



NEWS BULLETIN 物理治療 PHYSIOTHERAPY 資訊

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Theme of the Coming Issue

Sports Medicine and
Rehabilitation

Editorial *Sports Rehabilitation*

Ms. Wendy CHIANG and Mr. George WONG

In an era that the performance of our kids in an inter-primary school basketball game could have impact on their choice of secondary school, you would not need anyone to explain how crucial the performance of those elite athletes in their finals would be. Even when we are trying to have fun in sports, nobody wishes to get injured. Physical conditions of sportsmen are in no doubt closely linked to their performance and enjoyment before the last whistle blow. Given the increase in intensity of competitions in higher level sports games, increase in risk of injuries is foreseeable and every means to enhance the athletes' performance would be decisive. As an expert in musculoskeletal conditions, physiotherapists play a unique role in a sports team. Growing number of colleagues are now "on" the "field", contributing to the athletes' ability to run, to tackle and to score etc. We wish we could cure half of the injuries with Thanos's finger snap, but practically, how can physiotherapists achieve so, which may change the result of an end game?

Jacky LEUNG is an experienced sports physiotherapist from private practice. He is the team physiotherapist of various football clubs in Hong Kong. Jacky shared his precious experience in on-field physiotherapy for different sports. In his article the importance of immediate assessment for the injured athlete, set reasonable goals during the rehabilitation process and well communication with the parties (athletes, coaching team and doctors) was highlighted. Sports physiotherapists are the bridge between these parties, to help the athletes regain confidence after injury and assist them to return to the competitions as soon as possible, which is our ultimate goal.

Chris WONG from Queen Elizabeth Hospital introduced to us his experience as a volunteer physiotherapist in an elite basketball team. Chris kindly shared with us his experience on the essential interventions that a good physiotherapist would initiate in a sport team and what is the essence in the game. No matter how effective are the prevention and recovery strategies for sports injuries, these interventions could not achieve these ultimate goals without some essential elements. What are these key elements? Chris had prepared the answer for us.

Can't wait to go on-field with your professional skills? On your mark, get set, and... wait, wait, please spend some time to read the theme articles before you actually GO!!!



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Sports Rehabilitation and On-field Physiotherapy

Mr. Jacky C.K. LEUNG

Master of Sports Physiotherapy, Curtin University of Technology, Australia (2005)
 Team Physiotherapist, Hong Kong Pegasus Football Club (2015-now)
 Team Physiotherapist, Gai Wu Rugby Football Club (2012-now)
 Team Physiotherapist, South China Football Club (2007-2015)
 General Manager, AFTC
 Private Practice

Nowadays, competitive sports becomes more and more popular, and the level of competition keeps arising simultaneously! Apart from professional sports competitions, the development of interscholastic sports, including both secondary and primary schools, are highly getting involved and developed. Thus, sports injury occurred more often than before. Registered physiotherapists are well trained and expertise in handling musculoskeletal condition and that we play a very important role in sports injury! As a sports enthusiast, I have engaged in sports field for the past 15 years. It is my pleasure to share my previous experiences and perhaps, more physiotherapists will take part and enjoy working in this field in the near future.

Sports Physiotherapy, through my understanding, means provide both on-field physiotherapy and sports rehabilitation services. In our professional standard, both services are essential to help each athlete to return sports more holistically. During on-field physiotherapy, we can closely observe and appreciate how they play the sports, and more importantly, how they got the injury so that we can provide immediate assessment and management which is crucial for the future rehabilitation [1]. Furthermore, being a part of the team we can better communicate with both players and the coaching team regarding player's injury condition.



On-field Physiotherapy

I have provided many different on-field services in the past, including football, rugby, hockey, athletic, running, hiking, and multi-sports game in different levels, and each experience was very different than the others. First of all, you need to understand the rule of the game. Different sports have different rules, you need to acknowledge when is the appropriate time to attend the players while they got injured. Second of all, you need to recognize the movement pattern of each sport. Some sports require more joint mobility while some need more stability. Understand the movement pattern helps physiotherapist apply proper exercises and effective sports tape for the players. Furthermore, first aid technique is necessary for on-field work. Often time we need to handle wound and fracture conditions, therefore it is highly recommended to enhance your knowledge in this field before you get started [2].



Managing head injury on the field

Regarding sports rehabilitation, it is our responsibility to help the injured player return to the competitions as soon as possible. For that, it is important for us to keep good communication with the doctor, coaching team, player and even the player's family members, especially when you dealing with young players.

An effective sports rehabilitation program should be individualized, therefore it is important for us to re-assess players' conditions during each visit so that we can prescribe appropriate rehab exercises for

(Continued on Page 4)

them. As mentioned earlier, we need to understand the sports itself in order to design specific exercises to the players and prepare them to return games [3]. A professional football player with ACL re-construction is used as an example here. Football player requires different skills including lots of running, turning, jumping and shooting tasks. When we design the rehabilitation program, similar tasks and skills are necessary and to progress gradually before they go back to the field. Below are some photos showing the player perform different football-specific task. Finally, player's confidence during training is extremely important especially after operation. The key factor is to closely monitor players' progress, prescribe exercise with appropriate level, and gain their confidence back gradually. Although it takes time for us to design a good rehabilitation program for each individual, it is always worth and happy to see our injured player back to the field. Another experience I would like to share is about setting up a realistic goal and the importance of communication. Once the player got injured, it is our responsibility to communicate with the doctor and set a realistic time frame for them return to play. At the same time, we need to discuss with the coaching team and make sure they understand the rehabilitation takes time [4]. False expectation will always cause frustration to the players and we need to try our best to avoid this by good communication.



Boxing exercise to enhance shooting confidence

Last but not least, patient's education and sports injury prevention are necessary for each athlete. This can be done by holding different kind of health seminars, exercise classes, fitness workshops or even online video demonstration for our community. Through education, the general public will get to know more about the contribution of physiotherapist in sports injury, and the importance of sports rehabilitation in order to prevent re-injury!

Working as a sports physiotherapist requires lots of weekend and outdoor work. Yet, working with a team with young and energetic athletes is always a wonderful and challenging experience. If you do love sports, please do equip well yourself and enjoy working as a sports physiotherapist together!



Landing exercise with electrical muscle stimulation



Passing exercise with resistance



Sharing the happiness with the team



Jumping and heading exercise



Stop and turn training

References

1. FIFA: *F-MARC Football Medicine Manual*. 2nd ed. Switzerland: FIFA Production, 2009: 17-19.
2. FIFA: *F-MARC Football Emergency Medicine Manual*. 1st ed. Switzerland: FIFA Production, 2009: 20-23.
3. Lyle M, Angela S, Norbert B et al: *Team Physician Manual*. 1st ed. HK: Lippincott Williams & Wilkins Asia Ltd, 2001: 181-184.
4. Peter B & Karim K: *Clinical Sports medicine*. 2nd ed. Australia: McGraw Hill, 2001: 850-854.

