



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

Certificate Instructor Course on Nordic Pole Walking for Physiotherapists

Organized by Neurology Specialty Group, HKPA

Date & Time: 20 January 2024 (Saturday 09:00 – 18:00)

Venue: Physiotherapy Department, Pamela Youde Nethersole Hospital

Speakers: **Dr. Irene Wong** (PhD, Registered physiotherapists in Hong Kong and Canada,
Master Nordic Pole Walking Instructor)

Ms. Elsy Chan (MSc in Mental Health, Registered physiotherapist in Hong Kong,
Nordic Pole Walking Instructor)

Class size: 25 (draw lot will be arranged if oversubscribed)

Course Fee: \$ 3,850 for NSG members
\$ 3,900 for HKPA members/ MPTA members
\$ 4,600 for non HKPA members
(Course fee includes six pre-training modules, training materials and a certificate
of completion issued by AG Rehabilitation Services Hong Kong and Nordixx
Canada, and a pair of Nordixx Traveler walking poles)

CPD Points: 5 (approved code AC1240007)

Enquiry Ms. Sue Wong
Email: wst531@ha.org.hk
Tel. No.: 2703 8273

***** Deadline of Application: 20 December 2023 *****

Special Weather Arrangement:

When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes & examinations have not yet started

If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.

For classes & examinations that have already started

When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.



Course Details:

Background and Overview of Session

“Movement is life and life is movement”. Physiotherapists are movement specialists. Nordic Pole Walking is providing new opportunities for rehabilitation professionals to take their treatment to a new level. With 1500 more abdominal contractions, and 800 more back contractions in the same mile, compared to regular walking, it is CORE work taken to standing and function. Nordic pole walking is supported by solid clinical and applied research. The technique and use of the poles can be modified so that multiple populations can benefit. This Nordic Pole Walking course will be both lecture and interactive. Prior to the course, registrants will be sent background information on the scientific studies, biomechanics and basic training principles of Nordic Pole walking. During the comprehensive one-day course, relevant background information will be reviewed. Different poles will be discussed and the evidence for appropriate use with various populations. Participants will then learn to demonstrate and teach the Nordic Pole Walking techniques. Education will include programs to train healthy clients and patients with different health disorders such as older people, hip / knee arthritis, low back pain, Parkinson’s disease, cardiovascular rehabilitation, hypertension, diabetes, and osteoporosis rehabilitation.

Relevance to Physiotherapists

Physiotherapy is about promoting, restoring and assisting individuals towards optimal health and movement. Nordic Pole Walking is increasingly popular amongst physiotherapists in the treatment of their patients. Research studies have been conducted internationally in areas such as Parkinson’s disease, cardiovascular, osteoarthritis, diabetes and other disease management. Nordic Pole walking is unique tool that can be incorporated in all areas of physiotherapy: cardiorespiratory, orthopaedic, neuro-rehabilitation, geriatrics, pediatrics and others.

Client acceptance and exercise compliance is high. Its popularity internationally is increasing. It is reported that one in three people in Finland Nordic pole walk. It provides good opportunity for physiotherapists to identify themselves as exercise trainers and leaders in the community.

There is a definite technique. It is highly recommended for physiotherapists to learn the universal Nordic pole walking technique, understand the poles themselves and to modify exercise programs for different rehabilitation populations.

Summary of Evidence

Nordic Pole Walking is founded on solid clinical and basic research. Over 25 years of evidence exists on the cardiovascular benefits of Nordic pole walking (Porcari JP, 1977; Wilk et.al, 2005). In Germany, the clinical evidence on the benefits of Nordic pole walking for diabetic management led to the coverage of poles within their Medicare. Nordic pole walking has been shown to incorporate 40% more muscle activity than regular walking (Boes et al., 2006), and improve endurance and normalize gait cycle in stroke and Parkinson's (Demartino et al. 2023; Zanardi et al, 2019). Repeated studies have shown a 30 to 40% reduction in stress on the knees while walking with Nordic poles (Kwon, 2008). Research is currently being conducted using Nordic poles for breast cancer rehabilitation. Clinical studies have shown a significant improvement in symptoms, quality of life and functional measures of patients with conditions such as cardiovascular disease and Parkinson's disease (Cugusi et. al. 2015; Cugusi et. al, 2017; De Santis and Kaplan, 2020; de Silva, et. al, 2016). Ongoing researches are conducted on understanding what mechanisms are improving the performance within these populations. Translational studies have shown increased blood flow to the brain while poling. There exist many opportunities for physiotherapists involved in clinical application and research in this area.

