



NEWS BULLETIN 物理治療 PHYSIOTHERAPY 資訊

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Editorial

Community Reintegration for Patients Dependent on Life-Saving Equipment Support

Ms. Wendy CHIANG and Mr. George WONG

Transitioning individuals with high cervical spinal cord injuries (SCI) on home mechanical ventilation (HMV) back into the community is a profound milestone that demands coordinated, multidisciplinary support. In the main theme, Lee-Yin GOH, Physiotherapist I at SAHK, outlines the pivotal, multifaceted role of community physiotherapists. Beyond traditional physical rehabilitation, their expertise encompasses advanced respiratory management, safe mobilization strategies, specialized equipment planning, and vital caregiver training. Highlighting a successful 2024 capacity-building collaboration between SAHK and Alice Miu-ling HO Nethersole Hospital, this article illustrates how proactive interdisciplinary training is shaping a safer, more sustainable, and person-centered future for complex community care in Hong Kong.

CPD News

Enquiry of CPD News and Activities Please Visit
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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> E info@hongkongpa.com.hk F HKPhysioAssoc

The Roles of Physiotherapists in Supporting Individuals with Spinal Cord Injury on Home Mechanical Ventilation in the Community

Ms. Lee-Yin GOH

Physiotherapist I, New Territories West Integrated Community Rehabilitation Centre, SAHK

High cervical spinal cord injury (SCI) commonly results in severe respiratory muscle weakness and long-term dependence on tracheostomy and mechanical ventilation. Respiratory complications, including pneumonia, atelectasis, and respiratory failure, remain leading causes of morbidity and mortality following SCI [1,2]. However, advances in intensive care, ventilator technology, and community rehabilitation have made it increasingly possible for individuals with SCI on home mechanical ventilation (HMV) to transition from prolonged hospitalisation to home or residential care with appropriate multidisciplinary support [3].

Successful community living for this group relies not only on medical stability but also on coordinated rehabilitation, caregiver preparedness, and a supportive environment. Physiotherapists play a crucial role in this process. Their contribution extends beyond impairment-based treatment to include respiratory management, mobilisation, carer training, environmental planning, and the promotion of long-term participation in daily life.

Optimising Respiratory Function

Respiratory management remains one of the most important aspects of physiotherapy for individuals with SCI on HMV. Ineffective cough due to expiratory muscle paralysis is a major concern, as it reduces secretion clearance ability and significantly contributes to respiratory morbidity [1]. In the community setting, airway clearance is therefore a core responsibility of the physiotherapist. Respiratory management is often guided by the principles of compensation, restoration, and prevention, and is closely integrated with functional rehabilitation.

Compensation focuses on addressing impaired cough and secretion clearance through techniques such as manual assisted coughing and mechanical cough augmentation, including mechanical insufflation-exsufflation (MI-E) [8]. Where appropriate, physiotherapists may also employ lung volume optimisation strategies, including intermittent positive airway pressure breathing and lung volume recruitment, to support inspiratory capacity and secretion clearance [5]. Speech therapists may assist with cuff deflation and trials of speaking valves, ensuring that both respiratory safety and communication needs are addressed together.

Evidence suggests that MI-E can improve secretion clearance and reduce respiratory complications when delivered as part of a structured, multidisciplinary programme [6–8]. In practice, physiotherapists emphasise consistent and proactive use of these strategies to maintain respiratory stability rather than responding only during acute deterioration.

Restoration involves optimising any remaining respiratory muscle function. Inspiratory muscle training, when selectively prescribed and monitored, may improve inspiratory strength and help reduce respiratory complications in individuals with tetraplegia [9]. Preventive strategies aim to minimise respiratory complications through optimal positioning, optimisation of respiratory function,

and early intervention in response to emerging respiratory changes. Physiotherapists apply these principles dynamically, recognising that priorities may shift depending on medical stability, neurological recovery, and living context. This approach supports safe participation in daily activities and community living.

Supporting Mobilisation and Functional Activity

For individuals with SCI on HMV, returning to the community often means spending many hours out of bed, transferring safely, and functioning with ventilator support in daily life. Physiotherapists design and supervise mobilisation programmes that take into account respiratory capacity, ventilator dependence, fatigue, and safety [1,2,4].

Interventions may include bed mobility, hoist transfers, sitting tolerance training, and graded functional activity while carefully managing ventilator tubing and tracheostomy connections. Physiotherapists need to monitor for signs of distress, oxygen desaturation, or reduced tolerance during activity. Safe progression is particularly important when the person is newly discharged from hospital or still adjusting to community living.

Wheelchair seating and posture are highly relevant. Physiotherapists, working closely with occupational therapists, help optimise seating systems to support respiratory function, comfort, and safe use of powered mobility controls and assistive devices. Appropriate seating can improve posture, facilitate upper limb function, reduce pressure risk, and enhance ventilation-perfusion matching, thereby supporting longer periods of meaningful activity outside bed [1,4].

Graded activity and exercise programmes are essential to prevent deconditioning and secondary complications such as osteoporosis, pain, and cardiovascular disease. Interventions may include limb mobilisation, supported sitting tolerance, tilt-table programmes where appropriate, and functional training integrated with wheelchair mobility. Physiotherapists work alongside nursing colleagues, who reinforce positioning, pressure care, and safe handling techniques, while rehabilitation physicians and respiratory specialists provide medical oversight as the individual's condition evolves [1,4].

Carer and Frontline Staff Training

A successful transition to community living depends on the confidence and competence of family carers and frontline staff. Physiotherapists play a key educational role, teaching practical skills in airway clearance, positioning, transfers, exercise, and safe handling, while ensuring carers can work safely around ventilator tubing and tracheostomy connections [4]. In collaboration with nurses, they help carers recognise when suctioning, assisted coughing, or medical review may be needed, and demonstrate safe turning, sitting, and transfer techniques. Repetition, return demonstration, and scenario-based practice are valuable for building confidence.

(Continued on Page 3)

This training takes place within an interdisciplinary framework: nurses provide expertise in tracheostomy care and infection control; occupational therapists support environmental adaptation and daily function; speech therapists assist with communication and swallowing; and social workers help families access resources and manage emotional and practical challenges. Within this team, physiotherapists bring a strong focus on physical function, respiratory care, and translating care skills into everyday activity [3,5].

Team-based case conferences and family meetings are especially valuable. They help clarify roles, set realistic goals, and establish emergency plans, for example, what each team member and family member should do in the event of ventilator disconnection or suspected tracheostomy blockage. Practising these scenarios through drills or simple simulations increases confidence and can reduce avoidable crises.

Environmental Preparation and Community Living

Home or facility visits are often important before or after discharge. Physiotherapists assess whether the environment can safely support mobility and daily care with ventilator equipment in place. Key considerations include wheelchair access, space for transfers, and appropriate equipment such as ventilators, suction devices, hoists, pressure-relieving mattresses, and seating systems [3].

Environmental planning is closely linked to participation. The aim is not only to reduce risk, but also to enable the person to move, sit out of bed, engage with others, and take part in home and community life as fully as possible. Physiotherapists contribute by identifying physical barriers, recommending equipment, and helping the person build confidence through graded achievements in mobility and activity.

Building Community Capacity in Hong Kong

Hong Kong is moving steadily towards more integrated community rehabilitation models, with a growing emphasis on person-centred care for individuals with complex needs, including those requiring home mechanical ventilation. Community teams must therefore be equipped to provide safe, coordinated, and rehabilitation-focused support.

Against this background, the SAHK Institute of Rehabilitation Practice collaborated with the intensive care unit team at Alice Miu-ling HO Nethersole Hospital in October 2024 to deliver an in-house training programme on the management of patients on full-time mechanical ventilation. The programme was attended by 22 therapists and nurses, including physiotherapists, occupational therapists, speech therapists, and nursing staff. It aimed to strengthen staff confidence, enhance interdisciplinary communication, and build a shared framework for safe care in the community. Expert teaching, scenario-based learning, and case discussion allowed staff to clarify roles and rehearse coordinated responses to respiratory and functional challenges.

This type of capacity building is vital if community rehabilitation services are to support individuals with high care needs more effectively. It also highlights how physiotherapists contribute not only through direct clinical care, but also through service development, staff training, and the evolution of integrated community models.