My Roles as a Voluntary Sports Physiotherapist

Mr. Chris Hoi Hei WONG

Physiotherapist, Queen Elizabeth Hospital

Physiotherapists are great assets to any sport teams. Placing the athletes' well-being as the top priority, the physiotherapists maximize athletes' performance in the games through structured and specific training. In the event of injuries, they provide immediate treatment so that acute problem does not turn into chronic dysfunction. Outside the stadium, a trusted physiotherapist with the knowledge of a player's history and movement patterns can offer tailor-made rehabilitation programs.

I have had the privilege to volunteer as physiotherapist for a local elite basketball team. My friend Johnny and I have attended every single practice session and game of the team. We arrived at the stadium early, and stayed long after the match was over, and we loved every minute of it. The following accounts for my experience as a team physio as I see it, and is by no means limited to what is listed below.

Preparation is the key. Before sending out the athletes, we would swiftly tape their ankles, knees, and occasionally fingers whenever they feel unstable. We often did massages on overused and tight muscles with heat rubs and foam rollers. We would also lead the athletes in a series of dynamic stretching before shooting practice.

It was during the actual game when we found time was of the essence. We often had less than a minute to handle injuries, and this was the moment when quick decision-making came into play. We observed movement on the court, and we made judgment based on those splits of a second. Sometimes there were open wounds that needed basic wound handling. Other times there were acute muscle strains that we would treat with cold spray and PNF stretching. In face of stress from coaches and players, there was no better way to do it than with confidence, backed up with sound, clear reasons.

Pain and bruises often surface after the game has ended. Therefore, besides treating injuries on the spot, we would sometimes offer them clinical appointments after the game to speed up recovery. We are also responsible for identifying conditions that required attention from other medical professions.

As with everything else, you reap what you sow. On one hand, it is exciting seeing the team marching on to the trophy, and to have this sense of belonging, but on the other hand, it is a complete different challenge to build this trust and bonding with the crew, which makes this journey so much more rewarding and fulfilling.





UNITY MAKES STRENGTH

HONG KONG PHYSIOTHERAPY ASSOCIATION 55th ANNIVERSARY CONFERENCE

SECOND ANNOUNCEMENT

6 October 2018 (Sat) | 09:00-17:00
Eaton, Hong Kong

KEYNOTE SPEAKERS

- **Dr. Emma STOKES**
*WCPT President
Associate Professor and Fellow,
Trinity College Dublin,
The University of Dublin*
- **Prof. Patrick YUNG**
*Professor (Clinical) of Orthopaedics
and Traumatology,
The Chinese University of Hong Kong*
- **Prof. Alice JONES**
*Honorary Professor
University of Sydney*
- **Prof. Jon ADAMS**
*Distinguished Professor of Public Health
University of Technology Sydney*

CONFERENCE DINNER

18:30 to 22:00
EATON, HONG KONG



Hong Kong Physiotherapy Association



Supporting Organization:





UNITY MAKES STRENGTH

POST-CONFERENCE WORKSHOPS 2018

Date 7 October 2018, Sunday (09:30 to 16:30)

Speaker Dr. Christoph Guger

Title Motor-Recovery for Stroke Patients by
Electroencephalogram (EEG)
Triggered Neuromuscular Electrical Stimulation:
Introductory on EEG, P300 Signal Concept and Latest
Advancement

Venue GSBE Global Academy, Room 17E, King Palace Plaza,
55 King Yip Street, Kwun Tong, Kowloon

Date 9 October 2018, Tuesday (18:30 to 21:30)

Speaker Ms. Eva Sobonova

Title Intensive Rehabilitation and Use of the Robotic
Exoskeletons with Neurological Conditions

Venue Room GH016,
The Hong Kong Polytechnic University

Letter to the Chairman of Chiropractors Council Hong Kong

Dr. Kary Lam
Chairman
Chiropractors Council
Hong Kong

July 13, 2018

Dear Dr. Lam,

Re: Incorrect information in the Chinese version of Code of Practice for Registered Chiropractors

We write to express our concerns on the Code of Practice for Registered Chiropractors (referred to as Code of Practice in the rest of this letter) (2017.1).

In Part II Scope of Chiropractic Practice, it is stated in the last paragraph that “Patient Care is conducted with due regard for environmental, nutritional and psycho-social factors, as well as first aid, rehabilitation and physiological therapeutic procedures designed to assist in the restoration and maintenance of neurological integrity and homeostatic balance”.

However, in its Chinese version, it was translated as “脊醫在醫治病人時，會顧及環境、營養和心理社交等因素，並會適當考慮為協助恢復和維持神經系統完整及體內平衡的急救、康復和物理治療程序”。

For any health professionals, it is obvious that “physiological therapeutic procedures” should not be construed as “物理治療程序”，which literally means “physiotherapy procedures”. Clearly, the correct translation of “physiological therapeutic procedures” should be “生理治療程序”. The wrong translation currently used in the Chinese version of the Code of Practice will mislead the public to believe that chiropractors can practise “physiotherapy”.

In fact, the Hong Kong Chiropractors Association Limited publicly claims in their web page that “脊科醫學會採用部份物理治療的方法，但脊醫並非物理治療師”。

We wish to bring to your awareness and attention that, according to the Supplementary Medical Professions Ordinance, Cap. 359 Section 21 (1), “a person who practises a profession without being registered in respect of that profession commits an offence”.

Therefore, any person (a chiropractor) who practises physiotherapy or claims to practice physiotherapy without being registered in the Physiotherapists Board is liable to commit an offence.

(Continued on Page 9)

We urge the Chiropractors Council to look into this confusion and rectify such erroneous translation in the Code of Practice.

The Chiropractors Council should not disclaim its responsibility of providing accurate information in the Chinese version of the Code of Practice to the public by simply stating “這是中文譯本，如文意與英文原文有差異，以英文本為準”. Such statement cannot be used as an excuse to allow the existence of a Chinese translation that significantly deviates from the original English version and that misleads the public.

In addition, we would also like to draw the attention of the Chiropractors Council to the claim that “物理治療師只能隨西醫的指引，為病人提供指定的治療，並不能取代醫生作出斷症及治療方面的主要決定” in the web page of the Hong Kong Chiropractors Association Limited. This is neither a correct nor an appropriate description of registered physiotherapists in Hong Kong. As indicated in the Code of Practice of the Physiotherapists Board of Hong Kong (2014), registered physiotherapists of Hong Kong have the professional responsibilities towards patients by exercising independent and sound judgement upon receiving a referral. A registered physiotherapist will assess a referred patient according to his/her professional knowledge and decide on the provision of appropriate physiotherapy interventions.

It is inappropriate and utterly unprofessional for the Hong Kong Chiropractors Association to imply that a registered physiotherapist is merely a technical servant who carries out the “prescribed treatment” dictated by the medical practitioners. By so doing, one violates one of the basic ethical principles outlined in 1.12 of the Code of Practice for Registered Chiropractors: “promote cordial relationships and respect and cooperate with other members of the chiropractic profession and other related professions in an effort to promote information advantageous to the public health and well-being”.

As registered physiotherapists, we are glad to see the professional development of various health professionals for the interests and benefits of the public. However, conveying correct information to the public and mutual respect among different health professionals are paramount for upholding public interest and promoting healthy professional development.

