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Content

Editorial

Sports Pending

Ms. Natalie FUNG, Dr. Leo HO and Ms. Pui Shan NGAN

To achieve a healthy lifestyle, more and more people are participating in various physical activities, exercise training, and competitive amateur sports. However, with the increase of physical activity level, the incidence of sports injuries has risen as well. The most common injuries include acute and chronic soft tissue injuries such as tendinopathies. Aside from active physiotherapy and sports rehabilitation, injection therapies are commonly used for treating tendinopathies in sports medicine.

In this issue, we are delighted to have Prof. Patrick YUNG to share with us a case study on tendinopathy treated with a form of injection therapy and delineate facts and fiction regarding injection therapies in sports medicine. Physiotherapist Dr. Man CHUNG also provided some insight into recent advances in sports medicine and rehabilitation.

In the NGO corner, Ms. Jenny KWAN shared her excitement and passion as a newly graduated physiotherapist in helping older adults living in an elderly home.

Injection Therapies for Treatment of Tendinopathies in Sports Medicine – Facts and Fictions!

Prof. Patrick, Shu Hang YUNG
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Director, Hong Kong Centre of Sports Medicine & Sports Science
President, Hong Kong College of Orthopaedic Surgeons (HKCOS)
President, Asian Federation of Sports Medicine (AFSM)

A 35-year-old keen basketball player started to experience persistent pain at the back of the right heel, with redness and swelling at around the insertion of the Achilles Tendon, it was diagnosed as Achilles Tendinosis. He was treated with various kinds of treatment, including analgesics, non-steroidal anti-inflammatory

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drug (NSAID), herbal topical application, various physiotherapy treatment modalities including Acupuncture, Ultrasound and Shockwave therapy. There was little improvement and frequent relapse of the condition with pain and swelling, which stopped him from basketball training and competition for about 6 months. He was subsequently treated by his family doctor with a treatment named "Prolotherapy", with injection of high concentration dextrose solution (under Ultrasound guidance) into the painful Achilles tendon region. Unfortunately, the pain and swelling didn't improve and about 1 month after injection, he experienced a sudden onset of sharp pain at the back of the heel an audible pop sound while he was walking down the stairs. His Achilles tendon had ruptured. He underwent operation to excise the pathological tendon tissue and also required tendon grafting to reconstruct the torn Achilles Tendon.

Tendinopathies, such as Achilles Tendinosis, Patella Tendinosis, and Rotator Cuff tendinosis, is a major category of chronic overuse disease in Sports Medicine, and has been well known to be a spectrum of disease which is not easily treated. Different pathogeneses lead to the development of tendinosis. They include oxidative, mechanical or metabolic stress, as well as the recent findings of possible contribution of disturbed tenogenesis by microbes, which lead to the de-regulation of the inflammatory, proliferative, granulation and remodeling phase of the healing of injured tendon. This disruption in the healing phase result in chronic degradation and matrix disturbance of the tendon tissue, the condition present with pain and possible rupture. Literature has revealed that surgeries do not always lead to good symptomatic relief or good functional outcome, and may also have its possible serious complications; non-surgical treatment is still the main treatment option for different kinds of tendinosis unless there is tendon rupture. Different modalities of non-surgical treatment have been advocated for treatment of tendinopathies, such as activity modifications, bracing/strapping or taping, analgesics or NSAIDs, various kinds of physiotherapies including shockwave therapy, and many different type of Injection therapies.

Historically, corticosteroid injections have been the key injection therapy being employed to treat tissue with tendinosis. However, due to its limited ability to provide long-lasting symptomatic relief and paired with possible complications (Infection or Tendon atrophy & rupture), other injection therapies which aim to have definitive healing of the tendon have been advocated. These injections include Prolotherapy, Platelet Rich Plasma (PRP) injection, or even Stem cell injection therapy. Prolotherapy is a treatment with injection of an irritant solution, such as high concentration dextrose, into the pathological tissue with tendinosis. Supporters of the treatment claims that prolotherapy is able to relieve the pain stemming from the tendinosis tissue, and even possibly enhance healing of the abnormal tendon. However, the quoted beneficial effect of Prolotherapy has thus far been irreproducible by quality research, while there has been reported complications with the use of Prolotherapy, such as infection, rupture of the tendon, and nerve injury. Regarding Stem cell application in treatment of Tendinosis, there are a few basic science research that prove its usefulness in the treatment of tendinosis in animal models. However, its safe and effective application in clinical practice still needs to be proven, with particular concerns on its ethical usage and possible side effects such as differentiation into cancer cells.