Conclusion

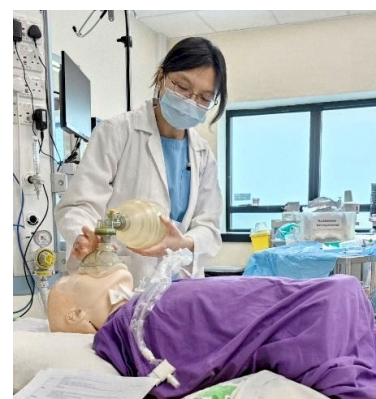
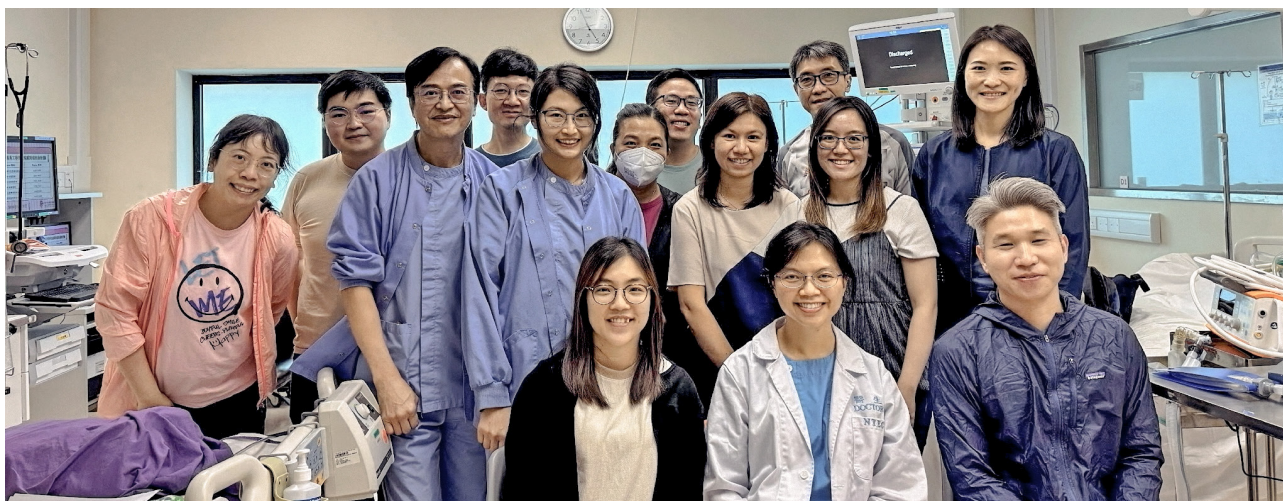
For individuals with SCI on HMV, returning to the community is both a major milestone and an ongoing challenge. Physiotherapists play a central role in making this transition safer and more sustainable. By supporting respiratory function, enabling mobilisation, training carers and staff, contributing to environmental planning, and promoting long-term participation, physiotherapists help reduce the extent to which ventilator dependence limits community living.

As Hong Kong strengthens integrated community rehabilitation services, initiatives such as SAHK's collaboration with Alice Miu-ling HO Nethersole Hospital highlight the importance of building capacity for safe and person-centred care. Physiotherapists are well placed to contribute not only through direct clinical expertise, but also through interdisciplinary collaboration, service development, and innovation in community rehabilitation models.

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*Change of Address
or Loss of Contact*

Please direct to
Prof. Freddy LAM
Tel: 2766 6720
Email: freddy-mh.lam@polyu.edu.hk



NEW

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For enquiry, please contact Prof. Marco PANG
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Hong Kong Polytechnic University
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An Interview with Ms. Charis PANG

Venue : Online

Interviewee : Ms. Charis PANG
Associate Secretary, HKPA

Interviewers : Ms. Winky TSANG
(Year 2 Physiotherapy Student, Tung Wah College)
Ms. Ziky WONG
(Year 4 Physiotherapy Student, Hong Kong Metropolitan University)

Q1

Why did you choose to study physiotherapy? What is your full-time job?

A1

Back in secondary school, I loved sports and staying active. Although I hadn't yet experienced physiotherapy, I was drawn to a career that let me stay hands-on, apply anatomy and physiology knowledge, and work directly with people to improve their function and quality of life. I also value work-life balance and a job that's never repetitive — and physiotherapy's dynamic nature offers exactly that, with each patient responding differently to treatment.

Since graduating, I've been working full-time at Kowloon Hospital under the Hospital Authority. It's a rehabilitation hospital receiving cases from acute care, so I get to focus on subacute to chronic rehabilitation. The work is demanding yet rewarding, allowing me to refine my clinical skills and better understand the pathway of rehabilitation at a public hospital in Hong Kong.

Q2

Why do you serve your current EC position?

A2

It's an honour to serve on the HKPA Executive Committee as Associate Secretary. When invited to join, I saw it as a chance to contribute beyond frontline work and learn from senior colleagues. Through HKPA, I gain valuable exposure to our profession from the perspectives of other healthcare professionals and the public.



Top left to right: Ms. Winky TSANG and Prof. Arnold WONG
Bottom left to right: Ms. Ziky WONG and Ms. Charis PANG

As Associate Secretary, I witness HKPA's impact in uniting physiotherapists and advancing our field — all as volunteers. I truly appreciate the EC team's strong communication and shared openness, all driven by our common goal of strengthening physiotherapy in Hong Kong. This gives me meaningful purpose alongside my clinical role.

Q3

What are the major challenges and benefits of serving in your position?

A3

As Associate Secretary, my role involves administrative and public-facing tasks like handling enquiries, managing membership and CPD matters, and helping organise key events such as the HKPA annual dinner. The challenges are intertwined with the benefits. I often receive phone calls with a wide range of questions — some complex or urgent — and as volunteers with full-time jobs, balancing these demands can feel stressful at times. Being self-motivated is key, as I need to handle tasks independently when immediate support isn't available.

(Continued on Page 6)

These challenges have been incredibly rewarding. They've sharpened my communication and negotiation skills when tackling complicated enquiries, built my patience and emotional resilience amid unexpected calls, and taught me to explain constraints clearly, set realistic expectations, and not take complaints personally. These are invaluable skills that not only enhance my EC contributions but also strengthen my long-term career as a physiotherapist.

Q4

What challenges have you faced in your career?

A4

The two biggest challenges in my career so far have been time management and expectation management. With varying daily caseloads under fixed working hours, effective time management and thoughtful treatment planning are essential. To ensure every patient receives high-quality care, I constantly prioritise tasks and adjust plans wisely throughout the day.

Expectation management is equally vital, particularly in balancing the needs of patients, colleagues, and supervisors. Early on, my treatment designs focused solely on patient needs, which sometimes set a standard expectation. This could be challenging during my leaves, when colleagues took over and maintaining consistency proved difficult. Now, I communicate clearly with my team and supervisors upfront to design realistic, manageable treatment plans that also consider our overall service capacity when making clinical decisions.

Q5

Did you see yourself change in personality and character over time, after pursuing a degree in public health? How can junior PTs interested in public health prepare to follow your path?

A5

Yes, pursuing my career and Master of Public Health (MPH) at the University of Hong Kong has definitely shaped my personality and approach. Early on, as an inexperienced physiotherapist, I struggled to set clear boundaries with patients and caregivers,

sometimes leading to confusion or unrealistic expectations. With experience, I've grown more confident in communicating what's possible, actively listening to concerns, and responding firmly yet respectfully — avoiding misunderstandings while building trust.

The MPH truly transformed my perspective. Through intensive coursework, weekly essays, group projects, a practicum, and dissertation, I sharpened my critical thinking and gained insights into diverse stakeholder viewpoints across the healthcare system. Studying alongside classmates from medicine, nursing, social work, law, and administration broadened my horizons and networks, while learning from world-renowned guest lecturers and local leaders was invaluable.

For junior PTs interested in public health, start by knowing yourself — it demands heavy reading, writing, presentations, discussions, and public speaking, so it suits those passionate about policy, systems, and population health beyond individual cases. Choose an accredited program for certification, stay current with affairs, practise academic writing and speaking, and pursue it from genuine interest, not just credentials. If you're passionate, it beautifully complements physiotherapy and unlocks meaningful new paths.



CONSEQUENCES OF CRIMINAL CONVICTION

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

Assumed scenario

Susan, a Part Ib physiotherapist whose house had a storeroom which was kept locked. However, she had misplaced the storeroom key and could not have access to the locked storeroom. She was prepared to engage a locksmith to open the door lock of the storeroom. It so happened that she has just received a universal key set from her friend Peter who had bought it as souvenir when he was on vacation in Mainland China. She tried to use the universal key set to unlock the locked storeroom and found that the universal key set was very useful in opening the lock of the storeroom of her house. As a result, she has kept the universal key set in her purse and intended to use it to open the lock of her storeroom.

A few months after receipt of the universal key set from Peter, Susan was stopped by a female Police Constable when she was doing window shopping in Tsim Sha Tsui. A body search was conducted. The universal key set was found in Susan's purse. Susan was arrested by the female Police Constable.

Susan told William, Senior Physiotherapist that she was charged with the offence of possession of instrument fit for unlawful purposes. Susan was concerned that she might be subject to disciplinary measures in the event of being convicted of the offence that she was in possession of instrument fit for unlawful purposes.