We look forward to your reply and the rectification of the wrong information in the Chinese version of Code of Practice for Registered Chiropractors.

Thank you for your attention.

Sincerely,



Prof. Marco Pang
President
Hong Kong Physiotherapy Association Limited

Letter to the President of Hong Kong Chiropractors Association

Dr. Henry Chan
President
Hong Kong Chiropractors Association Limited

July 13, 2018

Dear Dr. Chan,

Re: Incorrect information on the web page of Hong Kong Chiropractors Association Limited

We write to express our concerns on the incorrect information provided on the web page of the Hong Kong Chiropractors Association Limited (HKCA).

It is stated in the HKCA's web page that “脊科醫學會採用部份物理治療的方法，但脊醫並非物理治療師，物理治療師只能隨西醫的指引，為病人提供指定的治療，並不能取代醫生作出斷症及治療方面的主要決定”。 A serious concern is raised regarding how a chiropractor can provide physiotherapy without being a registered physiotherapist.

We wish to bring to your awareness and attention that, according to the Supplementary Medical Professions Ordinance, Cap. 359 Section 21 (1), “a person who practises a profession without being registered in respect of that profession commits an offence”.

Therefore, any person (a chiropractor) who practises physiotherapy or claims that he or she practises physiotherapy without being registered in the Physiotherapists Board is liable to commit an offence.

In addition, the statement “物理治療師只能隨西醫的指引，為病人提供指定的治療” is utterly wrong. While registered physiotherapists of Hong Kong operate under a referral system from the medical and dental practitioners, we have the autonomy and necessary knowledge and skills to perform our assessment, make our physiotherapy diagnosis, and determine the choice of physiotherapy interventions.

The quoted paragraph on the HKCA's web page is misleading to the public and we regret that the HKCA, being a professional organization representing the majority of registered

(Continued on Page 11)

chiropractors of Hong Kong, has been providing such erroneous and misleading information to the public.

In doing so, the chiropractors of the HKCA are likely to breach one of the basic ethical principles outlined in 1.12 of the Code of Practice for Registered Chiropractors, “promote cordial relationships and respect and cooperate with other members of the chiropractic profession and other related professions in an effort to promote information advantageous to the public health and well-being”.

We urge the HKCA, as a responsible organization, to remove the erroneous statements pertaining to physiotherapists/physiotherapy profession in its web page and to comply with the Code of Practice for Registered Chiropractors.

As registered physiotherapists, we are glad to see the professional development of other health professions for the interests and benefits of the public. However, it is essential to convey correct information to the public, and mutual respect among different health professionals is paramount for upholding public interest and promoting healthy professional development.

Thank you for your attention.

Sincerely,



Prof. Marco Pang
President
Hong Kong Physiotherapy Association Limited

WCPT Executive Board Meetings

A WCPT Executive Board face-to-face meeting was held on 22-23 April 2018 in Washington DC to discuss various matters pertinent to the future development of WCPT. Another teleconference meeting was held on 9 July 2018.



WCPT Executive Board Regional Members

WCPT Congress Planning Committee Meetings

Prof. Pang participated in the WCPT Congress Planning Committee teleconference meetings on 10 April, 15 May, 19 June, 17 July 2018 to plan the next WCPT World Congress, which is to be held in Geneva in 2019.

Interview with WCPT Governance Review Project Consultant

Prof. Pang was interviewed by the WCPT Governance Review Project Consultant (Miss Margaret Grant) on 21 May 2018. The purpose of the interview was to obtain the feedback of Prof. Pang, who is both the President of HKPA and an Executive Board member of WCPT, on the current governance of WCPT. Suggestions were made on several important governance issues.

Interview with WCPT Head of Marketing and Communications

Prof. Pang was interviewed by the WCPT Head of Marketing and Communications (Miss Freya Rodger) on 3 July 2018, who would like to develop a communications strategy for WCPT. Prof. Pang provided insights into WCPT's marketing and communications, which can be used to inform the strategy.

Bidding for WCPT Asia Western Pacific Regional Conference 2020

After thorough discussion, the EC unanimously agreed to bid for the 2020 WCPT Asia Western Pacific Regional Conference. The conference typically attracts 600-800 participants from the Asia Western Pacific Region and beyond. If the bid is successful, it will serve as a good opportunity to showcase our physiotherapy practice, education and research in an international platform. The outcome will be announced in Nov/Dec 2018.

An Interview with Prof. Gabriel NG

Date : 11 September 2017
Venue : PolyU
Interviewee : Prof. Gabriel NG
 (Head of Department of Rehabilitation Sciences from 2011 to 2017)
Interviewer : Ms. Kelly CHAN (PolyU BSc. Physiotherapy Year 2 Student) and
 Mr. Alexander WOO

Kelly & Alexander:

I know that you just stepped down from the headship of the Department of Rehabilitation Sciences and enjoy your early retirement after 22 years of academic career, what was the most memorable moment or event?

Gabriel:

I have been a teaching staff in PolyU since 1995, throughout these years, there are really a lot of memorable events. But if I were to pick one, it would be the “double cohort” in 2012 when both the last batch of A-level and first batch of DSE students were admitted into the program. At the same time, Master in Physiotherapy (MPT) and Master in Occupational Therapy (MOT) programs in both Chengdu and Hong Kong were about to start, both teaching venues and staff were in severe shortage. I had to make an important decision within a few days as to either calling a stop to MPT and MOT programs or changing the quota of the Bachelor programs. It was a dilemma for me, as either pick would have serious consequences— there would be manpower crisis in the NGO setting if I halt the MPT and MOT programs for that year; while pressure on teaching staff would be greatly increased if the double-cohort was to be carried out and also increased the in-take. At that end, the double-cohort was carried out. Although there was a short-term resource shortage, with the support from the faculty and school, the BSc (Hons) programs for both PT and OT was able to run smoothly. Thanks must be given to all the teaching staff, clinical associates and visiting lecturers, and the positive responses from the PT and OT clinical sectors in response to our increased demand for student placements.

The university focuses much on resources allocation, while MPT and MOT programs are non-UGC funded, these programs are not conventional. If other institutions are interested to launch similar



Mr. Alexander Woo, Ms. Kelly Chan and Prof. Gabriel Ng

programs, I do hope it will be from the HKU or CUHK because these institutions already have a well-developed infrastructure and clinical support, which will be crucial to our professional clinical programs.

Kelly & Alexander:

From transiting from a practicing physiotherapist to a researcher and administrator, which job nature do you like more?

Gabriel:

I like the academic field of physiotherapy more than working as a clinician. As a teaching staff, I can contribute to the knowledge base, and I love to meet different students and communicate with them. It is great to have a lot of support from the university for doing research. “He who teaches, learns.” (教學相長), through doing research, I am at the cutting edge of the field as there are much intellectual stimulation and insight.