Over the past 10+ years, Injection of Platelet Rich Plasma (PRP) has been widely advocated to be applied for treatment of tendinosis in Sports Medicine. Doctors withdraw blood from the patients, and after centrifuging and catalyzing, the layer of plasma which is rich in platelet and associated growth factors is retrieved, and injected to the tendinosis tissue. Because of the presence of growth factors inside the PRP, doctors expect that

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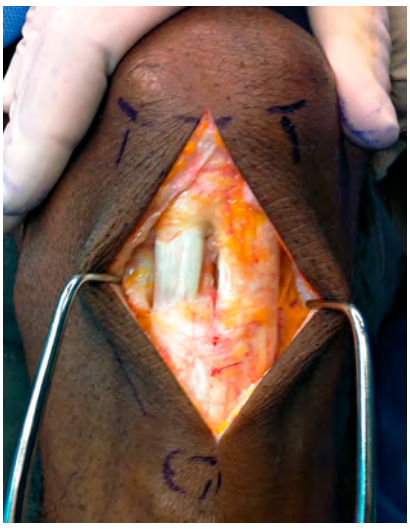
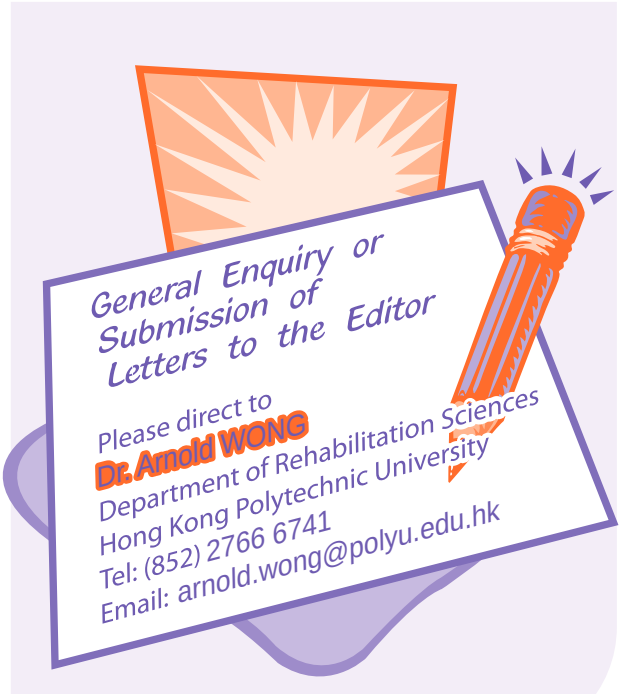
the growth factors will be able to enhance the healing of the tendinosis tissue. In Sports Medicine, even though quite a number of top elite athletes have been quoted to recover from resistant tendinosis after PRP injection, however all these "successful" cases are sporadic individual cases without rectifying the details of the treatment that they have received. Moreover, while over a hundred of paper related with PRP treatment of tendinosis have been published over the past 10 years, including prospective randomized controlled trial and many other systematic reviews and meta-analysis; we have not been able to prove that PRP is useful in treatment of tendinosis. One of the major reason is because there are too many different types of PRP available in the market. There are differences in composition, ways of preparation, and application, which makes it difficult to conclude on the effectiveness of PRP in treating tendinosis. Problems to be solved include how we can sort out the best composition/preparation of PRP for treatment of tendinosis, how much and how often to inject and what is the dosage, how to localized the PRP to the target site and increase its duration of action and efficacy, and how PRP interacts with other different modalities of non-operative or even operative treatment.

In summary, in the injection treatment options of Tendinosis in Sports Medicine, Corticosteroid injections has been shown to have promising short term anti-inflammatory and pain control effect but with potential complications including tendon rupture one must be cautious about. Prolotherapy has very limited evidence to support its application. While Stem cell therapy is still in early stages of development for clinical use on humans, it potentially may be our future hope for treatment of tendinosis. PRP seems give promising results in a lot of clinical experience and studies but yet how and when it will work and its efficacy still need to be proven.



