



**HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED**  
**香港物理治療學會有限公司**

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**Certificate Instructor Course on Nordic Pole Walk for  
Rehabilitation Professionals**

**Jointly Organized by Neurology Specialty Group, HKPA &**

**Department of Rehabilitation Science, The Hong Kong Polytechnic University**

**Date & Time:** 9 December 2017 (Saturday) 13:30 – 17:00

**Time:** 10 December 2017 (Sunday) 9:00 – 17:00

**Venue:** GH026 (9 Dec), GH206 (10 Dec),  
The Hong Kong Polytechnic University

**Speakers:** Jennifer Howey, B.Sc. (P.T.), B.Sc.(Hons), CAFCI, MCPA

**Class size:** 30

**Course Fee:** NSG member **HK\$3000**

**HKPA member** **HK\$3050**

**Non-HKPA member** **HK\$3550**

**The course fee includes training materials and a pair of Nordic Poles**

**CPD Points:** Pending

**Enquiry** Mr. Hei Wong / Ms. Karen Yiu **Tel. No: 3767 7252 / 2468 5209**

**\*\*\* Deadline of Application: 6 November 2017 \*\*\***

**Special Weather Arrangement:**

When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes & examinations have not yet started

If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.

For classes & examinations that have already started

When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.

**Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.**



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學



康復治療科學系  
Department of Rehabilitation Sciences

## **Course Details:**

### **Background and Overview of Session:**

“Movement is life and life is movement”. Physical therapists and physical therapy assistants are movement specialists. Nordic Pole Walking is providing new opportunities for rehabilitation professionals to take their treatment to a new level. With 1500 more abdominal contractions, and 800 more back contractions in the same mile, compared to regular walking, it is CORE work taken to standing and function. Nordic pole walking is supported by solid clinical and applied research. The technique and use of the poles can be modified so that multiple populations can benefit. This Nordic Pole Walking course will be both lecture and interactive. Prior to the course, registrants will be sent background information on the scientific studies, biomechanics and basic training principles of Nordic Pole walking. During the comprehensive, one-and-a-half-day course, relevant background information will be reviewed. Different poles will be discussed and the evidence for appropriate use with various populations. Participants will then learn to demonstrate and teach the Nordic Pole Walking technique. Education will include programs to train healthy clients and patients with different health disorders such as: hip/ knee arthritis, low back pain, Parkinson’s Disease, MS, stroke, cardiovascular rehabilitation, diabetes, and peri-orthopaedic rehabilitation.

### **Relevance to Physiotherapists**

Physiotherapy is about promoting, restoring and assisting individuals towards optimal health and movement. Nordic Pole Walking is increasingly popular amongst physiotherapists in the treatment of their patients. Research is being done internationally in areas such as Parkinson’s Disease, Multiple sclerosis, and disease prevention. Nordic Pole walking is unique in that it is a tool that can be incorporated in all areas of physiotherapy: cardiorespiratory, orthopaedic, neuro-rehabilitation, geriatrics, pediatrics and others. Patient acceptance is high. Its popularity internationally is increasing. It is recorded that one in three people in Finland Nordic pole walk. It provides the opportunity for physical therapists to promote themselves as leaders in movement.

There is a definite technique. It is mandatory for physical therapists to learn the universal Nordic pole walking technique, understand the poles themselves, and how to modify programs for different rehabilitation populations.

**Summary of Evidence**

Nordic Pole Walking is founded on solid clinical and basic research. Over 20 years of evidence exists on the cardiovascular benefits of Nordic pole walking (Porcari JP, 1977; Wilk et.al, 2005). In Germany, the clinical evidence on the benefits of Nordic pole walking for diabetic management led to the coverage of poles within their Medicare. Nordic pole walking has been shown to incorporate 40% more muscle activity than regular walking (Boes et al., 2006). Repeated studies have shown a 30 to 40% reduction in stress on the knees while walking with Nordic poles (Kwon, 2008). Research is currently being conducted using Urban poles and Nordic poles for breast cancer rehabilitation. Clinical studies have shown a significant improvement in quality of life and functional measures of patients with conditions such as Parkinson’s Disease (Silva, et. al, 2016). More research is needed on understanding what mechanisms are improving the performance within these populations. Studies have shown increased blood flow to the brain while poling. There exist many opportunities for physiotherapists involved in clinical research in this area.

**OBJECTIVES:**

Upon completion of this workshop participants will be able to:

1. Communicate the evidence behind the reported benefits of Nordic pole walking
2. Understand the biomechanical principles of Nordic pole walking
3. Appreciate the differences between various walking poles and their use.
4. Instruct the universal Nordic Pole walking technique
5. Modify the technique and poles for use in rehabilitation populations
6. Receive Certification as Nordic Pole Walking Instructors.

<b>SYLLABUS</b>	
Pre-conference modules Background literature on the physiology, scientific evidence and basic training principles of Nordic pole walking	To be sent to the applicant upon registration of the course. Modules to be completed prior to the pre-conference course
Review of relevant physiology and evidence.	3hours
Review of the poling technique	1 hour
Instruction of the 6 essential steps to the Nordic pole walking technique Goal: the instructor can effectively teach the technique to others.	3 hours
Interactive teaching and problem solving on modifying the technique/ using different poles for different rehabilitation populations.	1 hour
New: Sample subject instruction/ class	1-2 hours

# Nordic Pole Walking for Rehabilitation Professionals

## Application Form

<b>Name:</b>	Dr./Mr./Ms./Mrs.	(English)
		(Chinese)
<b>HKPA member:</b>	<input type="checkbox"/> Yes (membership no. _____ )	<input type="checkbox"/> No
<b>NSG member:</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Workplace:</b>		
<b>Mailing address:</b>		
<b>E-mail address:</b>		
<b>Tel. no.:</b>	(office)	(Mobile)
<b>Cheque no.:</b>	(Issuing bank	)
<b>Registration:</b>	<p>Please send (1) <b>application form</b> (2) <b>a crossed cheque</b> and (3) <b>a stamped self-addressed envelope</b> on or before <b><u>12 November 2017</u></b> to the following address:</p> <p style="text-align: center;">Mr. Hei Wong          Physiotherapy Department          4/F, Rehabilitation Block,          Tuen Mun Hospital          23 Tsing Chung Koon Road, New Territories, Hong Kong</p> <p>The cheque should be made payable to “<b><u>Hong Kong Physiotherapy Association Limited</u></b>” with course name, your name, membership number and contact phone number at the back of the cheque.</p> <p>Please <u>do not</u> staple the cheque.</p>	
<p><u>Legal Claim Waiver Consent</u> (Please sign it before submitting your application)</p> <p>In consideration of HKPA Ltd. accepting my application to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.</p> <p>Signature: _____</p> <p>Name of Participant: _____</p> <p>Date: _____</p>		