I have been a teaching staff in this field since 1991 when I was teaching at La Trobe University, Australia, then I joined PolyU and became an Assistant Professor in this department in 1995. In the following year, I started to engage in the administrative work when the then head, Prof. Christina Hui-Chan, appointed me to be award coordinator for the MSc (HC) PT

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award. In 1998, I was appointed as the Chairman of Departmental Research Committee (DRC) and in 2000, I became the Associate Head in Research.

In the recent years, I have been involved in quite a lot of administration in PolyU, yet, I prefer doing research a lot more. As an administrator, the skills needed are so different, it involves much communication, resources planning, division of labour and financial control, etc. I was often faced with the situation that no matter what decision I made, some colleagues would feel unfair. It was my role to analyze which choice could bring the maximum benefit to the profession and to the department.

Kelly & Alexander:

What is your comment on the development of physiotherapy education in Hong Kong in the past 40 years?

Gabriel:

I was one of the 4th batch of Professional Diploma in Physiotherapy graduates in 1984. I had my first OPD clinical placement in the summer of 1982 at Queen Elizabeth Hospital, and at that time, there were at least 10 cases per day and each session would last for 30 minutes, even for a new student like me. I had to hold some classes for the out-patient clinic; for in-patient, there were 3-5 patients per hour. Before PolyU took up the PT training in 1978, physiotherapy education in Hong Kong was run by the Government and offered an on-job PT certificate program in Queen Elizabeth Hospital. Back then, physiotherapy students had to be much more independent. Such training allowed students to have more hands-on opportunities and upon their graduation, their skills are relatively mature. Nowadays, students only have to handle 5 to 7 cases per day in their placement, when they graduate, their skills may not be that mature when compared with PT graduates in 1980's. However, the current mode of training is to nurture our students to be more analytical during their university life and hopefully, they would become life-long learners and explore for further development and advancement in the future.

Kelly & Alexander:

What will be the correct focus or direction for the future development of physiotherapy in Hong Kong?

Gabriel:

Programs of physiotherapy in Hong Kong not only should expand, but also upgrade. Currently, there are Bachelor of Science (Honours) in Physiotherapy and

MPT (Entry-Level) available. However, in the overseas such as the U.S.A., Australia or even India have already had Doctor in Physiotherapy (DPT) at entry-level. In Asia, Taiwan, is now launching Advanced Doctoral of Physical Therapy program.

Academic inflation cannot be altered and it will keep happening, if there are no changes with the program in Hong Kong, we will lag behind our overseas counterparts. Very often, the model in the United States would shape other parts of the world; yet, Hong Kong only has Bachelor and Master (entry-level) available, without upgrading the current programs, we will soon be over-taken by others due to title inflation.

Kelly & Alexander:

With the current shortage of teaching staff in physiotherapy course, what do you recommend the profession to solve the situation?

Gabriel:

Such academic shortage is a global issue. The demand for talents is increasing, for example in the past 20 years, number of PT programs in Australia increased from only 7 to more than 20 now. We have tried to approach overseas universities by holding recruitment talks there. However, Hong Kong is not so attractive to overseas academics because the research resources, high teaching load and crowded living environment are not attractive at all. In this case, having short-term contract with overseas physiotherapists is not an ideal solution, but getting long-term contract is never easy.

Yet, to solve this problem locally, we can train our PhD students to become teaching staff; or allocate more posts as "Professor of Practice" because clinical post will be better than full-time teaching staff especially for those who are new to the teaching field. It is also possible to invite more adjunct professors or visiting lecturers in order to expand the PT program in Hong Kong.

Kelly & Alexander:

What is your favourite quote to the current physiotherapy students and physiotherapists?

Gabriel:

"Ancora imparo"

This phrase is a motto of my alma mater, Monash University, and a quote from Michael Angelo. It means 'I am still learning'.

Advertise Health-Related Products

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

Assumed Scenario

Thomas was a Part 1a registered physiotherapist and member of Hong Kong Physiotherapy Association. He studied undergraduate physiotherapy in Australia. During his pursuit for PhD Degree, he had done a research project on the effectiveness of interferential current treatment for pain relief. After having obtained the PhD Degree, he had practised physiotherapy in Sydney for over 10 years. In the course of his practice of physiotherapy in Sydney, he specialised in treating neck pain and low back pain. He had partnered with a Sydney based health-related products company ("Sydney Health Co.") to promote their interferential current treatment machines.

Sydney Health Co. would like to develop Hong Kong market to sell their interferential current treatment machines. It would like to recruit a physiotherapist who was qualified to practise physiotherapy in Sydney and Hong Kong; who could speak English, Cantonese and Putonghua; who specialised in pain relief treatment; who was familiar with the Sydney Health Co.'s different brands of interferential current treatment machines; who had had prior working relationship with Sydney Health Co.

Thomas was born in Hong Kong and received secondary education in Hong Kong. Besides English, he could speak Cantonese and Putonghua. He specialised in pain relief treatment and he was familiar with Sydney Health Co.'s different brands of interferential current treatment machines.

Sydney Health Co. put forward a business proposal to Thomas. It would sponsor Thomas to set up a physiotherapy clinic in Hong Kong. It would enter into business partnership with Thomas who was tasked with promoting Sydney Health Co.'s interferential current treatment machines. Sydney Health Co.'s plan was that Thomas would be interviewed by a magazine and in the course of the interview, he would endorse Sydney Health Co.'s different brands of interferential current treatment machines. The magazine would publish an editorial article which would also include his physiotherapy service as well as his endorsement of the effectiveness of Sydney Health Co.'s interferential current treatment machines in pain relief.

Since Thomas was not familiar with the Hong Kong laws, he would like to consult a Hong Kong lawyer and seek a legal opinion whether he would be facing a risk of violating Hong Kong laws.

Code of Practice

The Physiotherapists Board has promulgated the Code of Practice for physiotherapists to observe and follow. The purpose of the Code is to provide guidance for conduct and relationships in carrying out the professional responsibilities consistent with the professional obligations of the profession.

A registered physiotherapist should observe the basic ethical principles outlined in Part I of the Code; understand the meaning of "unprofessional conduct" explained in Part II; and be aware of the conviction and forms of professional misconduct detailed in Part III which may lead to disciplinary proceedings.

A person who contravenes any part of the Code of Practice may be subject to inquiries held by the Board but the fact that any matters not mentioned in the Code, shall not preclude the Board from judging a person to have acted in an unprofessional or improper manner by reference to those matters.

Section 6 of Part III of the Code of Practice

Section 6.3.6.3 concerns with a magazine in which a physiotherapist publishes his/her service information in a magazine. He must ensure that his professional capacity is not made use of to advertise health-related products/services and reasonable steps are taken to prevent the publication of his service information in a manner which may reasonably be regarded as suggesting his endorsement of health-related products/services, such as publication in close proximity to advertisements for health-related products/services.

Discussion

It was Thomas' intention to use his physiotherapy qualification and experience to endorse Sydney Health Co.'s interferential current treatment machines. His intended act fell within the ambit of the prohibition of the Code of Conduct. Should he proceed as planned, he will run the risk of contravening the Code of Practice.

