



1 April 2017

Dear members,

**1st Announcement: HKPA CONFERENCE 2017
“Excellence in Physiotherapy: Marching Forward Together”**

I am pleased to inform you that the HKPA is going to organize the **HKPA Conference 2017 at the Hotel ICON, Hung Hom, Kowloon**, with a main theme of **“Excellence in Physiotherapy: Marching Forward Together”** in 2017. **The conference will be held on 28th and 29th October 2017.** It is our honor to invite 3 keynote speakers, namely, Prof. Manuela Ferreira and Prof. Paulo Ferreira from the University of Sydney as well as Dr. Sandra Billinger from The University of Kansas Medical Center.

Free paper and poster presentation sessions will be scheduled for peer colleagues to share the expertise and research findings. **A set of abstract submission form and information is enclosed for your action. Two pre-conference and one post-conference workshops** will also be organized on 27 Oct and 30 Oct 2017 respectively. **A conference dinner** will also be organized on 28 Oct 2017 **at the Hotel ICON** for our celebration.

You are able to enjoy an **early-bird registration for both the conference and workshop on or before 30 June 2017.** The background of the keynote speakers and workshop content are attached for reference. **A registration form is also enclosed** for your earliest support and action.

Do grasp the chance to enhance our professional knowledge and share our happiness in the wonderful dinner.

Yours sincerely,

Ms. Priscilla POON

President, Hong Kong Physiotherapy Association Ltd.

PRE-CONFERENCE WORKSHOP 1

- Workshop Title:** **Contemporary Management of Low Back Pain in Older Adults**
- Course Date/Time:** **27 Oct 2017; 09:00 - 17:00** (This will be a one-day course, with all participants enrolled for the full day.)
- Venue:** To be confirmed
- Speaker:** **Prof. Manuela FERREIRA**

Course Description:

This workshop will discuss the contemporary approaches to treatment of low back pain in the older population. The impact of low back pain in this population, including financial and personal burden will be presented. The most recent evidence on the efficacy and safety of pharmacological, conservative and surgical approaches will then be appraised and discussed. Polypharmacy and the impact of comorbidities on the prognosis and management of older people with low back pain will also be considered. The workshop will be finalized with an engaged discussion on ways to move forward including the proposal of contemporary and evidence-based models of care for low back pain.

Maximum Number of Participants: 40

PRE-CONFERENCE WORKSHOP 2

Workshop Title: E-Health, Genetic, Lifestyle Intervention for Musculoskeletal Pain

Course Date/Time: 27 Oct 2017; 09:00 - 1730 (This will be a one-day course, with all participants enrolled for the full day.)

Venue: To be confirmed

Speaker: Prof. Paulo FERREIRA

Course Description:

This workshop will discuss the contemporary approaches to treatment of musculoskeletal pain (e.g. low back pain) based on lifestyle modification (physical activity, sleep quality) supported by the use of technology such as e-health and tele-rehabilitation. The advantages and challenges in the use of these approaches and the experiences from the presenter and other researchers will be presented and discussed. Attendees will be invited to participate and share their views on the topic.

Maximum Number of Participants: 40

POST-CONFERENCE WORKSHOP 3

Workshop Title: **Aerobic Exercise Post-Stroke: Evaluation and Exercise Prescription**

Course Date/Time: **30 Oct 2017; 09:00 - 17:30** (This will be a one-day course, with all participants enrolled for the full day.)

Venue: To be confirmed

Speaker: **Dr. Sandy BILLINGER**

Course Description:

Participants attending this session will be able to:

1. Identify the cardiovascular, metabolic, and brain health benefits of aerobic exercise post-stroke
2. Discuss how the principles of exercise testing can be applied to people with stroke, and what adaptations may be required to accommodate the needs of people with neurological impairment
3. Discuss and apply exercise testing results and exercise prescription post-stroke
4. Understand how exercise in stroke recovery interacts and promotes both cardiovascular health and physical function

Maximum Number of Participants: 40