Code of Practice

It is a mandatory requirement that all registered physiotherapists in Hong Kong shall observe and comply with the Physiotherapy Code of Practice ("the Code of Practice"). If a registered physiotherapist is in breach of the Code of Practice, charges may be brought against him/her.

According to Part III of the Code of Practice, any conviction in Hong Kong or elsewhere of any offence

punishable with imprisonment will lead to subsequent disciplinary proceedings, irrespective of whether a prison term is imposed or not.

In considering convictions, the Physiotherapists Board is bound to accept the determination of a court as conclusive evidence that the person was guilty of the offence of which he was convicted. A person who faces a criminal charge should remember this if he is advised to plead guilty, or not to appeal against a conviction, in order to avoid publicity or a severe sentence. It is not open to him, if he has been convicted of an offence, to argue before the Board that he was in fact innocent. It is therefore unwise for a person to plead guilty in a court of law to a charge to which he believes that he has a defence.

Discussions

In the above assumed scenario, Susan may face the risk of disciplinary proceedings in the event of conviction of the offence that she was charged. Should that be the case, there is a real risk that she would be prosecuted by the Physiotherapists Board of professional misconduct and that her name may be removed from the physiotherapists register for a certain period of time.

In view of the grave consequences, it is advisable that Susan should seek independent legal advice as soon as possible.

“妍亮妳身心 - 動出真我 - 促進婦女對身心健康系列活動 2026-2027” - 婦女壓力、焦慮與創傷管理工作坊

Dates & Venues : 6 February 2026 and 13 February 2026 (Kwun Tong)
27 February 2026 and 6 March 2026 (San Po Kong)
13 March 2026 and 27 March 2026 (Lai Chi Kwok)

Specialty Group : Mental Health Specialty Group (MHSG), HKPA

Organized by the Kowloon Federation of Associations, this six-session program was co-organized by the Hong Kong Physiotherapy Association (HKPA) Mental Health Specialty Group and the Physiotherapy Department of Tung Wah College. Tailored for women experiencing anxiety and stress disorders, the program took place between February and March across Kwun Tong, San Po Kong, and Lai Chi Kwok.

The initiative adopted a holistic, evidence-based approach to mental wellness. HKPA representatives Mr. Eyckle WONG, Mr. Cyriax LEE, Mr. Sam LAM, and Dr. Anthony KWOK—assisted by Tung Wah College physiotherapy students—conducted preliminary assessments and guided participants through targeted physical interventions. Sessions integrated mindfulness meditation, 4-7-8 breathing control, Yoga, Pilates, and gentle stretching. These exercises aimed to release physical tension, normalize physiological states, and help participants identify stress triggers to build daily resilience.

During the sessions, participants discussed their mental health conditions and shared coping mechanisms. Many reported experiencing common somatic symptoms, including tachycardia, diaphoresis, sleep disturbances, and abdominal discomfort. Additionally, physiotherapy students from Tung Wah College collaborated in conducting the assessments and administering the treatments.

Post-program evaluations from 67 respondents indicated outstanding success, achieving an overall satisfaction score of 8.6. Participants praised the course duration and the instructors' proficient demonstrations, noting an immediate uplift in mood. Attendees gained foundational knowledge regarding mental disorders and expressed strong confidence in utilizing the physical and breathing techniques to manage daily anxiety.

Ultimately, participants expressed profound gratitude to the Kowloon Federation of Associations for organizing the event, as well as to the HKPA specialists and Tung Wah College students for their vital clinical support. Finding the course highly engaging, attendees expressed a strong desire for similar programs to be organized in the future.



HKPA Exclusive Online Course: Medical Imaging in Rehabilitation

- Date** : March - September 2026
Platform : 6-month access online course
Physiotherapists : Ms. Sara POON, Promotion and Public Relations Subcommittee Chairperson, HKPA
 Mr. Alexander WOO, President, HKPA
 Prof. Raymond TSANG, Vice President, HKPA
 Prof. Shirley NGAI, International Affairs and Publications Subcommittee Chairperson, HKPA

The HKPA is proud to partner with Rehab Essentials and the University of Montana to offer an exclusive continuing education opportunity for our members.

This fully online, self-paced course provides physiotherapists with a practical, evidence-based foundation for understanding and integrating imaging into musculoskeletal assessment and clinical care. Taught by Lynn MCKINNIS, PT, DPT, a premier authority in physical therapy imaging interpretation, this course equips practitioners with the core knowledge required to determine when imaging is indicated, interpret common findings, and apply imaging insights to improve patient outcomes.

Designed for clinicians across practice settings, the course emphasizes safe and appropriate use of imaging, clinical reasoning, and case-based learning that supports sound clinical decision-making.

With 378 members already enrolled, the response has been incredible. We want to thank our members for their commitment to professional excellence and wish all participants a rewarding learning journey.



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ONLINE COURSE

Medical Imaging in Rehabilitation for HKPA Members

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This course provides practical, evidence-based foundation for **understanding and integrating imaging into musculoskeletal assessment and clinical care.**

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Course Format & Access

- Fully online and self-paced
- 6-month access window begins upon enrollment
- Includes final exam and certificate of completion

CPD Points

- 9 Points (Core)
- AC1260002

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*[*There is a minimum of 35 participants required for group enrollment.]*



APPLICATION DEADLINE
9 FEB 2026 (MON)

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For inquiries, please contact Ms. Sara POON (sarapkw sarapkw@gmail.com)

[HKPA x Ming Pao] Public Education – The First 10 Steps Matter: Key Tips for ACL Reconstruction Rehabilitation

Date : 6 April 2026
Platform : Ming Pao
Physiotherapist : Mr. Kevin Kar-ming LEUNG, HKPA Member

Mr. Kevin Kar-ming LEUNG, a member of the Hong Kong Physiotherapy Association, recently wrote an article for Ming Pao on behalf of the HKPA, sharing ten essential tips for the early rehabilitation phase following anterior cruciate ligament (ACL) reconstruction surgery. The article emphasises that the "first ten steps" in the initial six weeks post-surgery are critical for restoring knee function, preventing complications, and reducing the risk of re-injury. It aims to guide patients through a safe and effective recovery journey with practical advice on managing swelling, restoring mobility, and rebuilding strength. The article was published on 6 April.



Ming Pao: 《前十字韌帶術後康復 「前十步」 決定成敗》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260406/s00005/1775405004457>

明報新聞網



副刊
2026年4月6日星期一

前十字韌帶術後康復 「前十步」決定成敗



Interview with Oriental Daily News Program 《東呼即應》

Date : 8 April 2026
Venue : HKPA Premises
Physiotherapist : Dr. Ivan SU, International Affairs and Publications Subcommittee Member, HKPA

Dr. Ivan SU, International Affairs and Publications Subcommittee Member of the Hong Kong Physiotherapy Association, was recently interviewed for the Oriental Daily News program 《東呼即應》. During the program, Dr. SU criticized that the initial increase in student intake lacked comprehensive, long-term planning. He addressed that most graduates prefer to work within their profession locally, but a lack of local positions may drive them to move to the UK or Australia, where Hong Kong qualifications are recognized for practice without further examination. He warned that this trend essentially results in Hong Kong's local training resources being gifted to other countries, rather than benefiting the local community.

Dr. SU further highlighted a disconnect between policy and social reality that while the actual social demand for physiotherapy remains high, positions are not being created due to fiscal pressures stemming from the current economic cycle. This episode was broadcast on April 8, 2026.



Oriental Daily News:
 《東呼即應：物理治療師料過剩 畢業生憂職涯前景》
<https://tv.on.cc/index.html?vid=OCM260408-11849-101-M&createtime=1775645505&subsection=683>



[HKPA AIMSOG] Myofascial Trigger Point Needling – Science or Myths

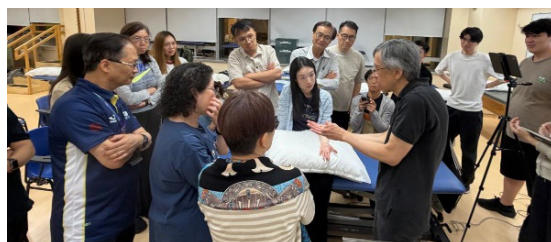
Date : 9 April 2026
Venue : Saint Francis University
Specialty Group : Acupuncture & Integrative Medicine Specialty Group (AIMSG), HKPA
Co-organizer : Saint Francis University S.K. Yee School of Health Sciences
Speaker : Prof. Enoch HO

Jointly organized by the Acupuncture & Integrative Medicine Specialty Group (AIMSG), HKPA, and Saint Francis University S.K. Yee School of Health Sciences, the seminar "Myofascial Trigger Point Needling – Science or Myths" was successfully held on 9 April 2026 at Saint Francis University.