Physiotherapists should make sure that they are fully conversant with the Code of Practice and double check the Code of Practice so as not to put themselves at risk of contravening the Code of Practice.

Walking to Health: A Continuous Physiotherapy Intervention for Clients in Long Stay Care Home

Ms. Betty Ka Pik CHENG

Physiotherapist I, Caritas Jockey Club Lai King Rehabilitation Centre Lai Hong Home

Background

Caritas Lai Hong Home (LHH) is a long stay care home providing residential care services for over 420 clients diagnosed with severe mental illness (SMI) such as schizophrenia, bipolar disorder or depression, etc. They have different extends of positive and negative symptoms, such as hallucinations, delusions, lack of motivation, withdrawal or isolation.

People with SMI are usually associated with a higher risk of heart diseases and diabetes mellitus and related to increased mortality rate. When comparing the data of general population in Hong Kong (Department of Health), it is observed that the percentage of LHH clients diagnosed with heart diseases (1.6% vs 3.8%) and diabetes mellitus (3.8% vs 16.4%) were higher respectively. The underlying risk factors may be largely related to higher rate of obesity, smoking habits, poor eating out habits, relatively sedentary lifestyle and also metabolic side-effects of second generation antipsychotic medication (Mangurian et al, 2016). One of the modifiable risk factors is reduced physical activity (PA) level. It is evidenced that an increase in PA level can help to reduce the CVD related diseases and mental illness negative symptoms. This is the reason why a series of structural walking programs with different intensities were designed by PT. According to clients with different physical abilities, conventional walking training (室內步行訓練), outdoor healthy walking group (戶外步行) and outdoor fitness walking group (健步行) were implemented for promoting an active lifestyle.

A Series of Walking Programs

About 48.3 % of clients aged 65 or above in our centre, and about 20% of clients required wheelchair assistance. Conventional walking training (室內步行訓練) is essential for client or elderly who requires assistance in ambulation in order to rehabilitate and to optimize their physical abilities. In the long stay care home, PT staff will provide daily walking training for clients in need.

Clients who were able to ambulate independently but passive in daily living or did not establish regular exercise habit, their exercise tolerances were usually lower. They would be invited in structured outdoor healthy walking group (戶外步行) during autumn and winter seasons for 8 weeks. For the increased understanding of natural environment could have

positive influence on psychological and emotional well-being (Marselle, Irvine & Warber, 2013), weekly walking for 30 to 40 minutes was arranged at walking paths in parks (Photo 1). This was also a preparation on recruiting more motivated client with higher physical activity level to join outdoor Fitness Walking Group (健步行).



Photo 1: Healthy walking in park for 30 to 40 minutes

For client with higher physical activity in baseline, they are encouraged to join outdoor Fitness Walking Group. Fitness Walking group is a brisk walking program which was arranged for 8 weekly sessions for the preparation of joining a community running event in January 2018. Through this walking programme, benefits of walking, walking posture and technique for speed up walking were introduced.

Before the program started, clients' baseline physical fitness levels were assessed using the YMCA three minute step test (Photo 2) and six-minute walk test (6MWT). Tailor-made walking targets including walking pace and distance were set individually. Rate of perceived exertion (RPE) was adopted as subjective intensity measurement and client were encouraged to keep brisk walking speed steadily at RPE 5 to 7 over 10 score (moderate intensity) for not less than 20 minutes. Heart rate during exercise was maintained at 50-70% of the estimated maximal heart rate to achieve a moderate-intensity PA level.

(Continued on Page 17)

Meeting with the Hong Kong Ergonomics Society

Date : 2 June 2018
Venue : PolyU
Physiotherapist : Prof. Marco PANG

Prof. Pang was invited to meet with the representatives of the Hong Kong Ergonomics Society to discuss future collaboration on course offerings and other activities to promote the awareness of ergonomics in the public.



「年紀大、機器壞」講座

Date : 3 June 2018
Venue : Tuen Mun Town Hall
Physiotherapist : Ms. Carmen CHOW

As invited by the Tuen Mun District Councilor, Mr. Chi Yuen AU, Ms. CHOW delivered a sharing session on "Tips in Osteoporosis Prevention and Exercises for Healthy Aging" to over a hundred Tuen Mun residents. Ms. CHOW not only used this opportunity to get older people to exercise but also promoted the vital role of physiotherapists in "Positive Aging".



Ms. CHOW was teaching the attendees to use their elastic bands to exercise

「在康復政策與服務中應用ICF」北京及濰坊考察團滙報及研討會

Date : 5 June 2018
Venue : Duke of Windsor Social Services Building, Wanchai
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Mr. Harry LEE

The symposium focused on the concept of International Classification of Functioning, Disability and Health (ICF) and its potential application in rehabilitation services in Hong Kong.



Meeting with the Food and Health Bureau

Date : 6 June 2018
Venue : Duke of Windsor Social Services Building, Wanchai
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Ms. Annabella SUEN



A meeting was set up with Mr. FONG Ngai (Deputy Secretary, Food and Health Bureau) and Legislative Councilor Mr. YIP Kin Yuen to discuss the issues related to the accreditation of the new entry-level physiotherapy education programs that would be offered in private academic institutions. We stressed the importance of a comprehensive and transparent accreditation system, and the need to have representatives from professional associations to serve in the Accreditation Panel.



2018 香港衛生服務界慶祝國慶籌委會會議

Date : 11 June 2018
Venue : 中環皇后大道中138號威亨大廈13樓B室
Physiotherapist : Mr. Brian MA

HKPA was invited by 2018 香港衛生服務界慶祝國慶籌委會 as one of organizing committee members. The objective of the organizing committee is to organize a dinner on 21 Sept 2018 and a field trip to 大灣區 in Nov 2018 and to celebrate the National Day.

Media Reception

Date : 20 June 2018
Venue : SAHK Tung Wong House Continuing Rehabilitation Centre, Tai Hang Tung Estate
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Dr. Billy SO, Mr. Alexander WOO

The HKPA hired a Public Relation (PR) firm, Zinnia Marketing & PR Consultants Ltd. in planning and coordinating different activities to enhance the profile of HKPA and increase awareness of the physiotherapy profession. The first of these activities was a media reception with the press on 20 June 2018. The theme of the media reception was “全城運動，物理「自」療”。

In the event, Prof. Marco PANG, in the capacity of the HKPA President, introduced the history of the HKPA and physiotherapy profession in Hong Kong, as well as the series of future events as part of the celebration of the 55th Anniversary of the HKPA. Dr. Ivan SU explained the importance of preventive medicine and the role of physiotherapy in primary, secondary, tertiary prevention of diseases. He also talked about the need for direct access to physiotherapy service without doctor's referral, especially in the context of primary care. This was followed by presentations of seven different clients who had received extensive physiotherapy service, and their physiotherapists. The clients shared the critical role that physiotherapy had played in their amazing journey of recovery. The event was concluded by showcasing various new rehabilitation technologies that were either commonly used or had great potential applications in physiotherapy practice in the near future.

