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THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

康復治療科學系  
Department of Rehabilitation Sciences

# *Spinal Disorders and LightForce® Therapy*

Date: **27th March, 2026 (Fri)**

Time: **6:30pm – 8:30pm** (Hong Kong Time)

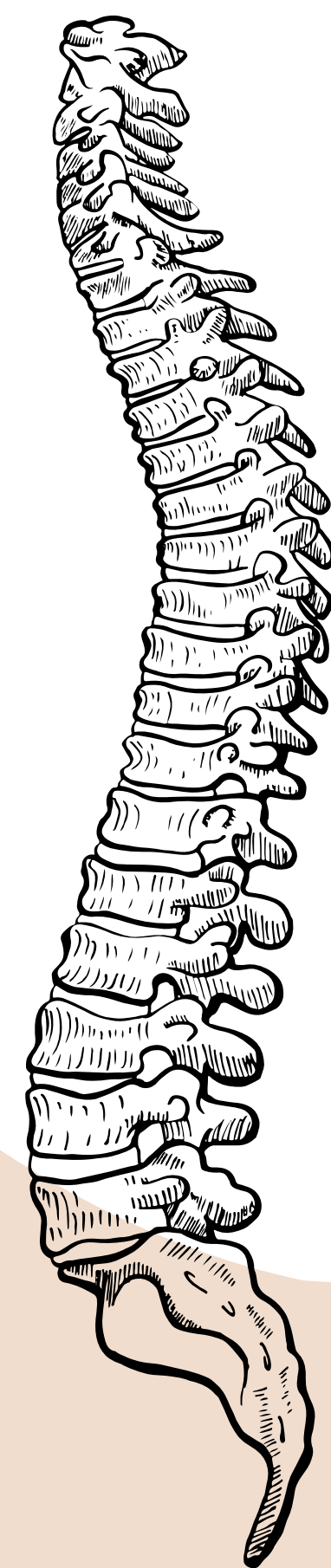
Venue: **Z207, The Hong Kong Polytechnic University,**

11 Yuk Choi Road, Hung Hom

Target Participants: **Physiotherapists and  
Physiotherapy Students (Capacity: 250)**

\* Priority will be given to **HKPA Members**

Remark: Successful applicants will be notified via email



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SPEAKER

**MR. IGNASI CASTRO**

*Specialist in sports science, sports  
training, sports rehab, and physiotherapy,  
with a focus on elite athletes*



CPD points: **2 points (AC1260008)**

Registration Fees: **Free**

Deadline for application: **18th March, 2026 (Wed)**

Enquiries: Please contact Ms. Sara Poon via **sarapkwsarapkw@gmail.com**

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## Outline:

- Understand the **pathophysiological mechanisms** underlying **common spinal disorders**
- Explain the biological and neurophysiological effects of **High-Power Photobiomodulation**
- Identify appropriate **clinical indications** for **LightForce® Therapy** in **cervical, thoracic, and lumbar** conditions
- Apply **region-specific laser strategies**, including **dosing principles** and **treatment zones**
- **Integrate** LightForce® Therapy into **multimodal spine rehabilitation protocols**
- Use **laser therapy** as a neuromodulatory tool to **reduce pain** and **enable movement** and **motor control**
- Improve **clinical decision-making** through **case-based reasoning**



Mr. Ignasi Castro is **the founder of SportPRO**, a company **specializing in sports science and physiotherapy** since 2015. He provides **sports training, sports science, sports rehab and physiotherapy services** for both **professional and amateur athletes, clinics, and sports clubs**. Mr. Castro facilitates coordination among health professionals, physiotherapists, and fitness coaches, ensuring a holistic approach to athlete care.

Mr. Castro has worked with worldwide elite athletes and teams across various sports, including football, tennis, and swimming. His extensive experience includes working with 15 Olympians and various institutions.



**MR. IGNASI  
CASTRO**