We were excited to welcome Prof. Enoch HO as our distinguished speaker. Prof. HO, currently Assistant Clinical Professor at the School of Rehabilitation Science, McMaster University, Canada, and External Examiner for the Physiotherapy Programme at Saint Francis University in Hong Kong, shared his extensive clinical experience and research insights. His presentation explored the evidence base, controversies, and practical applications of myofascial trigger point needling.

The event brought together physiotherapists and students with a shared interest in myofascial dry needling. Attendees engaged actively in the Q&A session, reflecting the relevance of the topic to both clinical practice and ongoing research.

We extend our heartfelt thanks to Prof. HO for his generous sharing, and to all participants for their enthusiasm and contributions. The success of this seminar highlights the importance of continued dialogue between evidence, practice, and innovation in physiotherapy.



Webinar - Common Elbow Disorders: Role of Ultrasound, Surgery and Physiotherapy

Date : 11 April 2026
Platform : ZOOM
Organizers : Hong Kong Physiotherapy Association
 Musculoskeletal Ultrasound Committee, Hong Kong College of Orthopaedic Surgeons
Speakers : Dr. Alex CHAN, Registered Physiotherapist
 Dr. Peter SIU, Specialist in Orthopaedics and Traumatology
 Dr. Emily YIP, Consultant, Department of Orthopaedics and Traumatology
 Mr. Leo CHAK, Registered Physiotherapist

Our webinar has been successfully held. Thank you all for your enthusiastic support and participation! This webinar offered a rich and insightful discussion on common elbow disorders from different professional perspectives, helping participants gain a more comprehensive understanding of assessment, diagnosis, and management.

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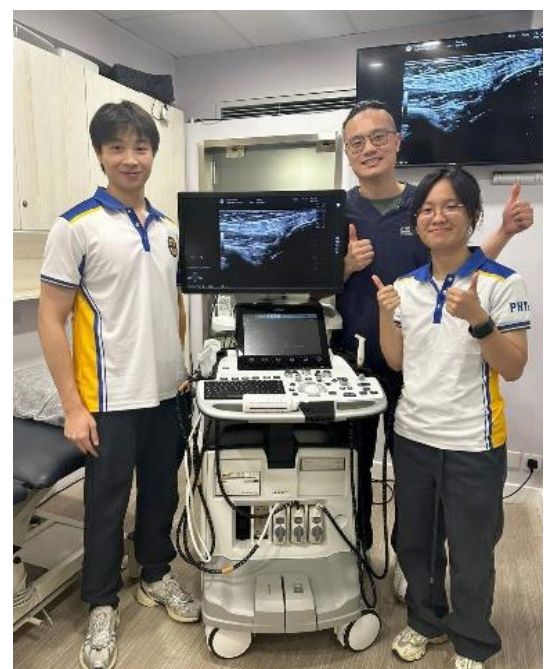
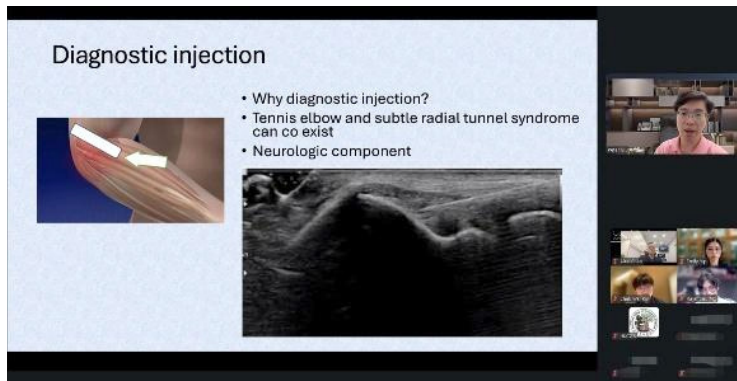
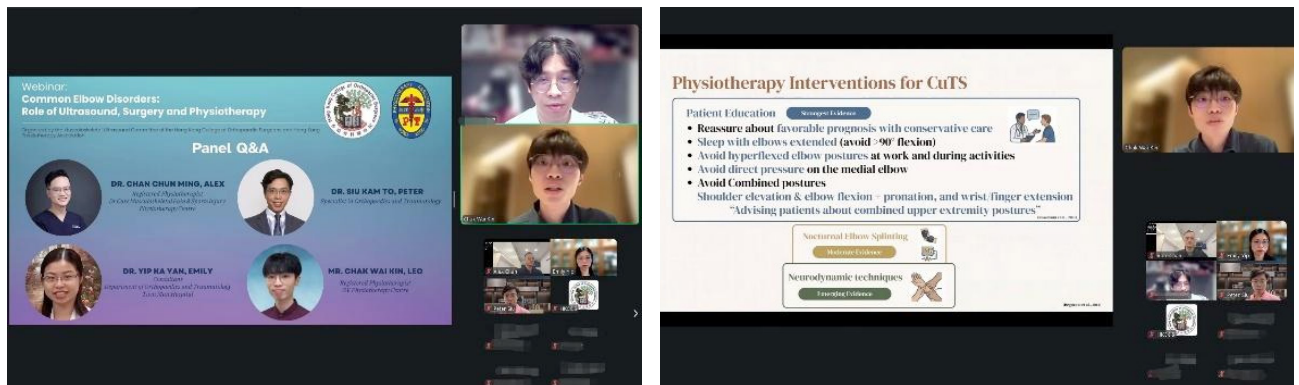
The webinar featured several excellent topics, including:

- Sono-anatomy of the elbow by Dr. Alex CHAN
- Combined clinical and sonographic approach to common elbow disorders by Dr. Peter SIU
- Surgical management for common elbow disorders by Dr. Emily YIP
- Physiotherapy treatment for common elbow disorders by Mr. Leo CHAK
- An interactive Q&A session with participants

Through this webinar, participants explored common elbow disorders from multiple perspectives, including ultrasound, clinical diagnosis, surgery, and physiotherapy. We hope the knowledge shared will help to bridge the theory and clinical practice, and support ongoing professional development.

Our sincere thanks to all speakers for their valuable sharing, and to the Musculoskeletal Ultrasound Committee of the Hong Kong College of Orthopaedic Surgeons and the Hong Kong Physiotherapy Association for their co-organization and support.

We look forward to seeing you again at our future events!



跨代同行 | 物理治療師的就業挑戰與機遇分享會

日期：2026年4月22日

地點：毅力醫護健康集團

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香港私人執業物理治療師會（APPHK）

由香港物理治療學會（HKPA）與香港私人執業物理治療師會（APPHK）聯合主辦的「跨代同行 | 物理治療師的就業挑戰與機遇分享會」已於昨晚順利舉行，感謝各位物理治療學生、應屆畢業生、新晉物理治療師及業界同工踴躍參與，讓整晚的分享極具啟發性。

是次分享會以「跨代同行」為主題，為不同世代的物理治療師提供一個真誠對話平台。透過學生及新畢業生的親身分享，我們更真切地聽見年輕一代在畢業、求職及職涯發展路上的困惑、掙扎與期盼；同時，幾位經歷過二十多年前就業低潮的前輩，亦毫無保留地分享他們在職場冰封時期的應對方法、心路歷程，以及如何在逆境中堅持專業理想。

特別感謝主持人Sara POON（HKPA）及Lawrence MA（APPHK）的帶領，以及嘉賓講者Horlick HO、Louis LEE、Jonathan TSOI 及新晉物理治療師代表以及物理治療學生代表的真摯分享。活動中，兩位會長HKPA會長Alexander WOO 及APPHK會長Kerry FUNG 亦分享寶貴經驗及現場解答問題，而在座亦有多位資深物理治療師不吝分享自身經歷，各自提出具啟發性建議，共同思考未來方向。另外，亦特別多謝HKPA student helpers 以及APPHK 青年委員會委員的協助，促成是次活動的成功舉行。

我們深信，面對行業轉變與挑戰，跨代之間的聆聽、支持與協作尤其重要。唯有讓不同世代的聲音被看見、被理解，才能共同尋找出路，將挑戰轉化為推動專業發展的契機。

再次感謝所有出席者的參與與投入，令本次活動得以圓滿完成。期待未來繼續與大家同行，為物理治療專業創造更多交流、反思與前進的空間。



HKCT Professional Education and Training Committee (PEC) Meeting

Date : 24 April 2026
Venue : HKCT Jordan Learning Centre
Physiotherapist : Mr. Alexander WOO, President, HKPA

Our President, Alexander WOO, represented the association at the HKCT Professional Education and Training Committee (PEC) Meeting on April 24th!

The session featured a deep dive into the rapid transformations AI is bringing to the future of education in Hong Kong. During the meeting, Mr. WOO shared vital insights into the evolving training needs within the physiotherapy sector, emphasizing the importance of staying resilient and adaptable as AI reshapes the global professional landscape.