(Continued on Page 20)

The event was well attended, with 11 media organizations present. Overall, through this event, the HKPA had sent powerful messages to the public on how physiotherapy can make important contributions to public health. The visibility of the HKPA and our physiotherapy was also enhanced. The event had already resulted in coverage in six different media outlets, including Hong Kong Economic Times 《香港經濟日報》, Sky Post 《晴報》, Metro Daily 《都市日報》, Hong Kong Commercial Daily 《香港商報》, Yahoo, and Master Insight 《灼見名家》. Other in-depth follow-up interviews by Ming Pao Weekly, Sing Tao and TVB weekly were also generated from this event.



基層醫療服務巡禮啟動禮

Date : 24 June 2018

Venue : Yeung King House, Lai King Estate, Kwai Tsing District

Physiotherapist : Dr. Shirley NGAI

基層醫療服務巡禮啟動禮 is organized by Kwai Tsing Safe Community and Healthy City Association and supported by Kwai Tsing District Office. Dr. Tak-Yi TSUI, Under Secretary for Food and Health Bureau, and Dr. Ching-Choi LAM, Chairman of Elderly Commission, are the officiating guests of the ceremony. Dr. Shirley NGAI attended the ceremony on behalf of HKPA.

In addition to the officiating ceremony, the association has co-organized with other educational and social service organizations to arrange elderly exercise performance and set up booths for public education and health screening for promoting the understanding of the primary healthcare services to the people living in the Kwai Tsing district.



Seminar on Exercise Intervention in People with Mild Cognitive Impairment and Dementia

Date : 28 June 2018
Venue : SAHK Tung Wong House Continuing Rehabilitation Centre, Tai Hang Tung Estate
Physiotherapist : Prof. Marco PANG

Prof. PANG gave a seminar on exercise intervention in people with mild cognitive impairment and dementia. The seminar was well attended by more than 50 physiotherapists from HA, NGO, government and private sectors. Prof. PANG also spent time promoting HKPA membership and the upcoming HKPA events at the end of the seminar.



RS Got Talent

Date : 29 June 2018
Venue : PolyU
Physiotherapist : Prof. Marco PANG

Prof. Marco PANG, in the capacity of the HKPA President, was invited to serve as the judge of the "RS Got Talent" event, in which students and staff of the Department of RS in PolyU showcased their different talents in performing arts.



The guest performer (Mr. On Chan from C AllStar), judges and award winners.

Interview by Ming Pao Weekly

Date : 29 June 2018
Venue : SAHK Tung Wong House Continuing Rehabilitation Centre, Tai Hang Tung Estate
 SAHK B. M. Kotewall Memorial School
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Mr. Chris KAN

Two individuals who have received extensive physiotherapy services, including an individual with chronic stroke and a child with Prader-Willi Syndrome were featured in the interview. The purpose of the interview was to cover their amazing journey or recovery with the help of physiotherapists. Through the interview report, the important role of physiotherapists in community-based and school-based rehabilitation was highlighted. The message that continuing exercise is crucial for maintaining health and preventing secondary complications was also clearly conveyed. The report was published in Ming Pao Weekly on 14 July 2018.



Prof. Pang and Mr. Lau, a stroke survivor and also the President of the Hong Kong Stroke Association



Source: Ming Pao Weekly (Vol. 2592, p.084-087)

快活伸展操2018之長者健壯無限

Date : 8 July 2018
Venue : Tsim Sha Tsui District Kaifong Welfare Association
Physiotherapists : Prof. Marco PANG, Mr. Sam WAN, Ms. Anna Bella SUEN, Ms. Mandy MAK, Ms. Judy WONG

HKPA was invited by the Love and Care for the Sick Foundation to design a set of exercise for the event of “快活伸展操2018之長者健壯無限” which was held on 8 July 2018. This event aimed to encourage the exercise habit among the elderly. President of HKPA, Prof. Marco PANG was invited to officiate the ceremony with the organizer.

Mr. Sam WAN, on behalf of HKPA, designed and led the exercise demonstration during the event. 13 physiotherapists from TMH as well as 8 physiotherapy students were invited to support the exercise demonstration. Around 500 elderly participated in the event. All of them enjoyed a lot and showed their vigor through the exercise!



President of HKPA, Prof. Marco PANG was invited to officiate the ceremony with the organizer



Mr. Sam WAN led the exercise demonstration on stage



Physiotherapists from TMH as well as some physiotherapy students were invited to support the exercise demonstration



All the elderly enjoyed a lot and showed their vigor through the exercise

Briefing Session for Physiotherapy Profession Representatives on “Regulation of Medical Devices”

Date : 9 July 2018
Venue : Central Government Office
Physiotherapist : Mr. Alexander WOO

After the meeting with Department of Health and Food and Health Bureau regarding the regulation of medical devices in January 2017, a follow-up meeting was held on 9 July 2018 with HKPA, Hong Kong Physiotherapist Union, the Hong Kong Polytechnic University and Physio Action.

Government officials explained pre-market and post-market control of medical devices should be launched first. However, all parties of physiotherapy expressed disappointment for not including user control of different medical devices for the safety of general public. We urged all government officials to further follow-up on the user control and include physiotherapy expert into the regulatory body in the future.



Meeting with Representative of the Australian Physiotherapy Association

Date : 10 July 2018
Venue : PolyU
Physiotherapist : Prof. Marco PANG

Prof. PANG met with Mr. Adam Walters, who assists the APA with our education/professional development in the Asia-West Pacific region. In the meeting, Prof. PANG provided his perspective on the HKPA and the AWP-WCPT region in terms of professional development requirements. It was hoped that there would be more fruitful collaborations between the HKPA and APA on professional continuing education so as to benefit the local physiotherapy colleagues.



Prof. PANG and Mr. Walters from APA

Interview by Sing Tao Daily

Date : 11 July 2018
Venue : SAHK Tung Wong House Continuing Rehabilitation Centre, Tai Hang Tung Estate
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Mr. Raymond TSANG

The purpose of the interview was to highlight the differences between the physiotherapy and chiropractic professions. We renounced the problematic statement in the Chinese version of the Code of Practice produced by the Chiropractic Council Hong Kong, which may mislead the public to believe chiropractors can practice physiotherapy. We also renounced the erroneous message posted on the web page of the Hong Kong Chiropractors Association, which implies that physiotherapists are merely technical servants following the physicians' order in carrying out patients' treatment. The report was published in Sing Tao Daily on 20 July 2018.



Prof. PANG, Dr. SU and Mr. TSANG being interviewed by journalist from Sing Tao Daily



Source: Sing Tao Daily (July 20, 2018)

Town Hall Meeting on Healthcare Manpower Projection

Date : 11 July 2018
Venue : Headquarters of the Government of Hong Kong, Tamar
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU

Prof. PANG and Dr. SU attended the town hall meeting, in which the research methodology used to project the healthcare manpower was introduced. The last report on healthcare manpower projection was published in 2017. According to the governmental officials, this exercise will be carried on every 3 years in order to obtain a more timely and accurate estimation of the healthcare manpower that needs for the coming decades.



