



NEWS BULLETIN 物理治療 PHYSIOTHERAPY 資訊

Volume 27 No. 1
JAN to FEB 2023

1

Content

Happy Year of the Rabbit

Prof. Marco PANG
P.1

Editorial

Mr. Maurice HON,
Ms. Caroline WONG
P.2

Maternal Exercise Improves Brain Function in Offspring

Dr. Julia Macedo ROSA,
Dr. Suk-Yu YAU
P.2

Reflecting on Paediatric Topics from the Perspective of a Generalist Physiotherapist

Dr. Sheila PURVES
P.5

NGO Corner

Ms. Vicky KEUNG
P.7

People's Corner

HKPA
P.8

PA Diary

HKPA
P.10

CPD News

HKPA
P.14

Announcement

HKPA
P.15

Happy Year of the Rabbit

Prof. Marco PANG
President, HKPA



As we enter the Year of the Rabbit, it is time to look back on the key events that happened in the past year. One of the major achievements of HKPA was the successful implementation of the World Physiotherapy Asia Western Pacific (AWP) Regional Congress on 18-20 June 2022). This Congress was originally scheduled to take place in the year of 2020. However, because of the COVID-19 pandemic, the event was postponed to the year of 2022. We had experienced so many ups and downs during the organization of the Congress, particularly the uncertainties surrounding whether the event should be held in a face-to-face, hybrid or fully online mode. With the dedicated hard work of the Organizing and Scientific Committee members, the congress was successfully held in a virtual format, with 545 participants from 32 countries / territories. The overseas participants and the World Physiotherapy AWP Executive Committee were all very impressed with the organization of the Congress.

Another major development was the consultative project on review of the Memorandum and Articles (M&A) of HKPA. As time progressed, the Executive Committee felt an urging need to examine the current M&A in detail and make amendments as deemed necessary, because it is important to reduce the risk on HKPA by ensuring its governing document reflects good governance principles and complies with any legislative requirements for a company limited by guarantee. The pre-final draft of the revised M&A is ready for review by members. We hope that the revised M&A will be adopted by members in the upcoming Extraordinary General Meeting (EGM), which is scheduled to take place in March 2023.

There are many things that we look forward to in the Year of the Rabbit. The year of 2023 marks the 60th Anniversary of HKPA. To celebrate this important milestone, we have planned a series of activities that will engage our members, collaborative partners and the public. We have already conducted the Launching Ceremony on 14 January 2023, which was well attended by 100 invited guests. As part of our community outreaching effort, monthly public seminars on different health topics will be held in different districts, in collaboration with various professional and non-governmental organizations. The 60th Anniversary Conference will be held on 23-25 June 2023. The celebration will culminate in a Gala Dinner on 4 November 2023. All in all, the Year of the Rabbit will be an exciting one indeed! I wish you all a very healthy and prosperous Year of the Rabbit!



Hong Kong Physiotherapy Association

Room 901, 9/F Rightful Centre, No. 12 Tak Hing Street, Jordan, Kowloon, Hong Kong SAR

I <https://www.hongkongpa.com.hk> T +852 2336 0172 F +852 2338 0252 E info@hongkongpa.com.hk f HKPhysioAssoc

Editorial

Pediatric Physiotherapy

Mr. Maurice HON and Ms. Caroline WONG

When pediatric physiotherapy is mentioned, it is usually associated with treating conditions such as cerebral palsy, muscular dystrophy, down syndrome and other physical challenges a child might face. Treatment for these conditions involve helping improve motor skills, which in turn helps their posture, movement and balance. The aforementioned conditions have physical characteristics that make them easier to notice and thus may get earlier intervention. However, it isn't until more recently that children with autism spectrum disorder or even attention deficit hyperactivity disorder get the physiotherapy help they need.

Studies show that exercise intervention not only helps with reaching developmental milestones, but they also help with social development and attention skills through task-oriented training. The important thing is to have early intervention, and for these two conditions, it may be harder to spot for parents, or it may be difficult to seek the help that is needed. That is why our role to help educate is important.

In the first main article, the idea of early intervention is taken to a whole new level by Dr. Julia Macedo ROSA and Dr. Suk-Yu YAU, they discuss the implications of maternal exercise on the offspring. In the second main article, Dr. Sheila PURVES, reflects on various pediatrics topics as a non-pediatric physiotherapist and how these concepts can be applied to her work with adults. In the NGO corner, Ms. Vicky KEUNG, shares her experiences in health promotion and rehabilitation for elderly during the pandemic. Finally in the People's corner, Ms. Mandy MAK, shares with us, her journey as a physiotherapist and her prospects for the future of the profession.

Maternal Exercise Improves Brain Function in Offspring

Dr. Julia Macedo ROSA

Post-Doctoral Fellow

Dr. Suk-Yu YAU

Associate Professor, Department of Rehabilitation Sciences,
The Hong Kong Polytechnic University, Hong Kong

Substantial research has established that exercise can improve mental health and brain function. [1,2] It is well established that maternal exercise during pregnancy has many beneficial health outcomes for mothers, such as improved fitness, a reduction of excessive weight gain, reduced risk for gestational diabetes, and better post-partum recovery. [3] In addition to beneficial effects on mothers; clinical evidence has also suggested that physical exercise during pregnancy may benefit brain development and function in offspring.

Human studies have suggested that maternal exercise during pregnancy benefits the growth of the fetus and placenta. [4,5] Maternal exercise also promotes

brain development, connectivity and enhances cognitive functions in offspring later in life. Regular exercise throughout pregnancy improves early motor skills in 1-year-olds [6] and improves performance in general intelligence and oral language skills at five years of age. [7] In addition, maternal physical exercise training during pregnancy, including jogging, yoga, weight-lifting, and aerobics, promotes language skills in infants are 15 months old. [8] These studies provide evidence that exercise throughout pregnancy benefits both mothers and their children.

Although the mechanisms underlying the beneficial effects of physical exercise on their offspring are yet

(Continued on Page 3)

to be elucidated, emerging evidence from animal studies have shown similar effects of maternal exercise on promoting memory, learning, and mood regulation in the offspring. [9] Studies using rodent models have also revealed the benefits of maternal exercise on the cognitive function of offspring. [9] In rats, treadmill running during pregnancy has been found to improve spatial learning and memory in the offspring. [10,11] Adult and adolescent offspring with mothers that exercised during pregnancy improve spatial learning and memory retention. [11] In addition, maternal exercise also improves fear memory in the offspring. [12,13]

Maternal exercise has also been shown to be beneficial in decreasing depressive and anxiety-like behavior in rodents. Studies have shown that treadmill running and swimming decrease anxiety-like behavior in young offspring. [14,15] Also, treadmill and voluntary running during the gestational period decreases depressive and anxiety-like behavior in adult offspring. [16,17] The currently available data have suggested maternal exercise during pregnancy and/or the gestational period can modulate functional maturation of the offspring's brains and may have long-term effects on brain function. [18]