HKPA is proud to support HKCT's ongoing development into a university of applied sciences. By fostering skilled talent and advancing vocational education, we are helping to build a future-ready workforce equipped for tomorrow's challenges.

We remain committed to leading these discussions and ensuring our profession stays empowered at the forefront of innovation!



[HKPA x Ming Pao] Public Education – Breathtaking: The Fog After the Smoke

Date : 27 March 2026
Platform : Ming Pao
Physiotherapist : Mr. Ho-long LI, HKPA Member



On behalf of HKPA, physiotherapist Mr. Ho-long LI, a member of the Hong Kong Physiotherapy Association (HKPA), authored an article for Ming Pao, highlighting the profound impact of Chronic Obstructive Pulmonary Disease (COPD) caused by smoking and e-cigarettes.

Mr. LI emphasizes the vital role of cardiorespiratory rehabilitation, where physiotherapists utilize endurance training, airway clearance techniques, and innovative VR technology to help patients regain autonomy. Beyond clinical interventions, the article offers practical home-care strategies and addresses caregiver support, illustrating how physiotherapists serve as empathetic partners in restoring a patient's dignity and quality of life. The article was published on 27 April 2026.



Ming Pao: 《吸煙招慢阻肺病不可逆 物理治療守護呼吸尊嚴》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260427/s00005/1777220779533>



Ming Pao: 《知多啲：震盪裝置除積痰》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260427/s00005/1777220779783>



Ming Pao: 《自我管理：活動分小段 每日量血氧》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260427/s00005/1777220779890>

Interviewed with RTHK Program 《精靈一點》

Date : 30 April 2026
Venue : RTHK
Physiotherapist : Mr. Alexander WOO, President, HKPA

HKPA President, Mr. Alexander WOO, was interviewed by the RTHK for an inspiring interview about his journey as a physiotherapist, the heart of our profession, and the future of rehab care.

Key takeaways from the chat:

- From “no idea” to passionate leader – Alex didn’t plan to be a physiotherapist, but now he is helping shape the field.
- Communication heals – Treating people, not just symptoms. Soft skills matter as much as clinical knowledge.
- A personal lesson – A serious cycling accident without helmet causing skull fracture became a powerful teaching moment for patients and students.
- Tech & AI – New tools like brain magnetic stimulation and exoskeletons are game-changers, but nothing replaces human connection.
- Workforce & future – With over 5,400 physiotherapists in Hong Kong, we are growing. Challenges remain, but unity and quality care will always be our mission.

Thank you to RTHK for featuring our voice. And to our President – for leading with real stories, science, and heart.

Let’s keep making physiotherapy visible, trusted, and life-changing.



For details, please visit

https://www.rthk.hk/tv/dtt31/programme/healthpedia_tv/episode/1086668?fbclid=IwY2xjawRmiXFleHRuA2FlbQlxMABicmlkETfQekhZOXdVdUIVYXNiOXpkc3J0YwZhchBfaWQMQjlyMDM5MTc4ODlwMDg5MgABHnO-M5Pno41KRz3QIEhOA3CW5c_DzrRf1vO1Skoz9xg57Gk52Jru5nk4-Zw_aem_oPtgQDYRNdbo9ulDJnV67Q

HKPA Job Shadowing Program 2026

Date : May - Aug 2026
Venue : Private Practice and NGO Workplaces
Physiotherapists : Ms. Sara POON, Promotion and Public Relations Subcommittee Chairperson, HKPA
 Mr. Calvin KWAN, Promotion and Public Relations Subcommittee Member, HKPA
 Mr. Alexander WOO, President, HKPA

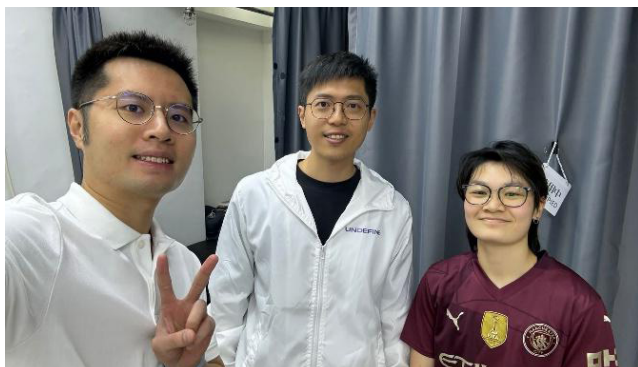
The Hong Kong Physiotherapy Association (HKPA) is thrilled to announce the return of our Job Shadowing Program this year! We are incredibly honored to have over 50 experienced physiotherapists joining us to provide Job Shadowing opportunities for over 300 physiotherapy students and recent graduates. Each participant is paired with 1 to 2 mentors for observational attachments in private practice settings—a valuable and precious opportunity.

Participants are now engaging with their mentors, gaining clinical knowledge and skills, together with real-world insights. The feedback has been fantastic! Participants deeply treasure this valuable experience to attach a group of experienced physiotherapists, enhancing their understanding of clinical reasoning and practical skills, learning hands-on from the best in the field.

A massive THANK YOU to HKPA for hosting this program, and our dedicated Organizing Committee for their tireless efforts, and our incredible mentors for their unwavering support!

Swipe to catch the highlights of our mentors and mentees! Stay tuned for more updates as our participants continue their unforgettable journey

(Continued on Page 16)



HKPA Exclusive Online Course: Pharmacology in Rehabilitation

- Date** : May – November 2026
Platform : 6-month access online course
Physiotherapists : Ms. Sara POON, Promotion and Public Relations Subcommittee Chairperson, HKPA
 Mr. Alexander WOO, President, HKPA
 Prof. Raymond TSANG, Vice President, HKPA
 Prof. Shirley NGAI, International Affairs and Publications Subcommittee Chairperson, HKPA

HKPA is pleased to collaborate with Rehab Essentials and the University of Montana to offer an exclusive online continuing education course for our members.

This fully online, self-paced program provides physiotherapists with a practical understanding of commonly prescribed medications and their relevance to rehabilitation practice. Taught by Charles CICCONE, PT, PhD, FAPTA—a nationally recognized expert in the field—the curriculum covers major drug classes, the physiologic basis of their action, and how pharmacologic management interacts with physical therapy interventions.

Key Benefits:

- Understand the primary drug classes commonly encountered in rehabilitation populations
- Explain how medications affect major organ systems and physical performance
- Identify potential interactions between pharmacologic treatments and physical therapy interventions
- Minimize adverse effects and contraindications related to drug therapy
- Integrate pharmacologic considerations into safe and effective rehabilitation planning



ONLINE COURSE
PHARMACOLOGY IN REHABILITATION
 Clinical Implications for Physical Therapy Practice

Pharmacology in Rehabilitation is a **fully online, self-paced course** designed to provide physiotherapists with a **practical understanding of commonly prescribed medications and their relevance to rehabilitation practice**. The course focuses on major drug classes, the physiologic basis of their action, and how pharmacologic management interacts with physical therapy interventions.

Special emphasis is placed on **medications frequently encountered in patients receiving physical therapy**, including how drug therapy may both support rehabilitation outcomes and contribute to adverse effects that impact clinical decision-making and treatment planning.

COURSE FORMAT & ACCESS

- ✓ FULLY ONLINE AND SELF-PACED
- ✓ 6-MONTH ACCESS WINDOW
- ✓ INCLUDES FINAL EXAM AND CERTIFICATE OF COMPLETION

CPD POINTS

- ✓ 15 POINTS (CPD CODE: AC1260005, CORE)

SPECIAL HKPA MEMBER PRICE

- ✓ HKD\$750 (SPECIAL OFFER FOR HKPA MEMBERS WITH MARKED DISCOUNT!)

For inquiries, please contact Ms. Sara POON (sarapkw@hkpa.org.hk)



REGISTER NOW
 Application Deadline
April 20, 2026 (Mon)

We are proud to announce that 317 HKPA members have already enrolled! We thank you for your enthusiastic participation and wish everyone a rewarding and insightful educational experience.

World Asthma Day

- Date** : 1 May 2026
Venue : Piazza, Hong Kong Cultural Centre
Physiotherapists : Ms. Eva CHUN, Chairperson of Cardiopulmonary Specialty Group (CPSG), HKPA
 Mr. Jeffrey HO, Executive Committee Member of Cardiopulmonary Specialty Group (CPSG), HKPA

On 1st May 2026, the HKPA was invited by the Hong Kong Asthma Society for an aerobic exercise education and demonstration on World Asthma Day.

The Cardiopulmonary Specialty Group (CPSG) of HKPA was on stage alongside student volunteers, promoting the importance of physiotherapy in cardiopulmonary rehabilitation and health, with simple aerobic exercises dedicated for the general public.