Consultation Session by the Task Force on Review of Self-financing Post-Secondary Education

Date : 18 July 2018
Venue : Auditorium, Central Government Offices, Tamar, Admiralty
Physiotherapist : Dr. Arnold WONG

This consultation session was chaired by Prof. Anthony CHEUNG. Prof. Reggie KWAN, Ir Dr. Alex CHAN and Mr. Tim LUI were invited to answer questions that raised by the attendees. The session discussed the future development and monitoring of self-financing post-secondary education in Hong Kong. Since the consultation session was not aimed to discuss individual courses, no specific question was raised in relation to physiotherapy education.

Promotion Seminar at Pok Oi Hospital

Date : 19 July 2018
Venue : Pok Oi Hospital
Physiotherapist : Prof. Marco PANG

A seminar on stroke rehabilitation was delivered to the physiotherapy staff at Pok Oi Hospital. Prof. PANG also promoted the HKPA membership and upcoming events to the audience.



CPD News

*Enquiry of CPD News and Activities
Please Visit*

<http://www.hongkongpa.com.hk/cpd/doc/CPD%20All.xls>

TVB Weekly Magazine Interview

Date : 20 July 2018
Venue : A private clinic
Physiotherapist : Ms. Nerita CHAN

HKPA was invited to interview focusing on children services by TVB Weekly Magazine. Therefore, Paediatric Specialty Group (PSG) took charge of this event.

The theme we want to focus this time is the identification of various postural issues of children with different pathologies and their physiotherapy managements. Within a very short time frame, we finally selected a mild hemiplegic boy who is under the care of physio in private clinic for the interview. The mother and sister of the patient came together to join the interview, which created positive support, care and warm image. I, representing chairperson of PSG HKPA, gave an introduction on the various postural related paediatric problems including children with Developmental Coordination Disorder (DCD) and Cerebral Palsy (CP). Physiotherapy interventions such as sensory motor training, postural control training, stretching and strengthening exercise with detailed assessment in various body systems were explained and illustrated. Demonstration on suspension exercise for core control training under specific equipment with The Universal Exercise Unit (UEU) and TheraSuit Therapy were conducted by another paediatric physiotherapist, Ms. Rachel Chan, with a very impressive image. The child enjoys the treatment with a lot of fun.



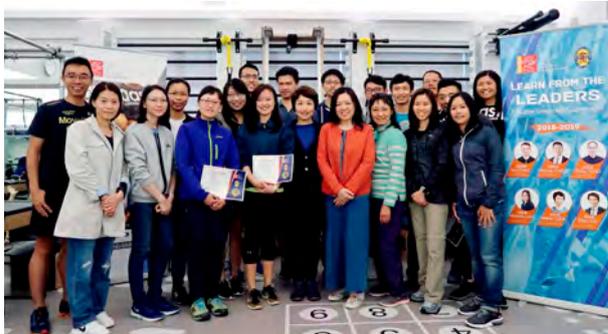
Learn From the Leaders – Education Scheme for Physiotherapists (2018-2019)

Co-organized by HKPA & AASFP

Date : 22 July 2018
Time : 8:45 – 17:00
Physiotherapists : Ms. Debbie LOOK (15 Apr 2018)
 Mr. Jay CHAU (22 Jul 2018)

Learn From the Leaders – Education Scheme for Physiotherapists (2018-2019) is an educational scheme designed by AASFP and HKPA. It is delivered by a group of experienced clinical Physiotherapists aiming to conduct systematic hands on training for on job Physiotherapists. The first two series was conducted by Ms. Debbie LOOK and Mr. Jay CHAU in April 2018 and July 2018 respectively. Debbie and Jay demonstrated Physiotherapy skills, assessment techniques with lots of cases and experiences sharing.

The series will be continued in October 2018 by Mr. Elton NG; in January 2019 by Mr. Terrence CHAU; in April 2019 by Mr. Ricky FONG and in July 2019 by Ms. Michelle LAM. Don't miss your chance to learn from our leaders!!!



Debbie's class in April 2018



Jay's class conducted in July 2018

Meeting with the Association of Hong Kong Health Care Professionals

Date : 23 July 2018
Venue : Head Office,
 the Association of Hong Kong Health Care Professionals
Physiotherapist : Prof. Marco PANG

A meeting was held with the representatives of the Association of Hong Kong Health Care Professionals to discuss the possibility of collaboration with HKPA on recruiting volunteer physiotherapists to conduct training workshops for healthcare professionals in China.

香港復康聯會 / 香港社會服務聯會 肢體傷殘人士服務網絡2017-18年度第二次會議

Date : 24 July 2018
Venue : Duke of Windsor Social Services Building
Physiotherapist : Prof. Marco PANG

A meeting was held to discuss the accessibility issues for people with physical disabilities, including those involved taxi services, building facilities, and aviation services.

Meeting on “Exercise is Medicine, Hong Kong” (EIM, HK)

Date : 24 July 2018
Venue : Hong Kong Physical Fitness Association, Tsim Sha Tsui
Physiotherapist : Mr. Eyckle WONG

“Exercise is Medicine, Hong Kong” aims to promote exercises and its benefits to the public. As one of the founding organizations of “Exercise is Medicine, Hong Kong”, the cardiopulmonary specialty group (CPSG) represented Hong Kong Physiotherapy Association (HKPA) to attend the meeting.

In 2018, EIM, HK obtained funding from Hong Kong Jockey Club to run a 5-year project, which aims to promote exercises to people with diabetes and hypertension in the community. Specifically, EIM, HK will organize courses in the next two years to train medical practitioners, nurses, physiotherapists and dietitians to promote exercises to the public. The pilot project will implement in GOPDs and community centres located in New Territory East Cluster. The Chinese University of Hong Kong and Hong Kong Physical Fitness Association will lead the program. Mr. Wong shared his previous experiences about the roles of physiotherapists in delivering exercise programs for diabetes patients in a SOPD clinic.

Additionally, EIM, HK committee wants all the founding organizations to add EIM logo to their future exercise-related events. Mr. Wong expressed that such a suggestion should seek approval from HKPA executive committee first.



EIM, meeting held at HKPFA, HK, Tsim Sha Tsui



The eight founders representatives took photo after the meeting.

Musculoskeletal Specialty Group

Physiotherapy Programme for Knee Osteoarthritis – How to Maximize Exercise Effects and Adherence

Date : 27 Jul 2018
Time : 18:30 – 20:30
Venue : Hong Kong Physiotherapy Association Premises
Physiotherapists : Mr. Desmond YEUNG, Ms. Chris CHAN

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. This group of patients 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 this talk with demonstrations, Mr. Desmond Yeung and Ms. Chris Chan, Physiotherapists I of MMRC, had an experience sharing on the design, contents and outcomes of the exercise programme for this group of patients.



Hong Kong Association of Gerontology Residential Aged Care Accreditation Scheme 5th Management Review Meeting (Joint Meeting of the Council and Accreditation Steering Committee)

Date : 30 July 2018
Venue : Hong Kong Association of Gerontology
Physiotherapist : Prof. Marco PANG

A meeting was held to discuss the possible ways to further improve the management system for accreditation activities.