Animal studies have suggested that improvements in spatial learning, memory, fear memory and mood

were accompanied by an increase in hippocampal brain-derived neurotrophic factor (BDNF) [12,19,20] and hippocampal neurogenesis [21] in the offspring brain (Fig. 1). BDNF plays an essential role in neuronal survival and growth, with its role in serving as a neurotransmitter modulator and neuronal plasticity. BDNF it's a key molecule related to learning memory and mood regulation. [22] Adult neurogenesis is a complex multistep process with new born neurons being continuously generated in the dentate gyrus of the hippocampus and the lateral ventricles. [23,24] This process is crucial when an embryo is developing, but it also continues in the hippocampus after birth and throughout our lifespan. [23]

Being active during pregnancy can benefit not only pregnant mothers, but also the children's brain health. Physical exercise during pregnancy has potential beneficial effects on increasing the number of immature neurons [17,25] and the survival of new neurons. [20,26] The increase in BDNF is found to be associated with the benefits of maternal exercise on offspring brains (Fig. 1). Although detailed mechanisms underlying the transgenerational effects of maternal exercise on offspring brain health is lacking, the evidence currently available has suggested there are beneficial effects of maternal exercise on offspring.

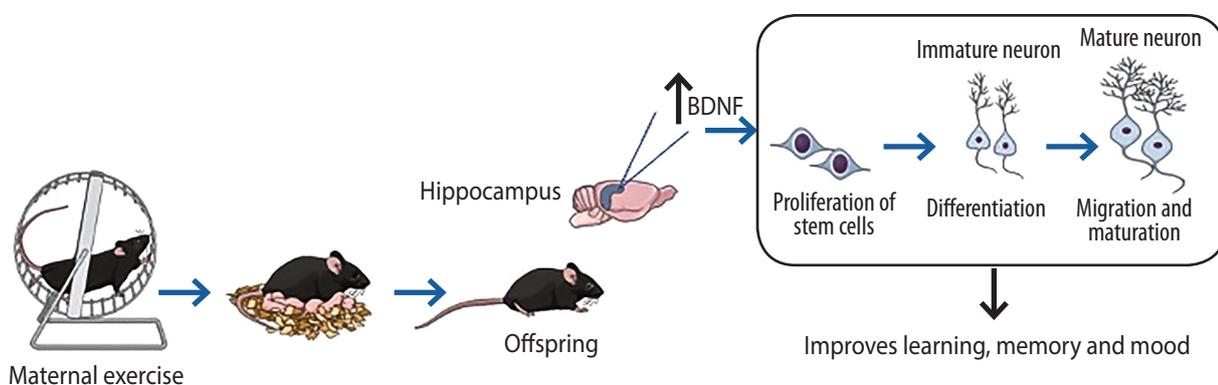


Fig 1. Possible mechanisms of how maternal exercise improves learning, memory, and mood in offspring. Practicing physical exercise during pregnancy increases BDNF levels in the hippocampus of adult offspring. This increase is associated with an increase in cell proliferation and neuronal survival of new born neurons (adult neurogenesis), which could, in turn contribute to improvement in learning, memory, and mood in offspring.

(Continued on Page 4)

References

1. Mikkelsen K, Stojanovska L, Polenakovic M, et al. Exercise and mental health. *Maturitas* 2017;106:48-56.
2. Guerrieri D, Moon HY, van Praag H. Exercise in a pill: the latest on exercise-mimetics. *Brain Plast* 2017;2:153-69.
3. Borodulin KM, Evenson KR, Wen F, et al. Physical activity patterns during pregnancy. *Med Sci Sports Exerc* 2008;40:1901-8.
4. Ezmerli NM. Exercise in pregnancy. *Prim Care Update Ob Gyns* 2000;7:260-5.
5. Clapp JF 3rd. Effects of diet and exercise on insulin resistance during pregnancy. *Metab Syndr Relat Disord* 2006;4:84-90.
6. Clapp JF 3rd, Simonian S, Lopez B, et al. The one-year morphometric and neurodevelopmental outcome of the offspring of women who continued to exercise regularly throughout pregnancy. *Am J Obstet Gynecol* 1998;178:594-9.
7. Clapp JF 3rd. The effect of continuing regular endurance exercise on the physiologic adaptations to pregnancy and pregnancy outcome. *Am J Sports Med* 1996;24:S28-9.
8. Jukic AM, Lawlor DA, Juhl M, et al. Physical activity during pregnancy and language development in the offspring. *Paediatr Perinat Epidemiol* 2013;27:283-93.
9. Robinson AM, Bucci DJ. Maternal exercise and cognitive functions of the offspring. *Cogn Sci* 2012;7:187-205.
10. Parnpiansil P. Exercise during pregnancy increases hippocampal brain-derived neurotrophic factor mRNA expression and spatial learning in neonatal rat pup. *Neurosci Lett* 2003;352:45-8.
11. Dayi A, Agilkaya S, Ozbal S, et al. Maternal aerobic exercise during pregnancy can increase spatial learning by affecting leptin expression on offspring's early and late period in life depending on gender. *The Scientific World Journal* 2012.
12. Kim H, Lee SH, Kim SS, et al. The influence of maternal treadmill running during pregnancy on short-term memory and hippocampal cell survival in rat pups. *Int J Dev Neurosci* 2007;25:243-9.
13. Lee HH, Kim H, Lee JW, et al. Maternal swimming during pregnancy enhances short-term memory and neurogenesis in the hippocampus of rat pups. *Brain Dev* 2006;28:147-54.
14. Uysal N, Sisman AR, Dayi A, et al. Maternal exercise decreases maternal deprivation induced anxiety of pups and correlates to increased prefrontal cortex BDNF and VEGF. *Neurosci Lett* 2011;505:273-8.
15. Aksu I, Baykara B, Ozbal S, et al. Maternal treadmill exercise during pregnancy decreases anxiety and increases prefrontal cortex VEGF and BDNF levels of rat pups in early and late periods of life. *Neurosci Lett* 2012;516:221-5.
16. Kazemi F, Babri S, Keyhanmehr P, et al. Maternal vitamin D supplementation and treadmill exercise attenuated vitamin D deficiency-induced anxiety-and depressive-like behaviors in adult male offspring rats. *Nutr Neurosci* 2022;26:1-13.
17. Yau SY, Lee TH, Formolo DA, et al. Effects of maternal voluntary wheel running during pregnancy on adult hippocampal neurogenesis, temporal order memory, and depression-like behavior in adult female and male offspring. *Front Neurosci* 2019;13:470.
18. Rice D, Barone S. Critical periods of vulnerability for the developing nervous system: evidence from humans and animal models. *Environ Health Perspect* 2000;108:511-33.
19. Parnpiansil P. Exercise during pregnancy increases hippocampal brain-derived neurotrophic factor mRNA expression and spatial learning in neonatal rat pup. *Neurosci Lett* 2003;352:45-8.
20. Lee HH, Kim H, Lee JW, et al. Maternal swimming during pregnancy enhances short-term memory and neurogenesis in the hippocampus of rat pups. *Brain Dev* 2006;28:147-54.
21. Dayi A, Agilkaya S, Ozbal S, et al. Maternal aerobic exercise during pregnancy can increase spatial learning by affecting leptin expression on offspring's early and late period in life depending on gender. *The Scientific World Journal* 2012.
22. Miranda M, Morici JF, Zanoni MB, et al. Brain-derived neurotrophic factor: a key molecule for memory in the healthy and the pathological brain. *Front Cell Neurosci* 2019;13:363.
23. Ming GL, Song H. Adult neurogenesis in the mammalian brain: significant answers and significant questions. *Neuron* 2011;70:687-702.
24. Kempermann G, Song H, Gage FH. Neurogenesis in the adult hippocampus. *Cold Spring Harb Perspect Biol* 2015;7:a018812.
25. Ji ES, Baek SS, Kim YM, et al. Treadmill exercise in obese maternal rats during pregnancy improves short-term memory through neurogenesis in the hippocampus of rat pups. *J Exerc Rehabil* 2020;16:392-7.
26. Kim H, Lee SH, Kim SS, et al. The influence of maternal treadmill running during pregnancy on short-term memory and hippocampal cell survival in rat pups. *Int J Dev Neurosci* 2007;25:243-9.