[HKPA x Ming Pao] Public Education – Esports Health Alert: Preventing Strain through Physiotherapy and Ergonomics

Date : 4 March 2026
Platform : Ming Pao
Physiotherapist : Mr. Jack Chun-hung LUI, Officer of Occupational Safety, Health and Rehabilitation Specialty Group (OSHRSG), HKPA

On behalf of HKPA, physiotherapist Mr. Jack Chun-hung LUI (Officer of Occupational Safety, Health and Rehabilitation Specialty Group) authored an article for Ming Pao, providing an in-depth analysis of the risks and countermeasures regarding esports-related strain. The article was published on 4 May 2026.



Ming Pao: 《人體工學+物理治療 解救電競頸背手勞損》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260504/s00005/1777825462302/%e4%ba%ba%e9%ab%94%e5%b7%a5%e5%ad%b8-%e7%89%a9%e7%90%86%e6%b2%bb%e7%99%82-%e8%a7%a3%e6%95%91%e9%9b%bb%e7%ab%b6%e9%a0%b8%e8%83%8c%e6%89%8b%e5%8b%9e%e6%90%8d>



Ming Pao: 《知多啲：調整電競設備防勞損》
<https://news.mingpao.com/pns/%e5%89%af%e5%88%8a/article/20260504/s0005/1777825462766/%e7%9f%a5%e5%a4%9a%e5%95%b2-%e8%aa%bf%e6%95%b4%e9%9b%bb%e7%ab%b6%e8%a8%ad%e5%82%99%e9%98%b2%e5%8b%9e%e6%90%8d>

媒體報導：物理治療師過剩趨勢 倡納基層服務增職位

Date : 6 May 2026
Venue : HKPA Premises
Physiotherapist : Mr. Alexander WOO, President, HKPA

香港物理治療學會會長 胡存孝先生日前接受 on.cc 東網專訪，指出本地物理治療界正深陷「內憂外患」的就業與資源錯配危機。

政府最新人力推算轉向，預估人手自2025年起轉趨過剩，至2040年將超出需求2,070人。與此同時，社署逐步削減非政府機構（NGO）資助，導致社福界相關職位大幅萎縮。市場上出現資深員工不獲續約、起薪點大跌的現象，甚至有應屆畢業生面臨「畢業即失業」的真真空期，造成政府每年資助數萬港元培育的本地專才資源白白浪費。

近年非本地培訓的註冊物理治療師每年急增至200多人，但海外課程與本港培訓內容不一。學會就建議可探討提高海外培訓人士的註冊門檻，例如引入筆試等。

胡會長強調，本港每萬人口僅有不足7名物理治療師，比例遠遜於澳洲、日本（約16名）等發達國家，反映本地市民對物理治療的需求依然龐大且「完全滯後」。他促請政府重新審視人力規劃，並全面將物理治療服務納入近年擴大的基層醫療體系中，既能化解人手「過剩」的市場壓力，又能切實回應高齡化社會的醫療訴求。

(Continued on Page 19)



on.cc東網：《物理治療師過剩趨勢 倡納基層服務增職位》
https://hk.on.cc/hk/bkn/cnt/news/20260506/bkn-20260506070055494-0506_00822_001.html



on.cc東網：《非本地培訓人手趨增 「外憂」日益加劇》
https://hk.on.cc/hk/bkn/cnt/news/20260506/bkn-20260506070032300-0506_00822_001.html



「香港五年規劃」醫務衛生局持份者意見諮詢會

Date : 14 May 2026
Platform : ZOOM
Physiotherapist : Mr. Alexander WOO, President, HKPA

香港物理治療學會會長 胡存孝先生 於5月14日代表本會出席了由醫務衛生局舉辦的「香港五年規劃」持份者意見諮詢會，為香港未來的醫療政策發展積極發聲！

這次諮詢會的目的，正是希望透過與各持份者的緊密溝通與諮詢，好好地將五年規劃做好布局，從而通過建設「健康香港」，更好地融入和服務國家的「健康中國」規劃。

在會上，大會圍繞了七大核心範疇展開深入討論，這些範疇與我們物理治療業界及全港市民的健康未來息息相關。包括：

- 公共衛生改革
- 醫療服務改革
- 基層醫療發展
- 醫療創新樞紐
- 中醫中藥發展
- 醫療人才匯聚
- 跨境醫療協作



我們一直致力為業界發聲，未來亦會繼續積極參與這項長遠布局，確保物理治療專業在未來的醫療藍圖中發揮關鍵作用，為市民提供更全面、優質的健康保障！

2nd Honour Run

Date : 17 May 2026
Venue : Hong Kong Science Park
Physiotherapist : Ms. Cora CHEUNG,
 Vice-Chairman of Sports and Exercise
 Specialty Group (SESG), HKPA

On 17 May 2026, HKPA proudly provided on-field support in the "2nd Honour Run" at Hong Kong Science Park. Our Vice-chairman of the Sports and Exercise Specialty Group, Cora CHEUNG, represented HKPA to support this meaningful event. This event was not only about running, but about raising awareness of the life-changing impact of organ donation. By joining hands in this meaningful event, we encourage more people to embrace the spirit of giving — because every donor has the power to save lives and spread love through health and hope.



媒體報導：「首診」課程本月中推出 物理治療師可免醫生轉介診症

Date : 25 May 2026
Platform : Hong Kong Economic Times
Physiotherapist : Mr. Alexander WOO, President, HKPA

香港物理治療學會會長 胡存孝先生早前接受香港經濟日報訪問時表示，政府推出「首診物理治療師」制度，讓合資格物理治療師可就特定肌肉骨骼問題，毋須醫生轉介下直接為病人進行評估及治療。學會已聯同理工大學於本月中推出相關培訓課程，預計本月內將會有更多「首診物理治療師」誕生。

課程包括網上學習及考核，涵蓋臨床指引、實務守則、eHealth系統應用，以及直接診症的評估與分流原則。參加者需完成所有課程並通過考試，方可取得資格。

目前全港已有約30多名物理治療師具備「首診」資格，主要來自地區康健中心。胡會長於訪問中亦指出，現時已有100至200人報名參與新一輪培訓，當中包括公營、私營及非牟利機構從業員，進一步推動基層醫療發展。

香港物理治療學會鼓勵業界同工把握機會，積極報名參與培訓，及早裝備自己迎接新發展機遇。

學會料本月內有私營



香港經濟日報：《物理治療 | 「首診」課程本月中推出 學會料本月內有私營物理治療師可免醫生轉介診症》
<https://news.hket.com/article/4133696>

Updates on Mandatory CPD Scheme for Physiotherapists

Date : 30 May 2026
Venue : Physiotherapists Board
Physiotherapists : Prof. Arnold WONG, International Affairs and Publications Subcommittee Member, HKPA
 Ms. Sara POON, Promotion and Public Relations Subcommittee Chairperson, HKPA

The Education Committee of the Physiotherapists Board, in collaboration with the Hong Kong Physiotherapy Association (HKPA) and the Hong Kong Physiotherapists' Union (HKPU), successfully held an online webinar today titled "Updates on Mandatory CPD Scheme for Physiotherapists."

The event focused on key updates regarding the Continuing Professional Development (CPD) scheme and its implications for practising certificate renewal. Participants gained insights into the latest requirements and procedural changes designed to support physiotherapists in maintaining compliance and professional standards.

Further details and official materials from the webinar will be made available on the Physiotherapists Board website. Physiotherapists are encouraged to visit the site for reference and ongoing announcements.

HKPA Reminder Practising Certificate Renewal

HKPA

15 April 2026

Dear Fellow Physiotherapists,

The 2025/26 Practising Certificate will expire on 30 June 2026.

Please renew your certificate as soon as possible!

- New fee: HK\$540 (for a three-year certificate)
- New validity period: until 30 June 2029

You will receive an email or letter notification shortly. Please refer to the FAQ in the IG post.

Renew on time – thank you!



1

Frequently Asked Questions (FAQs) 常見問題 Declaration of Application for Practising Certificate 申請執業證明書的聲明

Q1: What does "practising address" mean?
問 1: 「執業地址」是指什麼?

A1: Solely for the purposes of filling in this form, "practising address" refers to a place equipped for performing the profession as a registered physiotherapist/occupational therapist/medical laboratory technologist (MLT)/optometrist/radiographer, for example, office, clinic, laboratory, research centre, hospital, school, sheltered workshop, etc. However, home address of clients should not be included.

