



# 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  
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www.hongkongpa.com.hk Tel: (852) 2336 0172 Fax: (852) 2338 0252



### Paediatric Specialty Group

**Course code: 2401**

### **Introduction to Vojta Therapy and Application in Paediatrics**

**CPD: Pending**

Date: 11<sup>th</sup> & 18<sup>th</sup> Jan 2024 (Thursdays)

Time: 19:00 – 21:00

Venue: Hong Kong Physiotherapy Association Premises

Room 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan

Speaker: Ms Cynthia Siu, Private Physiotherapist

Programme content:

Part 1 (11/1/2024) - Introduction of Vojta Therapy for babies, children, adolescents and adults

Part 2 (18/1/2024) - Clinical application of Vojta Therapy in paediatrics

- ❖ *The talks will be delivered in Cantonese*
- ❖ *Part 1 is the prerequisite for Part 2. Certificate of completion will only be granted to participants attending both parts of the course*

Capacity: 25 (physiotherapists only);

Priority will be given to PSG and HKPA/MPTA members;

Successful participants will be selected by drawing lots in case of over-subscription

Fee: \$150 for PSG member,

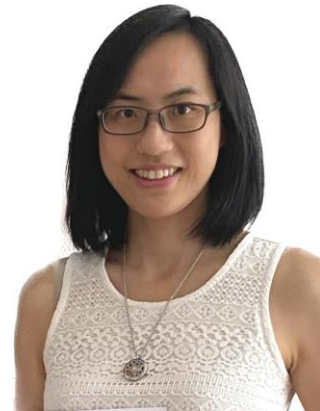
\$200 for HKPA/MPTA member,

\$800 for non-HKPA/MPTA member

Enquiry: Ms Carmen Leung @ 2497 6262

Deadline of application: 27<sup>th</sup> Dec 2023

## Speaker Biography



### **Cynthia Siu, BSc PT, MSc Acupuncture**

Cynthia Siu obtained her BSc PT from Hong Kong Polytechnic University and MSc in Acupuncture from Chinese University of Hong Kong. She studied Postgraduate Aquatic Physiotherapy course in Australia, and NDT/Bobath certificate course in the Management and Treatment of Children with Cerebral Palsy and other Neuromotor Disorders in Australia. She completed the Ai Chi Practitioner certification course, Blomberg Rhythmic Movement Training courses and Licensed Brain Gym Instructor / Consultant course. She is the first certified Vojta therapist and the only one at the moment in HK. She completed the Applied Developmental Kinesiology for babies, children, adolescents and adults with movement disorders (Vojta Therapy) in Germany.

She has over 18 years working experience specialized in paediatric physiotherapy. She worked as a physiotherapist supervisor in Heep Hong Society till Nov 2019. Presently she is the Director of Healthy Growth Therapy Limited and a part-time physiotherapist supervisor in NGO paediatric service.

### **Vojta Therapy**

Professor Václav Vojta, a Czech Republic paediatric neurologist who emigrated to Germany in 1968, developed Vojta Therapy from 1950 to 1970. He discovered innate movement patterns in children with cerebral palsy when pressure was applied on specific areas of the body in certain body positions. Same motor reactions can be provoked in healthy newborns and adults. When the central nervous system is activated by pressing stimulation zones, segmental patterns can be retrieved independently of age. The activated movements are involuntary and reliably reproduced. Musculature throughout the body is activated in a coordinated manner and the nervous system is addressed at all regulatory levels. Besides the skeletal musculature, muscles involved in facial expression, eye movements, tongue and jaw movements, the sucking and swallowing process, bladder and bowel function, and breathing are also activated.

Vojta therapy can be used for habitation and rehabilitation in new-born babies, children, adolescents and adults with movement disturbances resulting from damage to the Central Nervous System, Cerebral Palsy, Stroke, Brain injuries, Neuromuscular dysfunctions, Multiple Sclerosis, Central Co-ordination Disorder, Peripheral Paresis, Plexus Paresis, Spinal Bifida, Myopathies, Muscular Dystrophy, Spinal Muscular Atrophy, Congenital malformations, Orthopedic problems (e.g. Scoliosis, Hip Dysplasia, Congenital Hip Dislocation, Foot deformities), Back pain from nerve root involvement, and Functional problems of Breathing, Drinking, Chewing and Swallowing.

**Hong Kong Physiotherapy Association Limited - Paediatric Specialty Group**  
**Introduction to Vojta Therapy and Application in Paediatrics**

**Application Form**

Course Code: P2401

Date: 11<sup>th</sup> & 18<sup>th</sup> Jan 2024 (Thursdays)  
Time: 19:00 – 21:00  
Venue: Hong Kong Physiotherapy Association Premises  
Room 901, 9/F Rightful Centre, 12 Tak Hing Street, Jordan  
Speaker: Ms Cynthia Siu, Private Physiotherapist

Please fill in **BLOCK** letters:

Name: \_\_\_\_\_ PT Registration no. \_\_\_\_\_

Place of work: \_\_\_\_\_

Contact telephone no.: \_\_\_\_\_

E-mail Address (Mandatory): \_\_\_\_\_

Membership: HKPA/MPTA member  No;  Yes, membership no.: \_\_\_\_\_

PSG member:  No  Yes

Application fee:  \$150 - PSG member;  
 \$200 - HKPA member;  
 \$800 - non-HKPA member

Cheque No: \_\_\_\_\_ (Issuing bank): \_\_\_\_\_

**Legal Claim Waiver Consent**

In consideration of HKPA Ltd. accepting my registration to this course, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature: \_\_\_\_\_

Name of Registrant: \_\_\_\_\_

Date: \_\_\_\_\_

\*Please sign the above consent before submitting your registration

**Hong Kong Physiotherapy Association Limited - Paediatric Specialty Group**  
**Introduction to Vojta Therapy and Application in Paediatrics**

**Appendix**

Course Code: P2401

**I. Registration procedure:**

1. Fill in the Application Form and sign the Legal Claim Waiver Consent
2. Write an individual cheque according to your membership status, payable to “Hong Kong Physiotherapy Association Limited” with ***name of the course, your name, HKPA membership no. and contact phone number*** on its back. Please do not staple the cheque to the application form.
3. Mail the application form together with the cheque to:

**Carmen Leung**  
**Heep Hong Cheung Ching Centre**  
**G110-112, Ching Kwai House,**  
**Cheung Ching Estate. Tsing Yi, NT**

**II. Deadline of application: 27<sup>th</sup> Dec 2023**

Successful applicants will be confirmed by email by 4<sup>th</sup> Jan 2024.

Fees paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.

Membership status is based on the HKPA membership list as at the date of application deadline

**III. 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, the course will be cancelled if Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course.
- For classes & examinations that have already started, classes would immediately suspend when Typhoon Signal No.8 or above is hoisted.