Reflecting on Paediatric Topics from the Perspective of a Generalist Physiotherapist

Dr. Sheila PURVES

Physiotherapist

Co-Chair, Advisory Committee on International and China Programmes
The Hong Kong Society for Rehabilitation

At the beginning of a new year, it's good to look back and think about what we have learned and what we are doing that is different. The short list below is inspired by my need to stay informed about recent trends for my consulting work, which focuses on strengthening rehabilitation delivery and the rehabilitation workforce in regional countries, especially community-based rehabilitation (CBR). Lifelong learning is a professional commitment and requires constant reading, active reflection, debate and discussion. I love reading, learning and considering the application of what I've learned in different situations. Here I selected four topics of personal interest in paediatrics but many of these issues can be generalised to adult services also.

1. Early intervention (EI) for the 0-3 age group has a long history worldwide, but the design of service delivery still raises concerns.
 - Early intervention is understood to best take place in the child's natural environment and with toys or materials available in their home.
 - A question raised by young therapists in professional discussion groups is: Can we take our own toys to the home because the family doesn't have what is needed? Some therapists say yes, others ask, how can you justify taking the toy away with you each time when you leave? Toy libraries are one solution, but they require regular replenishing, they should be located close to poorly-resourced communities, and they need trained staff or volunteers to manage the inventory, hygiene, repairs and to "chase up" the return of toys.
 - Staffing an EI service, depends on the work setting, the availability of staff, local travel options and funding. But even with government support, the critical window for early intervention is often missed. Obtaining the initial referral can be a problem. Then there are waiting lists, multiple assessments by different therapists or home-visitors, lack of collaboration and much more. Even in well-resourced countries, delivering timely intervention can be challenging. In the USA, children are considered to "age out of early intervention" at 36 months and
- are then passed on to other service providers and funding agencies. At which point there is more waiting, duplication of assessments, more getting to know the child, family and their environment, and different goals set by a new set of professionals.
- So how do we re-engineer the service delivery to ensure that every child who needs EI gets it, gets it immediately, and gets it with a consistent approach? We have to constantly evaluate our programmes. The fact sheet from the UK illustrates all the issues that impact a family and child, reminding us that it's not only about physiotherapy. ^[1] The US Center for Disease Control and Prevention's website has excellent development trackers and easy-to-understand definitions. ^[2] And there is a recent article about early childhood intervention in less well-resourced settings. ^[3]
2. "Coaching" parents and child-carers is a term commonly heard these days, especially where a family-centred approach is the aim. It is especially applicable in tele-rehab when serving families that lives in remote areas. Coaching refers to involving parents (or care givers) in observing and identifying their child's activities and behaviour and facilitating them to come up with step-by-step solutions. It is much more than teaching parents a home program because it requires a dynamic relationship between the parents and the therapist. To coach effectively a therapist must have a good grasp of adult learning principles and coaching theory and practice. A youtube video made by a physiotherapist and a speech therapist, explains 5 characteristics of effective coaching: joint planning, observation, action / practice, reflection, and feedback. ^[4] It's worth watching even if you work with adults. One recent article written by a Swiss physiotherapist is particularly useful. ^[5] It will lead you to many other articles.
3. I realize that I did not study many basic issues facing children and therefore I tend to overlook them.
 - When did you learn about pain experienced by children with cerebral palsy? I found a 2016 presentation

(Continued on Page 6)

overviewing pain very useful. [6] It introduces the ADOPT approach: assessment, demystification, optimize health management, promote physical and mental wellness and treat the pain.

- Did you know that children with cerebral palsy (and other conditions) often do not sleep well, so of course, the parents do not sleep well either? I didn't consider it my problem, until recently when using the ICF core sets for CP children. Look for more information on "canchild.ca" or there is a quick overview at: <https://cpn.org/cerebral-palsy-sleeping-problems/>.
 - We all know that impaired feeding, swallowing and digestion will impact a child's nutritional status, and thus their ability to engage in exercise and therapeutic activities. In CBR we have no access to dieticians and seldom have access to speech therapists. I truly admire parents in rural areas who are so patient to feed their children but nevertheless we frequently see aspiration, malnutrition and resulting illnesses and death. Recently, there are a few publications on malnutrition and children with CP. [7]
4. I have come to appreciate the importance of participation through practical use of the International Classification of Functioning, Disability and Health (ICF).
- The ICF reminds us all to identify and attend to activity and participation issues. Applying the ICF stimulates problem-solving to improve both the physical and social challenges and the rights of the child to community services as other children. Applying the ICF drives me as physiotherapist to take a holistic perspective.
 - Have you read the 2011 landmark article by Peter Rosenbaum and Jan W. Gorter? I really encourage every PT to read it. [8] What are the F-words? They are Fitness, Function, Friendship, Family Factors and Fun, which are matched to the ICF. The 6th word is the Future "which is what child development is all about". You can find podcasts and many useful tools, as well as research co-designed with parents and children or led by them. I go back to this page frequently when I need inspiration. [9]
 - There is a lot of current research about participation outcome measures for children of different ages. As physiotherapists we spend a lot of time on assessing and managing impairments, but I find it very useful to use participation goals for motivation of child, parents and communication with the team.