Patella tendinosis

Platelet rich plasma



Recent Advances in Sports Medicine and Rehabilitation

Dr. Wai Man CHUNG
Private Practice

Sports medicine focuses on both the health benefits and health problems associated with sport and physical activity. Promoting physical activities has become increasingly important as sedentary lifestyle and obesity are on the rise. Unfortunately, engaging in sports either at casual or professional level does involved some risks. To date, sport physiotherapists alongside with other sports medical professionals and scientists, are closely involved in physical activity related promotions, injury preventions, treatment and rehabilitation.

Physical Activity Promotion

Extensive evidence is widely available on the benefits of regular physical activity in reducing premature mortality, coronary heart disease, hypertension, colon cancer, obesity, and diabetes mellitus[1-5]. Performing 30 minutes of moderate intensity aerobic exercise involving large muscle groups daily can have substantial health benefits[1-3]. Recent studies have also shown shorter bouts of 20 minutes high intensity interval trainings, for 3 days per week, can effectively enhance cardiorespiratory fitness, improve quality of life and prevent illness[3-5]

Classic aerobic training and high-intensity interval training are both proven to have beneficial effects to health

Exercise can also improve the life expectancy and quality of life of people with sickness like metabolic syndrome-related disorders, heart and pulmonary diseases, musculoskeletal and joint diseases, cancer, depression and asthma[6,7]. Physiologically, exercises can reduce plasma lipids, enhance endothelial function, optimize insulin sensitivity, decrease inflammation and stimulate the activity levels of antioxidant enzymes; making physical activity a paramount component of rehabilitation programs[6-8].

Apart from the promotion of physical activity, sports physiotherapists have key roles and responsibilities in preventing sports injuries; from screening for cardiovascular and musculoskeletal risks, designing safe exercise programs, to monitoring progress for athletes, beginners and patients with special needs. While risks can be minimized, injuries unfortunately are not completely avoidable.

With the continuous discovery of new knowledge, the breadth and depth of services provided by sports physiotherapist have been greatly developed in the past decade

Handling Sports Injuries

Ankle injuries

Ankle injuries account for about 20% of all sports injuries; it has an incidence of 1 per 100,000 people a day[9,10]. Patients with mild ankle sprains, like many moderate ligament injuries, usually recover and could resume sports within a few days or weeks with appropriate treatment. Some more severe injuries, however, can cause persisting pain, instability, and prolonged disability[10].

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Taping and bracing are commonly used to prevent joint injury. Recent studies have shown they can reduce ankle sprains both in frequency and severity, although some research had indicated such protective effects only exist in players with previous ankle injury[10]. Braces seem to be more effective in preventing ankle sprains, more comfortable and more cost effective if used long term than tape[10,11].

Taping is one of the most popular physiotherapy techniques in sports medicine. Taping can be performed by doctor, physiotherapist, or even patient with some instructional demonstration. Latest systematic review provided moderate evidence for taping in immediate musculoskeletal pain reduction in a limited number of movement disorders and pathologic disabilities[12,13]. No substantiate evidence in long-term pain reduction or muscle strengthen restoration was found. Inconclusive evidence was also reported for lymphatic disorders[13]. More research is inevitably needed.

Tape and brace are commonly used by sportsman after ankle injuries

Knee injuries

Serious knee injuries including torn anterior cruciate ligament (ACL) is also common in highly-agility sports that require jumping and pivoting, such as handball, soccer, rugby and skiing[14,15].

There is a vast amount of research conducted in ACL injuries due to its high physical, mental, emotional and economic cost as well as its potential to terminate an athlete's career[16]. ACL injuries usually require surgical repair and months of rehabilitation. The risk of degenerative arthritis is also increased after injury[16].

ACL injuries may occur during routine activities even without any direct contact to the knees, teenage females also have three to five times higher chance to sustain from ligament injury than their male counterparts, implying important intrinsic factors may exist[14-15].

