



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

中國香港特別行政區 九龍佐敦德興街12號興富中心9樓901室
Room 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon, HKSAR
www.hongkongpa.com.hk Tel: (852) 2336 0172 Fax: (852) 2338 0252

Musculoskeletal Specialty Group

Physiotherapy Programme for Knee Osteoarthritis

How to Maximize Exercise Effects and Adherence?

- Date & Time** : 27th Jul 2018 (Friday); 6:30 to 8:30 pm
- Venue** : HKPA Premises, Rm 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon
- Speaker** : Mr. Desmond Yeung (Physiotherapist I, MMRC)
Ms. Chris Chan (Physiotherapist I, MMRC)
- Registration** : Please complete the registration form.
Kindly make the crossed cheque payable to
“Hong Kong Physiotherapy Association Limited”
and send to
Mr Moses Lau
Physiotherapy Department,
Pamela Youde Nethersole Eastern Hospital
3 Lok Man Road, Chai Wan, Hong Kong
- Deadline** : 14th July 2018
- C.P.D. Points** : 2
- Enquiry** : Mr. Moses Lau
Office - 64159633; email – lkk637a@ha.org.hk
- Remarks** : Successful applicants will be notified via email
- Quota** : 30 participants (in case of over-subscription, drawing lots will be done)



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Physiotherapy Programme for Knee Osteoarthritis

How to Maximize Exercise Effects and Adherence?

Registration Form

Date & Time	: 27th Jul 2018 (Friday); 6:30 to 8:30 pm
Venue	: HKPA Premises
Speaker	: Mr. Desmond Yeung & Ms. Chris Chan (Physiotherapist I, MMRC)

Full Name :			
Institution :			
Mailing Address :			
Tel. :	Mobile:	Office:	Fax :
E-mail :			
HKPA Member : Y / N		Membership No.:	
Registration Fee (please <input checked="" type="checkbox"/> as appropriate)			
MSG Member / Physio Student		<input type="checkbox"/> \$ 50	
HKPA Member		<input type="checkbox"/> \$ 100	
Non HKPA Member		<input type="checkbox"/> \$ 550	

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

Payment should be made by crossed cheque to “**Hong Kong Physiotherapy Association Limited**”

(Please write your name, HKPA membership number, contact phone number & course name at the back of the cheque). Completed registration form and payment should be sent to:

Mr Moses Lau
Physiotherapy Department,
Pamela Youde Nethersole Eastern Hospital
3 Lok Man Road, Chai Wan, Hong Kong

Deadline of application: 14th July 2018

Enquiry : Ms Moses Lau
Office - 64159633; email – lkk637a@ha.org.hk

Remarks : Successful applicants will be notified via email

Background:

Patients with knee osteoarthritis (OA) usually have significant pain and disability. Physiotherapy has been considered as the main form of non-operative treatment for these patients. However, the traditional model of knee class with a few sessions of exercise teaching and advice fails; and this group of patient keeps coming back for repeated treatments. Current evidence shows that exercise therapy emphasizing neuromuscular control, aerobic fitness, adequate joint flexibility would help. Yet, the key challenge is how to build self-efficacy and maintain exercise adherence among these patients! In the last few years, an exercise programme for patients with knee OA has been developed and tested with promising results even in one year follow-up in the Physiotherapy Department of MacLehose Medical Rehabilitation Centre (MMRC). In this talk with demonstrations, Mr. Desmond Yeung and Ms. Chris Chan, Physiotherapists I of MMRC, will have an experience sharing on the design, contents and outcomes of the exercise programme for this group of patients.

Legal Claim Waiver Consent

In consideration of HKPA Ltd. Accepting my registration to this course, I hereby agree to waive all my claim (however accrued) against HKPA Ltd.

Signature : _____
Name of Registrant : _____
Date : _____

*Please sign the above consent before submitting your registration

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.