5. Finally let me tell you about "My Abilities First". It is a project promoting positive language in social, education and health care fields, to help professionals see, from the child's perspective, "what I can do", instead of classifying the child as a diagnosis and set of impairments and disabilities. This project has taken off in various countries, such as Spain, Portugal, Poland, Brazil. Our colleagues in Taiwan have produced a manual, led by Prof Liao Hua-fang, Adjunct Professor of Physical Therapy, Taipei University. [10]

I am not a paediatric specialist but I have found discussing the trends outside of my practice field not only inspiring but useful. If you have any thoughts or reflections, or if you would like to share your recent "light bulb moments" please don't hesitate to send me an email at sheilapurves@yahoo.com.

References

1. <https://www.eif.org.uk/why-it-matters/what-is-early-intervention>
2. <https://www.cdc.gov/ncbddd/actearly/parents/states.html>
3. Kohli-Lynch M, Tann CJ, Ellis ME. Early intervention for children at high risk of developmental disability in low and middle income countries: a narrative review. *Int J Environ Res Public Health* 2019;16(22):4449.
4. <https://jh.yuja.com/V/Video?v=3255952&node=10923548&a=87955664&autoplay=1>
5. Akhbari Ziegler S, Hadders-Algra M. Coaching approaches in early intervention and paediatric rehabilitation. *Dev Med Child Neurol* 2020;62(5):569-74.
6. <https://canchild.ca/en/resources/268-pain-prevention-and-treatment-in-children-and-young-people-with-cerebral-palsy>
7. da Silva DCG, de Sá Barreto da Cunha M, de Oliveira Santana A, et al. Malnutrition and nutritional deficiencies in children with cerebral palsy: a systematic review and meta-analysis. *Public Health* 2022;205:192-201.
8. Rosenbaum P, Gorter JW. The 'F-words' in childhood disability: I swear this is how we should think! *Child Care Health Dev* 2012;38(4):457-63.
9. <https://canchild.ca/en/research-in-practice/f-words-in-childhood-disability>
10. https://www.researchgate.net/publication/365702055_Manual_of_My_Ability_ID_Cards_for_Parents_of_Children_with_Special_Needs_zhubian_liaohuafangqiuhiwen_chubanriqi_nianyue_wo_de_you_shi_ka

Health Promotion and Rehabilitation Service in Elderly Service during Pandemic Recovery Period

Ms. Vicky KEUNG

Physiotherapist I, TWGHs Pao Siu Loong Care and Attention Home
TWGHs Community Service Division Physiotherapists Team (Tai Po and North)

Warm Engagement Yoga 愛「伽」人

The coronavirus pandemic has dramatically shifted the way of our elderly service users in both community and residential setting. Visiting restrictions and protective measures introduced since the start of the pandemic have a strong impact on the well-being of the elderly and their families. TWGHs Community Service Division Physiotherapists Team (Tai Po and North) carry out “Warm Engagement Yoga” project aiming at promoting physical health, sense of wellness and engagement, among both community and residential service users and their beloved

family members by means of Yoga exercise and health concept education.

Seated Yoga poses, which are designed by Physiotherapist, are combined with aromatherapy essential oils in the exercise classes. At least 1,000 training attendance will be achieved. Family members are involved in the exercise classes by various ways of telecommunications, such as video calls or digit photos. While they are engaging Yoga activities together, their intimacy and sense of connectedness can be promoted.



Fig 1. Physiotherapist uses the computer tablet to share with the elderly's family member how they happily enjoying yoga practice



Fig 2. Attending group exercise sessions enhances the participants' motivation to sustain the attendance



Fig 3. Outreach team Physiotherapist encourages home elder and their carer to experience the joy of yoga exercise

An Interview with Ms. Mandy MAK

Date : 18 August 2022
Venue : Online
Interviewee : Ms. Mandy MAK
 Clinical Stream Coordinator (Allied Health), NTWC
 Cluster Coordinator of Physiotherapy and Department Manager, Tuen Mun Hospital
Interviewers : Mr. Thomas CHAN and Mr. Percy WAN
 Year 4 Physiotherapy Students (PolyU)

Q1

Why did you choose to study physiotherapy?

A1

I graduated from my secondary school in 1988 and then enrolled into a student nurse program. The program allowed me to have my clinical placement in an orthopedics ward, where I observed that physiotherapists were heavily involved in patient's case discussions such as discharge planning and I thought that it was cool. Additionally, physiotherapists demonstrated the flexibility in assessments and treatments under different situations. For example, in a crowded ward with no spare room for patients' ambulation, physiotherapists could use bedside stepping exercises to evaluate patients' walking ability. Although I love to work in a hospital as a nurse, it is physically demanding. Therefore, my friends suggested that I consider applying for the physiotherapy or occupational therapy program at the Hong Kong Polytechnic. I eventually chose the path of becoming a physiotherapist.

Q2

Why do you love working in a hospital?

A2

Initially, my family members and I had never pictured me working in a hospital because I was really a timid girl. I was afraid of animals, blood, and death, etc. All my family members were surprised by my decision to become a student nurse. I remembered my experience of handling the dead body of an old man. I was scared and nervous. But then, the ward manager came to talk to me and told me that we had the responsibility to give dignity and respect to patients and their family members. Since then, I have learned the meaning of life and we should give respect and dignity to life. Staying in a hospital is a very uncomfortable experience for patients. I have learned to give respect to lives and help people suffer less. The one-year experience as a student nurse broadened my horizon on handling patients. Therefore, in the future clinical placements, I would think



Upper left and right: Mr. Percy WAN and Dr. Arnold WONG
 Lower left and right: Ms. Mandy MAK and Mr. Thomas CHAN

more comprehensively to provide more holistic treatments to patients so as to meet their demands of activities of daily living.

Q3

What factors constitute to good management? After becoming part of the management, what is the most challenging part?

A3

First, you need to get the clinical experience for the better understanding of the frontline operation. If you are not down-to-earth, it will be very difficult for you to understand different subordinates' thought. This is particularly important in a change management. Sharing of a same common goal between the team leader and subordinates is pivotal in the success of a change (e.g., a new policy or new initiative). The most challenging part of change management is people management, we could empower our team members and try to match their talent or interest into the new duty assigned. Moreover, sometimes an opportunity aroused would facilitate the commencement of some "unwelcome" new policies.

At one point, I encountered resistances in implementing electronic documentation as this was difficult to change my subordinates' documentation habit that has been used for years. In one occasion, a physiotherapist misplaced a

(Continued on Page 9)

patient's physiotherapy record. Everyone in the department spent couple of hours in searching that record. Since then, every physiotherapist of the team understood the benefits of electronic documentation. The electronic documentation was then implemented smoothly after this incident.

Q4

After becoming a department manager, do you have time to see patients? Do you miss it?

A4

As a physiotherapist focusing on pediatrics and community care, I really miss my time in treating every patient. My role has changed from a frontline clinical service provider to a managerial role. At present, I still participate in clinical service because I want to keep my frontline experiences. Although my clinical workload is much less than a normal frontline staff, I still heavily involve in new case triage screening and problem case investigation.

Q5

What is your vision regarding the prospect of the future physiotherapy industry?