From research to application

Neuromuscular training has drawn much attention in treating sports injury in the last decade. Evidence has shown neuromuscular training can potentially detect the speed and magnitude of perturbation, lead to more proper muscle activation and joint motion and in turn reduce the risk of re-injury[12,17].

Incorporating neuromuscular and proprioceptive trainings into stretching, strengthening, plyometric, and sport specific agility exercises can address potential deficits in the strength and neuromuscular coordination, and optimize biomechanics. Recent data showed that proprioceptive training programme could reduce 77% of ACL injury incidence in semi-professional or amateur footballers18. Another prospective study also observed preseason neuromuscular conditioning programme could reduce injuries in young female handball players[17].

Neuromuscular and proprioceptive training

Prevalence of concussion in contact sports

Sport-related concussion is a rising health concern. A recent cross-sectional study surveyed 13,000 middle and high school students in U.S. showed that nearly 20 percent of them had history of concussion. Concussions were found in about 32 percent of children who participated in contact sports while 18 percent in those who participated in non-contact sports[19]. Studies have also indicated that children took longer period to recover after concussion injuries[19,20].

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Numerous position statements had been recently released to provide detailed guidelines for post-trauma evaluation of neurocognitive performance and motor control as well as physical examination[20,21]. The statements include guidelines for immediate management, follow-up plan, remove from play or allow to return. As a first provider in many on-field sports events, sports physiotherapist should be familiar with the concussion management strategies as well as educating athletes to prevent sport-related concussion in close collaboration with sports physicians.

Player union blasted concussion management about Morocco's initial pitch-side treatment of Amrabat's concussion at the 2018 World Cup

Technological Advancement in Sports Medicine and Rehabilitation

Development of tendon healing strategies

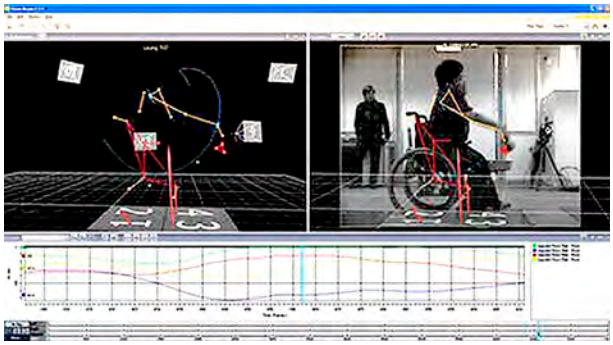
Tendon disorders are prevalent and usually cause significant morbidity in athletes. A range of surgical and non-surgical treatments are available for both acute and chronic tendon injuries. Despite surgical advances in the management of acute tears and increasing treatment options for tendinopathies, strategies frequently are unsuccessful due to the impaired mechanical properties of the treated tendon and/or a deficiency in progenitor cell activities[22].

Other new tissue engineering techniques including scaffolds, growth factors and cell seeding offer potential alternatives for managing tendon disorders[22]. However, while some of these approaches many have shown early promises in clinical settings, some shortcomings including discrepancies in tendon anatomy and ability to simulate postoperative rehabilitation protocols within animals as compared to human subjects were seen at the developmental stage[22, 23].

PRP injection for knee disorders

Biomechanics

Most musculoskeletal injuries have a mechanical etiology. The physical load can induce biological and pathological changes to human tissues, and cause damage. The extent of damage is closely related to the magnitude, rate, and frequency of the load. Biomechanics studies are important in discovering the interactions between the mechanics and our biological systems. Extensive sport biomechanics research had been conducted to improve skills, explore injury mechanism and monitor outcome of intervention[24]. The studies help inform coaching methods, equipment design and selection (e.g. sports shoe), injury prevention and rehabilitation program plan[24].



Motion analysis provides useful information to sports medical personnel and scientists for better understanding of injury mechanism and enhancing performance

Sports biomechanics is complex; a robust, accurate and flexible system is needed to meet the data required for sports trainers, researchers, and coaches. Many research studies have incorporated advanced motion capture devices (including high speed camera, optical reflective, inertial motion analysis sensors), high-performed computers and sophisticated mathematical models or software program to generate movement data[24,25]. Data can be as precise as within 1° of motion26. Combining the kinematic and kinetic data of joint angles, velocities, moments and powers to electromyographic data of muscle activities, human motion can be extensively evaluated[24].