答 1: 就填寫此表格而言,「執業地址」是指有設備可提供物理治療師、職業治療師、醫務化驗師、視光師、放射技術專業服務的地方,例如辦公室、診所、實驗室、科研中心、醫院、學校、庇護工場等。然而,服務對象的家居並不包括在內。

2

Frequently Asked Questions (FAQs) 常見問題 Declaration of Application for Practising Certificate 申請執業證明書的聲明

Q2: I am employed by a non-governmental organisation (NGO) / non-profit organisation and provide home-visit services. Do I need to list the address of every home-visit client in the practising address column?

問 2: 本人受僱於非政府機構 (NGO) / 非牟利機構並提供家訪服務。我是否需要於執業地址欄填寫每位家訪服務對象的地址?

A2: No. For registrants employed by NGOs / non-profit organisations, there is no need to fill in every address of the home-visit client.

答 2: 不需要。受僱於非政府機構 (NGO) / 非牟利機構的註冊人士無需填寫每位家訪服務對象的地址。

3

Frequently Asked Questions (FAQs) 常見問題 Declaration of Application for Practising Certificate 申請執業證明書的聲明

Q3: I am a freelance practitioner with no employer. How should I fill in the "Name of employer" and "Practising Address" fields?

問 3: 本人以自由執業

A3: For freelance practitioners, please type "N/A" or "not applicable" in the "Name of Employer" field. If you have any regular clinic address, you may enter it in the "Practising Address" field. If you do not have any regular practising address, you may tick the box "I do not have any practising address".

答 3: 以自由執業方式執業的人士,可在「僱主名稱」欄填寫「不適用」。如有任何固定的診所地址,可填寫在「執業地址」欄;如沒有任何固定的執業地址,可剔選「本人沒有任何執業地址」的方格。

4

Frequently Asked Questions (FAQs) 常見問題 Declaration of Application for Practising Certificate 申請執業證明書的聲明

Q4: I am working overseas. Do I need to fill in the overseas practising address(es)?

問 4: 我正在海外工作。我是否需要填寫海外執業地址?

A4: Yes.
答 4: 需要。

5

Frequently Asked Questions (FAQs) 常見問題 Declaration of Application for Practising Certificate 申請執業證明書的聲明

Q5: I am a registered MLT doing sales activities (e.g. sales of laboratory equipment). Do I need to fill in office address of sales activities?

問 5: 我是一位註冊醫務化驗師從事銷售活動 (例如售賣實驗室儀器)。我是否需要填寫進行銷售活動的辦公室地址?

A5: The definition of performing the profession has been defined in Cap. 359 of Hong Kong Law. Generally speaking, "sales activities" does not directly constitute to the performing of the MLT profession. Therefore, you are not required to fill in the office address of doing sales activities.

答 5: 香港法例第 359 章已對從事化驗專業作出定義。一般而言,「銷售活動」並不直接構成從事醫務化驗專業,因此你無需填寫從事銷售活動的辦公室地址。

HKPA Members Benefit HKPA x The Uniek

HKPA Promotion Team

21 April 2026

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- Pet-friendly dining with a special pet menu
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The Uniek 是一家人寵共融的餐廳，以高品質餐飲與零售結合的實體店。
我們亦有寵物餐單提供，照顧毛孩需要。

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Ready to Book a Table?

Shop 111, 1/F, The Mills, 45 Pak Tin Par Street, Tsuen Wan
Reservation hotline: 9776 3135

HKPA Members Benefit HKPA x GO24 Fitness

HKPA Promotion Team

1 May 2026

Claim your exclusive free trial and membership discount at GO24 Fitness.

Ready to elevate your training? Call now to arrange an appointment for your one-time complimentary trial. To redeem this offer, simply present your valid HKPA membership card at reception upon arrival.

GO24 offers exclusive corporate rates for HKPA members to keep you moving:

- All GO24 Clubs Access: \$538/month (12-month commitment)
- All Access (All GO24 + All ONYX Clubs): \$708/month (12-month commitment)

Trial Hours:

Weekdays: 11:00 AM – 8:00 PM

Weekend & Public Holidays: 11:00 AM – 6:00 PM

What makes GO24 different?

It offers a premium fitness experience that goes far beyond a standard 24-hour gym. With over 800 group classes per month across all centres, it provides the variety you need to stay motivated. Push your limits with TRX and Les Mills licensed programming, or find your balance in our specialized boutique sessions—ranging from Reformer Pilates to restorative Sound Healing Yoga.

About GO24 Fitness:

Kitted out with top-tier machines from world-renowned equipment providers, GO24 Fitness caters to professionals who demand the absolute best. Their clubs are open 24 hours, giving you total flexibility to train on your own terms, whether it's a high-performance lifting session, a group class, or wellness-focused recovery. With a focus on community, transparency, and premium facilities, GO24 is where fitness fits into your lifestyle.

For details, please access HKPA website and members' email:



<https://www.hongkongpa.com.hk/members/benefits/>

Terms vary by partner. Act fast – offers may be time-limited!

HKPA is committed to securing MORE benefits for you – stay tuned!

GO24 FITNESS

EXCLUSIVE CORPORATE OFFER

企業優惠

GO24 MEMBERSHIP

from **\$538** /per month

12 months contract

GROUP CLASS INCLUDED

24-HOURS ACCESS

ENQUIRE NOW

6778 5553

Offer valid until 31/10/2026

GO24 FITNESS LOCATIONS

STANDSTILL POWER (HKT)	HAUPTSTADT (HKT)	PRINCE LEE BUILD (HKT)	HONGKONG (HKT)	HONGKONG (HKT)
LAO CHU KONG (HKT)	TOWERS (HKT)	YUEK LING (HKT)	PORTER (HKT)	PORTER (HKT)

ONYX LOCATIONS

CENTRAL (HKT)	CENTRAL (HKT)	WANG CHAI (HKT)
ADMIRALTY (HKT)	QUARRY BAY (HKT)	WANG CHAI (HKT)

@GO24FITNESS **WWW.GO24FITNESS.COM**

For any inquiries, please contact Ms. Sara POON
(promotionhongkongpa@gmail.com).

HKPA Members Benefit *HKPA x Caltex 加德士*

HKPA Promotion Team

18 May 2026

FUEL UP & SAVE

As a valued member of HKPA, you can now enjoy an exclusive fuel discount with the Caltex Personal StarCard, making your journeys smoother and more affordable.

Existing StarCard members who are enjoying few discounts for members of HKPA will be upgraded automatically.

HK\$50 discount for every HK\$350 gasoline purchase on Sundays.

Ready to save?

For all the details on the NEW special fuel discounts and applying for the Caltex Personal StarCard, please check out:

- our HKPA website and
- our Internal email

Don't miss this fantastic member-only perk.

NEW Save More

FUEL OFFER

HKPA & CALTEX

Members' Benefits

Caltex Personal StarCard

Exclusive Discount

Please refer to HKPA website & internal email

For inquiries, contact Ms. Sara Poon (promotionhongkongpa@gmail.com)

For inquiry, please contact our Promotion and Public Relations Chairperson, Ms. Sara POON (promotionhongkongpa@gmail.com).

HKPA Members Benefit HKPA x HKBN 香港寬頻

HKPA Promotion Team

21 May 2026

作為HKPA會員，您現在可以享受有HKBN會員尊享優惠計劃。

- 家居寬頻
- 流動通訊

請參閱隨附的電子宣傳單張，或直接聯絡單張內指定的 HKBN 客戶經理。



如有疑問，歡迎聯絡 Ms. Sara POON
(promotionhongkongpa@gmail.com).

香港寬頻
HONG KONG
BROADBAND NETWORK

網上限定

全新**5G**極速流動通訊計劃

—— 成功攜號轉台 ——

可享免一個月月費

**5G本地數據連
大灣區數據計劃**

月費 **\$149**

100GB
本地數據
其後5Mbps香港本地任用

4GB 中國內地及
澳門數據

送 **超級市場現金券
\$500***

**5G
一咭兩地計劃**

月費 **\$179**

50GB
中國內地及香港兩地共享數據
其後1Mbps香港本地任用

200分鐘/月
中國內地通話時間

送 **超級市場現金券
\$500***

攜號轉台最多**180日**延遲服務生效日

攜號轉台豁免**\$18/月**行政費

尚有更多優惠計劃，詳情可聯絡以下客戶經理查詢詳情。

客戶經理：Eva Fu 符小姐
聯絡電話：9861 4708 / 3999 1966
電郵地址：eva.fcm.fu@hkbn.com.hk

香港寬頻服務計劃之條款及細則：
優惠期至另行通知，登記人必須為指定企業員工，詳情請向客戶經理查詢。
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香港寬頻
HONG KONG
BROADBAND NETWORK

<適用於指定住宅地區及安裝服務之地址於登記前120日內未曾使用香港寬頻之寬頻服務>#

25Gbps寬頻四重賞

月費只需**\$149**
(24個月最長合約期)