A5

The first one must be the direct access to physiotherapy service. This will be an important milestone in the development of Hong Kong physiotherapist. However, before having any form of direct access, physiotherapists must work hard to enhance our knowledge for ensuring the quality of our service. Therefore, the development of mandatory CPD training is the crucial step for making us move toward the target of full direct access. Nowadays, this young generation is less willing to stay in the same workplace for their whole career. Many of them tend to work in a hospital for a few years and then change their job in different work settings. The physiotherapist students should have opportunities to have clinical placement in different settings in their undergraduate clinical training.

Q6

Tele-care is more common now, e.g., HA Go apps. What is your opinion on it? In what way can tele-care be improved in the future?

A6

I think tele-care is just a tool to provide physiotherapy services to patients. The most important part is how you utilize it and what are the objectives of using tele-care. During the Covid-19 pandemic, many patients avoided coming for treatment. We needed to do some innovative measures to address our patient's need. Therefore, we

started using tele-care for conducting patient education, simple assessment or even home visit and carer training. From Zoom to HA Go, from providing care to patients with hip fractures or stroke to now addressing different case types like back pain, knee condition, etc. However, physiotherapy requires a lot of hands-on assessments. Therefore, we are working on some new innovative ideas for incorporating artificial intelligence technology to perform physical assessments. Hopefully, we can have further breakthrough in tele-health service in the coming future.

Q7

As you need to work with different professions in a multi-disciplinary team (MDT), what is your advice on working with them?

A7

First, you need to be humble and heartfelt respect to every working partners. In a multi-disciplinary team, everyone is competent in their own professions. Good communication among all members is helpful for keeping the harmony of the team. Different team members have their own strengths and limitations. Therefore, we should cooperate with each other in order to give what is best to the patient. Moreover, we can have clear roles delineation among our MDT members. This can avoid service overlapping and conflict.

NEW

**Hong Kong Physiotherapy Journal
Online Submission
Is now available at**

 <https://www.worldscientific.com/worldscinet/hkpj>

Please visit the website

For enquiry, please contact Prof. Marco PANG
Tel: 2766 7156
Dept of Rehabilitation Sciences
Hong Kong Polytechnic University
Email: Marco.Pang@polyu.edu.hk

Barrier Buster (Hong Kong Society for Rehabilitation)

Date : 11 December 2022
Venue : Central District
Physiotherapist : Mr. Francis CHAN

Mr. Francis CHAN participated in the ceremony and the VIP team at Barrier Buster 2022. It was a good experience to better understand the everyday living obstacles faced by people with disability in the community of Hong Kong.



鏗鏘集 《基層醫療向前走》

Date : 23 December 2022
Venue : A Private Physiotherapy Clinic
Physiotherapist : Prof. Marco PANG

Prof. Marco Pang was interviewed and gave his opinion on physiotherapy direct access in the context of development of primary health care in Hong Kong.



Rotary Service Day Cum Rotary Hong Kong Ultramarathon

Date : 31 December 2022
Venue : Hong Kong Science Park
Physiotherapist : Mr. Will WONG

Mr. WONG gave an education talk at the Hong Kong Arthritis & Rheumatism Foundation Walkathon and Education Carnival and conducted a stretching workshop for the ultramarathon participants.



HKPA On-Field Sports Physiotherapy Support to I-Run

Date : 8 January 2023
Venue : Central District
Physiotherapist : Dr. Anthony KWOK

HKPA team consisting of staff and student members provided on-field sports physiotherapy service to the Hong Kong Jockey Club Special Marathon (I-Run) at the Central and Western District Promenade (Central Section) and Lung Wo Road on 8 January 2023. Over 700 intellectual disabled (I-D) runners of different ages joined the 2023 I-Run. The I-D runners were accompanied by their escort co-runners to complete the 3-km run. Due to the high number of participants, the I-Run was further divided into several events to proceed. The participated physiotherapy students found it a very useful learning experiences to gain hands-on experience. They were all looking forward to similar events in the future.



Hong Kong Physiotherapy Association Outstanding All-Round Awardy to Physiotherapy Undergraduate Students of Bachelor of Science (Honours) in Physiotherapy of Caritas Institute of Higher Education

Date : 13 January 2023
Venue : Caritas Institute of Higher Education
Physiotherapist : Mr. Raymond TSANG

As the Vice President, Mr. TSANG attended the Bachelor of Science (Honours) in Physiotherapy Scholarships and Awards Presentation Ceremony to present Hong Kong Physiotherapy Association Outstanding All-Round Student Award on behalf of HKPA.



HKPA 60th Anniversary Launching Ceremony

Date : 14 January 2023
Venue : Hotel ICON

The year of 2023 marks the 60th Anniversary of HKPA. There will be a series of celebratory activities throughout the year to commemorate this important milestone. A launching ceremony was held to officially kick start the celebration. The officiating guests of the Ceremony included Dr. Pang Fei-Chau (Commissioner for Primary Healthcare), Miss. Vega WONG, JP (Commissioner for Rehabilitation), Dr. David LAM Tzit-Yuen (Legislative Council Member for Medical and Health Services) and Mr. Philip TSAI, BBS, JP (Chairman of the Supplementary Medical Professions Council). The Ceremony was attended by over 100 guests and colleagues. During the Ceremony, congratulatory messages from local and overseas partners were features. Several former presidents of HKPA (Ms. Miranda LAU, Mr. Jimmy WU, Mrs. Eleanor CHAN, Ms. Priscilla POON) also joined our celebration.



(Continued on Page 13)



Primary Healthcare Blueprint Symposium

Date : 15 January 2023
Venue : Central Government Offices, Tamar
Physiotherapists : Prof. Marco PANG, Mr. Raymond TSANG, Miss Annabella SUEN, Dr. Shirley NGAI

HKPA was invited to participate in the Primary Healthcare Blueprint Symposium. In one of the sessions, Dr. Ivan SU highlighted the importance of having physiotherapy direct access in the overall planning of primary healthcare services in Hong Kong.



Budget Consultation 2023-24

Date : 19 January 2023
Venue : Online Platform
Physiotherapist : Mr. Raymond TSANG

As the Vice-President of the HKPA, Mr. TSANG had attended the budget consultation to express the need to increase resources and manpower to the secretariat of the Physiotherapists Board for the effective implementation of mandatory continuing professional development scheme and more efficient procedures for approving the applications of overseas physiotherapy graduates for local registration.



**Change of Address
or Loss of Contact**

Please direct to
 Dr. Billy SO
 Tel: 2766 4377
 Email: billy.so@polyu.edu.hk

**General Enquiry or
Submission of
Letters to the Editor**

Please direct to
Dr. Arnold WONG
 Department of Rehabilitation Sciences
 Hong Kong Polytechnic University
 Tel: (852) 2766 6741
 Email: arnold.wong@polyu.edu.hk

CPD News

Enquiry of CPD News and Activities Please Visit
<http://www.hongkongpa.com.hk/cpd/doc/CPD%20All.xls>



香港物理治療學會
HONG KONG PHYSIOTHERAPY ASSOCIATION



ANNIVERSARY
HONG KONG PHYSIOTHERAPY ASSOCIATION

HKPA 60th Anniversary Conference

24 June 2023 Nina Hotel Tsuen Wan West

CALL FOR ABSTRACT!