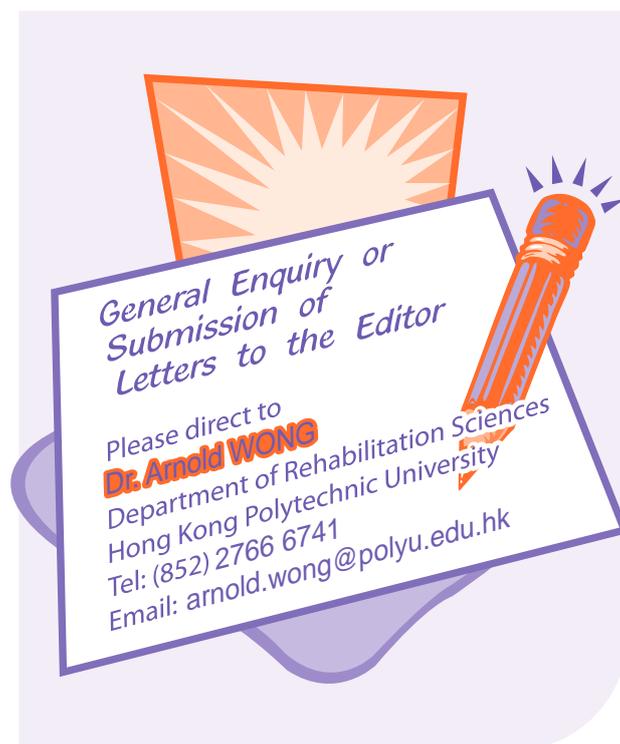
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Please direct to
Mr. MA Fat Chuen Brian
Tel: 2468 5215
Email: physio.brian@gmail.com

HKPA Member's Benefit

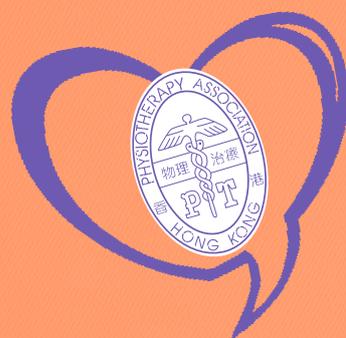
Sharing of Membership Benefit of Hong Kong Professional Teachers' Union

We are pleased to announce that our HKPA members are entitled to enjoy the membership benefit of Hong Kong Professional Teachers' Union (HKPTU) by presenting HKPA membership card in HKPTU's Causeway Bay Centre and Mong Kok Centre. The above benefit will be effective from 1 July 2018 to 31 July 2020.

For detailed information, please read through the attached information sheet from HKPTU on HKPA webpage.

Please remember to bring your HKPA membership card when you use the service.

(http://www.hongkongpa.com.hk/Download/20200731_HKPTU.pdf)



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2nd intake

Schedule of the Admission in 2018-2019

Academic Year (Year 1):

Date: 8-14/11/2018; 26-30/4 & 1-2/5/2019; 23-29/8/2019

Time: 9:00am - 7:00pm

Course Fee: USD5,490 per year

Upon application, a Non-refundable Deposit of HKD500 is payable

- 10% off for Payment in full



Visceral Manipulation

- Application of Fascial Balancing for the Thorax, Abdomen and Pelvis

Date: 11 Oct 2018 7pm-10pm
12 Oct 2018 7pm-10pm
13 Oct 2018 10am-7pm
14 Oct 2018 10am-7pm
15 Oct 2018 7pm-10pm

FRT Review Seminar

Date: 19 September 2018
Time: 7:30pm-9pm
Instructor: Kerry Fung

Pre-requisite: Module I – Myofascial Release or equivalent / attend our free review seminar.

***with Chinese Interpretation (Cantonese)

Course Fees: HK\$6,980

Special Offer:

- ❖ 5% Early Bird Discount (before 16 August 2018)
- ❖ 5% Students/New Graduates Discount (Proof required)

Details: <http://www.iholistic.org/programs/program-information/>

Instructor: Kerry D'Ambrogio
D.O.M., A.P., P.T., D.O.- M.T.P.
Director of D'Ambrogio Institute
Physical Therapist
Acupuncture Physician
Osteopath (Canada)
International Lecturer & Author



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E-mail: eom@iholistic.org / info@iholistic.org



Institute of Holistic Healthcare
整全保健學院

Course 1

(VE190305)

推拿理筋文憑 COMT technique Diploma (Conceptual Oriental Manual Therapy):

課程背景：

古時之中國醫術普遍是以口傳心授形式傳授給弟子，並非像現今般公開於書本中。本課程之內容正是源自道家口傳心授之理筋按穴手法。重點內容包括過去未公開之開氣場手法、開穴手法、開關手法、上下肢撥筋手法、胸腹背撥筋手法。而各種手法均能疏通經絡，促進氣血運行，激發元氣，達到防治疾病之果效。所有內容均是道家口傳心授之絕密內容。這是一套能高效針對多種專科之手法治療。

Course background:

In ancient times, Chinese medicine was generally imparted to disciples in the form of oral traditions, not in the books as it is today. The content of this course is derived from the heart of Taoist medicine. The main contents of COMT including Qi activation technique, point activation technique, open gate technique, upper and lower limb releasing technique, back and abdominal releasing technique. All these techniques can promote Qi energy flow so as to achieve the effect of disease prevention. All content is derived from top secret of Taoist content. This is a set of techniques that can be effectively targeted at a variety of specialties.

日期：5/3/2019 - 29/10/2019 (逢星期二)

時間：7:30PM - 9:30PM

講師：陳國正中醫師

地點：九龍旺角彌敦道625&639號雅蘭中心辦公樓一期12樓1208室

全期學費：\$21000 名額：30 **額滿即止** 對象：1)具備針灸基礎者優先 2)適合對高效手法治療有興趣之人士

2018年12月30日前報讀為 \$19000

CPD Points：15 (待定)

Course 2

(VE181010)

Diploma in Acupuncture for physiotherapy 2018 (autumn) 2018 秋季物理治療針灸學文憑課程

內容：

第一部份：

1) 中醫學基礎課程 2) 中醫診斷學課程 3) 針灸學課程

日期：10/10/18至13/2/19 (逢星期三晚上7時至9時30分)

第二部份：

針灸手法學；常見物理治療病案及專題講座

日期：20/2/19至24/7/19 (逢星期三晚上7時至9時30分)

1) 針灸手法學 (各式補瀉手法；頭針及耳針操作；拔罐操作；刮痧操作；取穴思路)

2) 常見物理治療病案及專題講座

常見物理治療病案 (中風，貝爾氏麻痺，彈弓手，頸背痛，關節痛，三叉神經痛，大腦性麻痺，肩周炎等)

第三部份：臨床實習

日期：31/7/19至11/9/19 (逢星期三晚上7時至9時30分)
(獨立運用針灸方法處理真實病人)

講師：

陳國正(註冊中醫、註冊物理治療師、中國認可針灸師)
英國威爾斯大學痛症醫學碩士
香港大學醫學院針灸學碩士
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香港理工大學物理治療專業文憑
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