Course learning objectives:

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

1. Communicate the evidence behind the reported benefits of Nordic pole walking
2. Understand the biomechanical principles of Nordic pole walking
3. Appreciate the differences between various walking poles and their use
4. Instruct the universal Nordic Pole walking technique
5. Modify the techniques and poles for use in rehabilitation populations
6. Conduct Nordic pole walking classes and lead walking groups
7. Promote and implement Nordic pole walking service in different communities
8. Receive Certification as Nordic Pole Walking Instructors (no re-certification is required)

Course contents:

| Time | Contents |
|-------------|--------------------------------------------------------------------------|
| 0900-0915 | Registration |
| 0915-0945 | Introduction of Nordic Pole Walking |
| 0945-1020 | Health benefits of Nordic Pole Walking |
| 1020-1100 | Use of Nordic Pole Walking for rehabilitation in different populations |
| 1100-1110 | Break |
| 1110-1200 | Management of Parkinson's disease/stroke conditions with Nordic Walking |
| 1200-1315 | Lunch |
| 1315-1430 | Practical: Warm-up exercises and basic Nordic Pole Walking techniques |
| 1430-1530 | Demonstration of Nordic Walking on people with stroke and Parkinson's |
| 1530-1540 | Break |
| 1540-1620 | Practical: Advanced walking techniques and aerobic training |
| 1620-1635 | Promotion and implementation of Nordic Walking services in the community |
| 1635-1645 | Q&A |
| 1645-1800 | Certification for Instructors/Feedback |

Course Instructor:

Dr. Irene Wong (Registered physiotherapist in Hong Kong and Canada, PhD, Master Nordic Pole Walking Instructor)

Ms. Elsy Chan (Registered physiotherapist in Hong Kong, MSc in Mental Health, Nordic Pole Walking Instructor)

Dr. Irene Wong is an experienced registered physiotherapist in Hong Kong and Canada. Her professional career mainly focuses on clinical rehabilitation for people with Parkinson's disease and older people. She holds the academic degrees of Ph.D. and MSc. in Geriatric Rehabilitation from The Hong Kong Polytechnic University. As the Master Nordic Walking instructor in Hong Kong, she is dedicated in promoting Nordic Walking to physiotherapists and different populations in the community since 2017. With a strong research background, she has published ten scientific reviews and articles related to Parkinson's disease exercise and fall management in renowned medical journals including *Nature Reviews Neurology*.

Ms. Elsy Chan is a well-qualified Registered Physiotherapist with a Master Degree in Mental Health from the Chinese University of Hong Kong in 2013. In addition to the extensive clinical experience in hospital and outpatient settings, she received training in recognized courses such as neurological rehabilitation, musculoskeletal rehabilitation, pain management and ultrasound examination in Physiotherapy. Ms. Chan is a certified Acupuncture practitioner of physiotherapy, a certified Nordic walking instructor and a certified Functional Capacity Evaluator. Her expertise is working with adult and geriatric clients in the community, especially Parkinson's disease and other degenerative disorders.

Application Form

| | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Name: (same as in registration board) | Dr./Mr./Ms./Mrs. (English) | |
| | | (Chinese) |
| PT registration no.: | | |
| HKPA member: | <input type="checkbox"/> Yes (membership no. _____) <input type="checkbox"/> No | |
| NSG member: | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| Workplace: | | |
| Mailing address: | | |
| E-mail address: | | |
| Tel. no.: | (office) | (Mobile) |
| Cheque no.: | (Issuing bank: _____) | |
| Registration: | <p>For NSG member, please email the application form to wst531@ha.org.hk (Ms. Sue Wong) on or before <u>20 December 2023</u>.</p> <p>For non-NSG member, please send (1) application form (2) a crossed cheque and (3) a stamped self-addressed envelope on or before <u>20 December 2023</u> to the following address:</p> <p style="text-align: center;">Ms. Sue Wong Physiotherapy Department Haven of Hope Hospital 8 Haven of Hope Road, TKO, New Territories, Hong Kong</p> <p>The cheque should be made payable to “<u>Hong Kong Physiotherapy Association Limited</u>” with course name, your name, membership number and contact phone number at the back of the cheque.</p> <p>Please <u>do not</u> staple the cheque.</p> | |
| <p><u>Legal Claim Waiver Consent</u> (Please sign it before submitting your application)</p> <p>In consideration of HKPA Ltd. accepting my application to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.</p> <p>Signature: _____</p> <p>Name of Participant: _____</p> <p>Date: _____</p> | | |