Keynote speakers:



Dr. Terry Ellis

Associate Professor
Boston University



Prof. Chris Maher

Professor
The University of Sydney



Dr. Amanda Piper

Clinical Lead
Royal Prince Alfred Hospital

Deadlines:

Abstract submission: March 15, 2023

Early bird registration for the conference: April 15, 2023

Co-organiser



香港都會大學
護理及健康學院
Hong Kong Metropolitan University
School of Nursing and Health Studies

物理治療學系
Department of Physiotherapy

Sponsors



迪臣國際醫學儀器有限公司



保利安公司
Health Care & Co.

wholly owned by Humana Medical Ltd

Supporting Organisations



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



醫療及社會科學院
Faculty of Health and Social Sciences



PRO-MED TECHNOLOGY LTD.
— SINCE 1999 —



ARJO
EMPOWERING MOVEMENT

Health Link
HOLDINGS LTD.



caritas Institute of Higher Education
明愛專上學院



東華學院
TUNG WAH COLLEGE



嘉美行醫療儀器有限公司
GOODMARK MEDICAL SUPPLIES LTD.

Speaker Profile



Dr. Terry Ellis

Associate Professor and Chair of the Department of Physical Therapy, FAPTA; Director of the Center for Neurorehabilitation, Boston University

Terry Ellis, PhD, PT, FAPTA is an Associate Professor and Chair of the Department of Physical Therapy and the Director of the Center for Neurorehabilitation at Boston University. Dr. Ellis is also the Director of the American Parkinson Disease Association National Rehabilitation Resource Center. Her research is funded by NIH and several Parkinson's Foundations and focuses on investigating the impact of exercise and rehabilitation on community mobility in individuals with Parkinson disease. Dr. Ellis has a Ph.D. in Behavioral Neurosciences from Boston University School of Medicine and is a licensed physical therapist with board certification in Neurologic Physical Therapy. She has published numerous articles and lectures internationally on topics related to rehabilitation, exercise and mobile health technologies in persons with Parkinson disease.

Keynote lecture title: Innovative Technology Driven Approaches to Optimize Real World Performance in Persons with Neurological Conditions



Prof. Chris Maher

Professor, School of Public Health; Co-Director, Sydney Musculoskeletal Health, The University of Sydney

Professor Chris Maher is a physiotherapist, recognised internationally for his clinical research in the low back pain field. He has degrees in physiotherapy, exercise and sports science, a PhD and a Doctor of Medical Sciences. Chris is a professor in the School of Public Health at the University of Sydney and was one of the founding directors of the Physiotherapy Evidence Database (PEDro). Chris is a fellow of the Australian College of Physiotherapy and also the Australian Academy of Health & Medical Sciences. He has been a National Health and Medical Research Council Research Fellow since 2006 and has >800 journal papers, 44 PhD completions and \$67M in grants.

Keynote lecture title: Practice Changing Back Pain Research; More Than Meets the Eye

Speaker Profile



Dr. Amanda Piper

Senior Physiotherapist & Clinical Lead for the Respiratory Support Service, Department of Respiratory and Sleep Medicine at Royal Prince Alfred Hospital Sydney

Dr. Amanda Piper PhD is a Senior Physiotherapist and Clinical Lead for the Respiratory Support Service, Department of Respiratory and Sleep Medicine at Royal Prince Alfred Hospital Sydney; and an associate editor for *Respirology*. She has been involved in the assessment and management of patients requiring non-invasive ventilation for more than 30 years. Dr Piper's major research interests include the interaction between sleep and the development of awake hypercapnia and non-invasive ventilation in neuromuscular disorder. She has published widely on these topics, producing over 100 journal articles and 11 book chapters. She is a past/current supervisor of 10 PhD candidates. In addition to speaking engagements, Dr Piper has also designed and conducted numerous courses and workshops across the globe covering the practical aspects of NIV therapy. Dr Piper has been closely involved in the development of clinical practice guidelines for the use of non-invasive ventilation within Australia (Agency for Clinical Innovation, NSW Health; "Non-invasive Ventilation Guidelines for Adult Patients with Acute Respiratory Failure" and "Domiciliary Non-Invasive Ventilation in Adult Patients: A Consensus Statement") and internationally (American Thoracic Society clinical practice guidelines: "Management of stable Ambulatory Obesity Hypoventilation Syndrome" and " Noninvasive ventilation for stable hypercapnic COPD"). In 2021 she was awarded life-time membership to the European Respiratory Society for contributions to the Society in the areas of NIV and respiratory failure.

Keynote lecture title: Breathing life into Cardiopulmonary Respiratory Care

Pre-conference Workshops (23 June 2023)

Workshop 1 (half-day AM session) by Dr. Terry Ellis

Title: Contemporary Evidence-Based Physical Therapy for Patients with Parkinson Disease

Parkinson disease (PD) is a chronic health condition that must be successfully managed over a period of many years. Physical therapy and exercise are essential to optimize the long-term outcomes of persons living with PD. This course will focus on providing a contemporary, evidence-based perspective on the physical therapy management of persons with PD over the disease continuum. We will begin with a brief review of the underlying neuropathology associated with PD. Following this, an evidence-based approach to physical therapy examination will be described, including recommendations for standardized outcome measures. The potential disease modifying effects of exercise will be discussed. The evidence supporting key elements of physical therapy treatment and the mechanisms underlying their benefit will be covered. These include, but are not limited to, gait training (i.e., treadmill, overground, dual task, cueing), balance training, falls mitigation, aerobic exercise and resistance training. Issues related to exercise intensity, choosing exercise mode and the timing of exercise related to disease progression will be emphasized. Finally, a secondary prevention model of care will be discussed to highlight the application of course content to real-world clinical practice.

Objectives:

Following completion of this course, participants will be able to:

- 1). Describe the neuropathology underlying Parkinson disease and clinical manifestations that emerge as a result of this condition
- 2). Synthesize the evidence demonstrating the benefits of physical therapy and exercise in the treatment of Parkinson disease
- 3). Compare and contrast the various types of exercise and the expected outcomes that correspond to the different modes of exercise
- 4). Describe a secondary model of care for patients with Parkinson disease and justify this approach based on the evidence.

Pre-conference Workshops (23 June 2023)

Workshop 2 (half-day PM session) by Prof. Chris Maher

Title: What does the evidence say about managing low back pain in a direct-access setting?

