



# KINESIO TAPING WORKSHOP

Enhance Recovery? Prevent Injuries? Boost Performance?  
Join the workshop and learn the correct application of  
Kinesio Tape and Massage Gun!



**22 Jan 2025 (Wed)**  
**12:15 pm – 1:45 pm**



**James Liu Multi-Purpose Room**  
(Physical Fitness Room II)



**Cantonese**  
(Supplementary in English)



**40 CityUHK Students / Staff**



**Mr. Thomas WONG**  
Registered Physiotherapist (HK & AUS),  
MPhil, B. Sc. Physiotherapy, HKPU,  
Chief Physiotherapist of Prohab Physiotherapy