2.5Gbps GigaFast寬頻計劃

Money-Back 雙重保證

速度保證 低時延保證

連

1 家居電話
(合約期:24個月)
(價值:\$38/月)

2 TP-Link Archer Wi-Fi 7 路由器
(合約期:24個月)(價值:\$46/月)

3 MYTV SUPER 藍光電視版*
(合約期:12個月)
(價值:\$48/月)

4 Supermarket \$400 VOUCHER
超級市場現金券 (\$50x8)

免安裝費 (價值\$680) 365日 延遲生效

尚有更多優惠計劃，詳情可聯絡以下客戶經理。

客戶經理：Eva Fu 符小姐
聯絡電話：9861 4708 / 3999 1966
電郵地址：eva.fcm.fu@hkbn.com.hk

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優惠期至2026年06月30日。登記人必須為指定企業員工，詳情請向客戶經理查詢。
#適用於指定住宅地區及安裝服務之地址於登記前120日內未曾使用香港寬頻之寬頻服務。
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香港寬頻
HONG KONG
BROADBAND NETWORK

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2x1000M 寬頻四重賞

2x1000M 家居寬頻計劃

Money-Back 雙重保證

速度保證 低時延保證 **NEW**

連

1 家居電話
(合約期:36個月)
(價值:\$38/月)

2 TP-Link Archer AX23
(合約期:36個月)
(價值:\$33/月)

3 6個月網絡安全防護及防病毒
軟件 HKBN SAFE
(價值:\$168/月)

4 1000M雙連接
寬頻服務(副線)
(合約期:36個月)
(價值:\$58/月)

免安裝費 (價值\$680) 365日 延遲生效

月費只需**\$108**
(36個月最長合約期)

尚有更多優惠計劃，詳情可聯絡以下客戶經理。

客戶經理：Eva Fu 符小姐
聯絡電話：9861 4708 / 3999 1966
電郵地址：eva.fcm.fu@hkbn.com.hk

香港寬頻服務計劃之條款及細則：
計劃僅於2026年06月30日前成功安裝。登記人必須為指定企業員工，詳情請向客戶經理查詢。
#適用於指定住宅地區及安裝服務之地址於登記前120日內未曾使用香港寬頻之寬頻服務。
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如有疑問，歡迎聯絡 Ms. Sara POON
(promotionhongkongpa@gmail.com).

HKPA Members Benefit 皇玥 企業尊享月餅優惠

HKPA Promotion Team

21 May 2026

中秋佳節將至，皇玥（Imperial Patisserie）特別為HKPA會員帶來獨家企業早鳥優惠！

企業尊享優惠

(適用於企業訂購表格 / 企業客戶網上網店訂購)

- 每購買任何5盒月餅，可免費獲贈1盒「時尚系列 - 紅韻流心雙輝月餅」(價值 \$378)

企業客戶網上訂購額外優惠

(只適用於企業客戶網上商店)

- 每購買任何5盒月餅，除獲贈1盒「時尚系列 - 紅韻流心雙輝月餅」(價值 \$378) 外，更額外獲贈1個 幸福小禮盒 (價值 \$48)！買得越多，送得越多！

獲取優惠詳情、訂購連結及表格，請密切留意HKPA會員內部電郵。

切勿錯過這次的早鳥禮遇！



如有疑問，歡迎聯絡 Ms. Sara POON
(promotionhongkongpa@gmail.com).

Training Programme for Physiotherapists as First Contact Physiotherapists

HKPA

22 May 2026

Our profession has recently taken another significant step forward regarding direct access. Following the soft launch of the platform in Mid-May 2026, we conducted a quick review and discussion of the logistics.

To better balance our risk management while facilitating a smoother application process for our Physiotherapist colleagues, we have some updates regarding the application procedures.

Required Documents for Pre-approval

Part 1a Physiotherapist:

- Copy of Certificate of Registration / Practising Certificate (Both are acceptable)

Part 1b Physiotherapist:

- Copy of Certificate of Registration / Practising Certificate (Both are acceptable)
- Official letter of verification from employer(s) documenting a minimum of 2,000 clinical hours (applicants can use the template HKPA provided or company's own letter. The letter should include applicant's full English name, working period and hours, must be signed and chopped by employer, and include the employer's contact information.)
- Self-declaration form of physiotherapist's clinical experience hours (Part 1b)
- Declaration before a Commissioner for Oaths*, Notary Public, or Justice of the Peace for the two documents (Document (b): Employer's letter + Document (c): Self-declaration)

* Free declaration services are provided by District Office of the Department of Home Affairs, and Physiotherapists Board

Templates & Details



Please refer to HKPA webpage for reference:

<https://www.hongkongpa.com.hk/events/training-programme-for-physiotherapists-as-first-contact-physiotherapists/>

Submission Link



Submit your documents via Google Form:

https://docs.google.com/forms/d/e/1FAIpQLSeqve0EtuOPH_FQx7Sd52NaQkU2wQ-XzyX0QhI9rT67L0y6Ow/viewform?usp=dialog

For enrolment or pre-approval enquiries:
(hkpadirectaccess@gmail.com).

(Continued on Page 28)



HONG KONG PHYSIOTHERAPY ASSOCIATION
香港物理治療學會



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



康復治療科學系
Department of Rehabilitation Sciences

Training Programme for Physiotherapists as First Contact Physiotherapists

Mode of Training:
Online Video Training + Assessment (8 hours)

Programme Overview

The training programme is developed in response to the introduction of "direct access arrangement" under the Allied Health Professions Ordinance (Cap.359) which enables physiotherapists to provide services directly to a person without the need for a doctor's referral under specific circumstances while safeguards patient safety.

Physiotherapists Board First-contact Physiotherapists Information

<https://www.ahp-council.org.hk/pt/en/content.php?page=fcp>

Required Documentation for pre-approval by Hong Kong Physiotherapy Association

Applicants must submit the following documents in electronic form:

Part 1a Physiotherapist:

(a) Copy of Certificate of Registration / Practising Certificate (Both are acceptable)

Part 1b Physiotherapist:

(a) Copy of Certificate of Registration / Practising Certificate (Both are acceptable)

(b) Official letter of verification from employer(s) documenting a minimum of 2,000 clinical hours (applicants can use the template HKPA provided or company's own letter. The letter should include applicant's full English name, working period and hours, must be signed and chopped by employer, and include the employer's contact information.)

(c) Self-declaration form of physiotherapist's clinical experience hours (Part 1b)

(d) Declaration before a Commissioner for Oaths, Notary Public, or Justice of the Peace for the two documents (Document (b):

Employer's letter + Document (c): Self-declaration)

(Note: Free declaration services are provided by District Office of the Department of Home Affairs, and Physiotherapists Board)

Course Delivery Arrangement

- Online Training Hours: 7 hours (100% attendance required)
- Online Assessment (1 hour): Examination with a minimum passing rate of 75% (Participants may retake the examination up to two additional times (beyond the initial attempt) within 6 months of completing the module.)
- Eligible participants will be forwarded to Health Mastery Professional Learning Platform to enroll and complete the training

Re-enrolment arrangement: Can be applied after 2 retakes failure with training fee HK\$500

Modules and Speakers

Module 1:

Clinical Guideline for First-Contact Physiotherapists on Assessment and Cross Disciplinary Management Approach for Common Musculoskeletal Problems in Primary Care Setting

Professor Raymond TSANG

- Ex-member of Task Group on Physiotherapist Service Standards in Primary Healthcare
- Vice President, Hong Kong Physiotherapy Association
- Professor of Practice, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Module 2:

Navigating the New Version of Code of Practice or the New Page of Physiotherapists in Hong Kong

Ms Mandy MAK

2025 Chairperson of Working Group on Review of the Code of Practice under Hong Kong Physiotherapists Board

Module 3:

Sharing on eHealth System for Physiotherapists in Direct Access Pain Program

Mr Ken POON

Rehabilitation Team Supervisor Wong Tai Sin District Health Centre, operated by Hong Kong Sheng Kung Hui Welfare Council

Module 4:

Physiotherapy Practice under Direct Access: Principles of Primary Care for Physiotherapists Examination and Triage of Musculoskeletal Dysfunction

Professor Sharon TSANG

- Associate Professor, PhD, FHKCP (Musculoskeletal Physiotherapy)
- FACP Specialist Research Physiotherapist
- Registered physiotherapist (Australia, Hong Kong)

**CPD Code: AC1260031 (Core)
7 CPD points**

Training Fee: HK\$500

Hong Kong Physiotherapy Association enquiries:
Email: hkpdirectaccess@gmail.com

Disclaimer

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Advertisement

Please direct to

Prof. Arnold WONG

Department of Rehabilitation Sciences

Hong Kong Polytechnic University

Tel : (852) 2766 6741

Email : arnold.wong@polyu.edu.hk

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