The workshop will introduce participants to clinical practice guidelines and the underpinning evidence on assessment and management of low back pain. The workshop will focus on four clinical contexts:

- Management of low back pain in the emergency department
- Management of low back pain in primary care
- Surgical and interventional procedures
- Prevention of low back pain

Objectives:

The aim is to equip participants with an understanding of the evidence-based treatment choices available to clinicians managing low back pain and provide them with an appreciation of the key research papers that justify these treatment approaches. The assumption is that the clinician will be working in a direct-access setting and would have responsibility for diagnostic triage, initiating tests and treatments and referring patients for specialist review.

Post-conference Workshops (25 June 2023)

Workshop 2 (half-day AM session) by Dr. Amanda Piper

Title: Noninvasive ventilation and airway clearance in neuromuscular disorders – looking at the evidence and the practicalities

This workshop will provide an overview of the evidence underpinning the use of noninvasive ventilation and airway clearance in patients with neuromuscular weakness. The role of sleep breathing abnormalities in the development of daytime hypercapnia will be reviewed. Using this foundational knowledge, issues around who is likely to benefit from noninvasive ventilation, along with when and how to initiate therapy will be covered. Techniques for evaluating respiratory function that are used in the clinical evaluation of these individuals will be illustrated. The workshop will also review the evidence-base for selected techniques used in assisting airway clearance in patients with respiratory muscle weakness. Techniques such as lung volume recruitment and mechanical cough assist will be discussed and demonstrated.

Objectives:

Following completion of this course, participants will be able to:

- 1) Describe the mechanisms by which breathing abnormalities during sleep lead to the development of awake hypercapnia respiratory failure in people with neuromuscular disorders
- 2) Identify simple, appropriate techniques for evaluating respiratory function in neuromuscular disorders
- 3) Appreciate when and how to implement noninvasive ventilation in neuromuscular disorders
- 4) Understand the evidence and practical aspects underpinning assisted cough techniques in people with neuromuscular disorders



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

Hong Kong Physiotherapy Association

Theme: HKPA 60th Anniversary Conference 香港物理治療學會 60週年會議

Pre-Conference Workshops: 23th June 2023; Conference: 24th June 2023;

Post-Conference Workshop: 25th June 2023

REGISTRATION FORM

➤ **PAYMENT METHOD FOR LOCAL DELEGATES:**

1. Please return the registration form and cheque(s) (HK Dollar only) make payable to “**Hong Kong Physiotherapy Association Limited**”, and send to “**Ms. Anna Bella Suen (Professor of Practice), Room ST530, 5/F, The Hong Kong Polytechnic University, Hung Hom, Hong Kong.**”

2. **Please send separate cheques for enrolment of individual workshop and conference.**

➤ **PAYMENT METHOD FOR NON-LOCAL DELEGATES (including Macau and Mainland China):**

Please ADD HK\$120 service charge to the total amount and send via telegraphic transfer.

Beneficiary Bank: Hang Seng Bank Limited

Beneficiary Bank Address: 83 Des Voeux Road Central, Hong Kong

SWIFT Code: HASEHKHH

CHIPS No. 010522

Beneficiary Name: Hong Kong Physiotherapy Association Limited

Beneficiary Account Number: 278-294822-001

- The conference fee includes access to all lecture sessions, exhibition halls, one e-copy of proceeding, two tea breaks, and one lunch (Complimentary lunch will be provided on **24th June 2023**). The above registration fee is non-refundable.
- **Student rate for conference will be only offered to full-time undergraduate PT students or entry-level Master PT students.**
- **Deadline for early bird registration: 15th April, 2023.**
- **Deadline for registration: 15th June 2023.**
- For enquiry, please contact Ms, Anna Bella Suen at (email) annabellasuen@yahoo.com.hk.



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

Hong Kong Physiotherapy Association

Theme: HKPA 60th Anniversary Conference 香港物理治療學會 60 週年會議

Pre-Conference Workshops: 23th June 2023; Conference: 24th June 2023;

Post-Conference Workshop: 25th June 2023

Name (Prof. / Dr. / Mr. / Ms. / Mrs.): _____ ENGLISH

_____ CHINESE

Membership Number (if applicable): _____

Institution: _____ Position: _____

Correspondence Address: _____

Phone Number: _____

OFFICE

HOME

MOBILE

Fax Number: _____ E-mail: _____

Signature: _____ Date: _____

	Conference at Nina Hotel	Pre-Conference Workshop	Post-Conference Workshop
	24 th Jun 2023	23 th Jun 2023 (Half-day)	25 th June 2023 (Half-day)
		Choose: <input type="checkbox"/> Pre-conference workshop 1 <input type="checkbox"/> Pre-conference workshop 2	
HKPA / MPTA members	<input type="checkbox"/> Early bird*: HK\$ 1,200 <input type="checkbox"/> Regular: HK\$ 1,700 <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 150	<input type="checkbox"/> Early bird*: HK\$ 750 per workshop <input type="checkbox"/> Regular: HK\$1,000 per workshop <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 100 per workshop	<input type="checkbox"/> Early bird*: HK\$ 750 <input type="checkbox"/> Regular: HK\$ 1,000 <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 100
Non-HKPA members	<input type="checkbox"/> Early bird: HK\$ 1,900 <input type="checkbox"/> Regular: HK\$ 2,400 <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 250	<input type="checkbox"/> Early bird: HK\$ 1,500 per workshop <input type="checkbox"/> Regular: HK\$ 2,000 per workshop <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 200 per workshop	<input type="checkbox"/> Early bird: HK\$ 1,500 <input type="checkbox"/> Regular: HK\$ 2,000 <input type="checkbox"/> Full-time Undergraduate Student: HK\$ 200
Conference			HK \$
Workshop(s)			HK \$
* Early bird (on or before April 15, 2023)			
DISCOUNTED CONFERENCE FEE: If register for conference + at least one workshop: 10% discount of the CONFERENCE FEE is offered.			Discounted conference fee (if applicable): HK \$
Cheque Information		Bank:	
Cheque Number (Conference):		Cheque Number (Workshop 1):	
Cheque Number (Workshop 2):		Cheque Number (Post-Conference Workshop):	



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

The Hong Kong Physiotherapy Association 60th Anniversary Conference
香港物理治療學會 60 週年會議

Instructions for Authors: Abstract Submission

1. Abstracts must be typed in **English**.
 2. **Single line spacing** should be used for the text, with **11-point font size** (Times New Roman) and should be kept within the frame borders.
 3. Title:
 - The title of the abstract should be in **capital letters**.
 4. Authors:
 - The authors' names should be presented with the **surname first followed by the initials**.
 - **The highest qualification, and primary affiliation** of each author should be included.
 - The name of the **presenting author** should be **underlined**.
 5. Text:
 - The main text of the abstract (Background and Purpose, Methods, Results, and Conclusions) should be no more than 250 words.
 - Please **DO NOT** put any tables or figures in the abstract.
 6. Information of the presenting author:
 - Provide the name, mailing address, and email address of the **presenting author**.
- **The deadline for submission is March 15, 2023**.
 - Incomplete or late submissions will not be considered.
 - Each presenting author can submit **no more than 2 abstracts**.
 - Authors will be informed of the success of their submissions on or before April 5, 2023.
 - Abstracts should be submitted to Dr. Arnold Wong (Chairperson of the Scientific Programme Subcommittee, see contact information below) by email.
 - Authors should contact Dr. Arnold Wong if they have not received a reply by then.

