



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

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Acupuncture and Integrative Medicine Specialty Group
supported by Rehabilitation Sciences Department,
The Hong Kong Polytechnic University

Tai Chi for Arthritis

- Date / Time:** 7 & 8 April 2018 (Saturday & Sunday)
9:00 am - 5:00 pm
(Registration 8:45-9:00 am)
- Venue:** GH016, Rehab. Sciences Dept. PolyU, Hunghom
- Speaker:** Dr Paul Lam
- Lecture Medium:** Cantonese
- Class Size:** 20-25
- Course Fee*:** HK \$ 2,500 for AIMSG members
HK \$ 2,600 for HKPA members/Poly U
Physiotherapy-related research personnel
HK \$ 3,100 for Non-HKPA members
- *Including fee for book, certification and DVD: USD\$60 per student***
- CPD Points:** Pending
- Deadline of Application:** 23 March 2018
- Enquiry:** Ms. Lam Po (5215 6777)
Ms. Frances Law (2162 6341)
Dr. Arnold Wong (2766 6741)

~Physiotherapists or Research Personnel involving in PolyU Physiotherapy projects only~

*The Hong Kong Physiotherapy Association – AIMSG
supported by Rehab. Science Dept., Hong Kong Polytechnic University*

Tai Chi for Arthritis

7 & 8 April 2018 (Saturday & Sunday)

GH016, RS Dept., PolyU

Registration Form

Name (in Block letters): Dr./Mr./Mrs./Ms. _____

Title/Post: _____ Department: _____

Hospital/Clinic/Organization: _____

Mailing Address: _____

Tel.: _____ Fax: _____ E-mail: _____

(Clear handwriting especially on e-mail address please)

	Course fee
HKPA AIMSG Member (Membership no.: _____)	<input type="checkbox"/> HK \$ 2,500
HKPA Member (Membership no.: _____)/PolyU Physiotherapy-related research personnel	<input type="checkbox"/> HK \$ 2,600
Non-HKPA Member	<input type="checkbox"/> HK \$ 3,100

I enclose a cheque in the sum of HK\$ _____ as the registration fee.

Issuing Bank: _____ **Cheque No.:** _____

The cheque should be made payable to “**Hong Kong Physiotherapy Association Limited**”

Please send the completed registration form with the payable cheque on or before **23 March 2018** to **Ms. Fiona Tang, Physiotherapy Department, Kwai Chung Hospital, 3-15 Kwai Chung Hospital Road, New Territories. (Please do not staple the cheque)**

Successful applicants will be notified by e-mail / phone on or before 29 March 2018

Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my application to the ‘Tai Chi for Arthritis’ , I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature : _____

Name of Applicant: _____

Date : _____

Please sign the above consent before submitting your application

About the Speaker:



Dr Paul Lam has been a family physician for forty years, and a clinical teacher for post graduate doctors for thirty five years in Sydney, Australia. Dr Lam is a world leader in the field of Tai Chi for health improvement. Dr Lam founded the **Tai Chi for Health Institute** in 2011, and is the current director focusing on preventative medicine through Tai Chi for Health. Dr. Lam has participated in more than 31 Tai Chi related research projects. His works have resulted in 24 scientific papers in prestigious peer review journals (e.g., *Arthritis & Rheumatology*). Additionally, Dr. Lam is the author of several books including *Overcoming Arthritis*, *Tai Chi for Beginners and the 24 Forms*, *Born Strong*, and *Teaching Tai Chi Effectively*. His instructional DVDs (e.g., *Tai Chi for Arthritis*, *Tai Chi for Beginners* and *Tai Chi for Energy*) have been widely used by his students.

Many governmental health related departments around the world have supported his program(s) for health promotion and fall prevention. In 2013, the Centers for Disease Control and Prevention recommended Dr Lam's program *Tai Chi for Arthritis* for fall prevention. Additionally, Dr Lam has composed several Tai Chi for Health programs that have been supported by multiple foundations in Australia, the UK and the USA (e.g., Diabetes Australia, Osteoporosis Australia, Arthritis Care of UK, Arthritis Foundation of USA, and the USA National Council on Ageing). Currently, he has trained over a thousand Tai Chi trainers. By 2016, over eight million people around the world have learned at least one of his programs for health and enjoyment.

What is Tai Chi for Arthritis?

Dr Paul Lam and his team of medical and Tai Chi experts designed this program to safely and effectively enhance the physical and psychosocial wellbeing, as well as quality of life of people with arthritis. Based on the Sun style of Tai Chi, Tai Chi for Arthritis (TCA) is easy to learn, effective and safe. It improves flexibility, muscle strength, cardiopulmonary capacity, postural alignment, balance controls, as well as body and mind integration.



The TCA program covers knowledge about arthritis, warm up and cool down exercises, the twelve movement set on both sides, the teaching method, and how to modify the movement to ensure patients' safety.

Millions of people around the world have experienced the health benefits of the TCA program. Many scientific studies have shown that this program can relieve pain, improves quality of life and physical function. Studies have also shown that this program can reduce the risk of falls, which is the reason for [Centers for Disease Control and Prevention](#) to recommend it for fall prevention. It is also supported by many Arthritis Foundations in the USA, Australia, UK, and South Korea.



Upon Completion of the Workshop, you will:

- Know the Tai Chi for Arthritis set at a deeper level
- Understand how Tai Chi improves health and relaxation
- learn Dr Lam's Stepwise Progressive Teaching Method
- learn the principles, skills and knowledge of Tai Chi
- learn how to improve exercise compliance of your patients

Qualification

Qualified participants who successfully complete the course will be eligible to become a Board-Certified instructor at the **Tai Chi for Arthritis Institution**.