressors: heat, travel, jet lag, and competition scheduling
- Coordinated roles of medical and performance staff during competition
- Unintentional Doping Due to Supplement and Food Contamination

### **17:00 – 17:40 | Session 3: Performance Optimization, Recovery & Athlete Wellbeing**

- Physiological demands of fencing competition (sports science)
- Conditioning strategies for fencing performance (S&C)
- Recovery interventions: physical, nutritional, and psychological perspectives

- RED-S awareness, weight management, and nutrition strategies
- Maintenance of mental focus and concentration

### **17:40 – 18:00 | Multidisciplinary Panel Discussion & Closing Session**

#### Implementing Multidisciplinary Practice in Fencing

- Collaborative workflows across disciplines
- Practical challenges and solutions in elite fencing environments
- Education and research priorities for FIE
- Key take-home messages

*Closing Remarks – FIE Medical Commission*