For further enquiries, please contact:

Dr. Arnold Wong

Chairperson, Scientific Programme Subcommittee,

The Hong Kong Physiotherapy Association 60th Anniversary Conference

E-mail: arnold.wong@polyu.edu.hk



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

The Hong Kong Physiotherapy Association 60th Anniversary Conference
香港物理治療學會 60週年會議

Please read the instructions to authors before completing the form

Title:

Authors (last name, initials, highest degree, one primary affiliation)

Background and purpose:

Methods:

Results:

Conclusion:

Presenting author only:

Name:

Mailing address:

Email address:

**Presentation Preference
(Please tick) :**

Oral

Poster

Are you willing to do a poster presentation if your paper is not selected for oral presentation?

(Please tick) :

Yes

No

Disclaimer

All materials published in the Hong Kong Physiotherapy Association (HKPA) News Bulletin represent the opinions of the authors of the articles. The materials do not reflect the official views or policy of HKPA.

Product and course information are supplied by manufacturers and service providers. Product described and publication of an advertisement in HKPA News Bulletin should not be construed as having the endorsement of HKPA.

HKPA assumes no responsibility for any injury and / or damage to persons or property arising from any use or execution of any methods, treatments, therapy, instructions, and ideas contained in the News Bulletin. Due to the rapid advances in medicine and rehabilitation, independent judgment of diagnosis and treatment method should be made.



Correspondence of HKPA Executive Committee Members (2021-2023)

Post	Name of EC Members	Working Place	Contact Tel. No.	Email
President	Prof. PANG Marco Yiu Chung	The Hong Kong Polytechnic University	2766 7156	marco.pang@polyu.edu.hk
Vice President	Mr. TSANG Chi Chung, Raymond	The Hong Kong Polytechnic University	2766 6729	raycctsang@yahoo.com.hk
Honorary Secretary	Mr. WAN Sung, Sam	Physiotherapy Department, TMH	9234 2430	smallwan3340@yahoo.com.hk
Associate Secretary	Ms. POON Ka Wai, Sara	Private Practice	9291 9537	sarapkwksarapkw@gmail.com
Honorary Treasurer	Ms. SUEN Mei Yee, Anna Bella	The Hong Kong Polytechnic University	9360 9144	annabellasuen@yahoo.com.hk
Associate Treasurer	Mr. WONG Hin Wai, Will	Private Practice	6752 2921	willwong0129@gmail.com
International Affairs and Publications Subcommittee				
Chairperson	Dr. NGAI Pui Ching, Shirley	The Hong Kong Polytechnic University	2766 4801	shirley.ngai@polyu.edu.hk
Member	Dr. WONG Yu Lok, Arnold	The Hong Kong Polytechnic University	2766 6741	arnold.wong@polyu.edu.hk
Membership Subcommittee				
Chairperson	Dr. SO Chun Lung, Billy	The Hong Kong Polytechnic University	2766 4377	billy.so@polyu.edu.hk
Members	Dr. KWOK Wai Leung, Anthony	Tung Wah College	3468 6670	anthonykwok@twc.edu.hk
	Mr. NGAI Chi Wing, Gorman	Private Practice	9759 0823	gorman_hk@hotmail.com
Professional Development Subcommittee				
Chairperson	Ms. CHIU Pik Yin, Horsanna	Physiotherapy Department, UCH	5215 6455	horsanna.chiu@gmail.com
Members	Mr. MAN Chun Hei, Jeffrey	Physiotherapy Department, YCH	6995 7390	manjeffrey817@gmail.com
	Mr. CHAN Kin Tung, Francis	Hong Kong Sheng Kung Hui Welfare Council Limited (SKH)	3598 9192	ktchan@skhwc.org.hk
	Ms. IP Hiu Tung, Joan	Physiotherapy Department, TMH	5408 0824	joanipht@gmail.com
Promotion and Public Relations Subcommittee				
Chairperson	Mr. WOO Chuen Hau, Alexander	CUHK Medical Centre	9280 3532	alexanderchwoo@cuhkmc.hk
Members	Dr. SU Yuen Wang, Ivan	SAHK	3965 4026	ivan_syw@sahk1963.org.hk
	Ms. CHAN Yee Wa, Eva	Hong Kong Metropolitan University	3970 8728	eywchan@hkmu.edu.hk
	Ms. SZE Kai Tsit, Amanda	Private Practice	5165 4515	amandaszept@gmail.com
	Ms. PANG Charis Garland	Physiotherapy Department, KH	3129 7135	pangcharis06@gmail.com

Editorial Board

Chief Editor

- Dr. Arnold Yu Lok WONG. *The Hong Kong Polytechnic University. Tel: 2766 6741*

Special Column Editor

- Mr. Harry Ka Man LEE. *TWGHs Jockey Club Rehab Centre. Tel: 2870 9122*
- Dr. Leo Sau Tat HO. *Kwong Wah Hospital. Tel: 3517 2429*
- Mr. Louis Chi Wai TSOI. *MacLehose Medical Rehab Centre. Tel: 2872 7125*
- Ms. Pui Shan NGAN. *PhysioWork, Rejoice Physiotherapy and Sports Injury Centre.*

Professional Development Editor

- Ms. Caroline Ngar Chi WONG. *Prince of Wales Hospital. Tel: 3505 3237*
- Ms. Eva Yee Wah CHUN. *CUHK Medical Centre. Tel: 3946 6588*
- Dr. Tiffany Ching Man CHOI. *Caritas Institute of Higher Education. Tel: 3702 4258*

Internal Affairs Editor

- Mr. Angus Ying Man LAW. *Private Practice. Tel: 9133 9986*
- Dr. Freddy Man Hin LAM. *The Hong Kong Polytechnic University. Tel: 2766 6720*
- Ms. Bonnie Sui Ching MA. *The Hong Kong Polytechnic University. Tel: 2766 6737*
- Ms. Jessica Sum Yu CHAN. *CUHK Medical Centre. Tel: 3946 6588*

Webpage Editor

- Mr. George Kwok Cheong WONG. *Hong Kong Sheng Kung Hui Welfare Council. Tel: 2521 3457*
- Ms. Wendy Kam Ha CHIANG. *Shatin Hospital. Tel: 3919 7547*

English Advisors

- Ms. Natalie Yuen Fan FUNG • Mr. Maurice HON

The Editor welcomes letters, articles and other contributions from readers. The Editor reserves the right to make cuts to articles as necessary. ©Hong Kong Physiotherapy Association Limited