Even though the existing motion analysis systems could generate useful data, such high-technology

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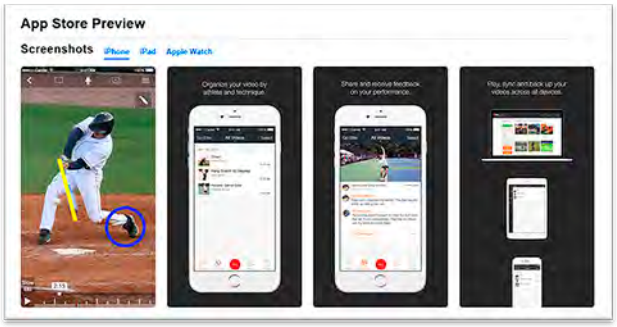
motion analysis systems usually are extremely costly and technically difficult to set up and thus were limit to laboratory use only. However, with the improved sensors and technology, it is possible to accurately measure biomechanics using pedometers or cell phone cameras[26,27]. Accelerometer on smartphone can pick up walking, running or fast sport motions via mobile sensors and transmits data to more powerful computer with complex algorithms to conduct sophisticated analyze[27].



Mobile Apps provides online video function for motion and performance analysis

Smartphone Apps allows users to record up to six kinetic sensors (accelerometer, gyroscope, magnetometer, attitude sensor, linear acceleration sensor and gravity sensor) simultaneously

Keep Advancing

With the ever-advancing technology and continuous discovery of new knowledge, the width and depth of services provided by sports medicine professionals have expanded tremendously in the past decade. To continue to establish more effective, efficient, safe and evidence-based methods in prevention, diagnosing and rehabilitation of sports injuries, on-the-field and clinical alike, are needed. Sports medical professionals should continue to provide the best quality services to the public as well as professional athletes via collaborative work and research.

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Working in NGO Elderly Care Home As a Newly Graduated Physiotherapist

Ms. Jenny, Wing Lam KWAN
Physiotherapist II,
Heung Hoi Ching Kok Lin Association Buddhist Li Ka Shing C&A Home for the Elderly

With the wide range of pathologies or comorbidities that older adults can suffer from, commonly compounded by dementia, staying in a nursing home allow decent care and quality of life. However, aging, inactivity, boredom and dependence can gradually lead to older adults' deconditioning and loss of autonomy. Intervention of timely physiotherapy can be helpful to regain or enhance residents' movements, power, balance, coordination and mobility; moreover to hopefully prevent falls and maintain or improve their ability and quality of life. As an on-site physiotherapist, relationships with clients can be cultured with time, allow early signs of deterioration such as decreasing mobility to be identified and worked upon; furthermore, scheduling can be flexible to fit around residents' needs and routines. As a rewarding choice of career, challenges that would be embraced are outlined in the following to provide a bigger picture of this work setting.

The need to develop good working relationships with staff is stressed, refining essential skills like leadership skills and teamwork which help to maintain good cooperation and coordination among co-workers. With respect and rapport, valuable advices and information can be passed on and acted upon, through day-to-day communications or talks, on topics like manual handling and fall prevention etc. With good communication and networking, especially among physiotherapist and family members, nurses and care givers, advices, knowledge or skills can be shared to provide better care to residents.

Being self-motivated and proactive enable scope for innovation, such as creative group exercises with themes, like balance training, "towel exercise", ball games and sport competitions. Residents' interaction, peer pressure and competitiveness help promote motivation, cooperation and well-being. Working in a mission based organization to serve as a first line health professional is definitely rewarding, it boosts the sense of commitment and achievement. By serving the older adults, we directly relieve some of the responsibilities or pressure from residents' family members or care givers, which in turn provide well-being of more people hence yielding societal contribution.

With the passion for helping other people, also being compassionate and kind, working in such setting enable you to develop memorable and rewarding relationships. Moreover you have the privilege to provide social interaction, companionship and improve the psychological well-being in people's life. Furthermore, good attitudes like patience, gentleness and humor are drawn out, training you to become an all-rounded employee with excellent people skills.

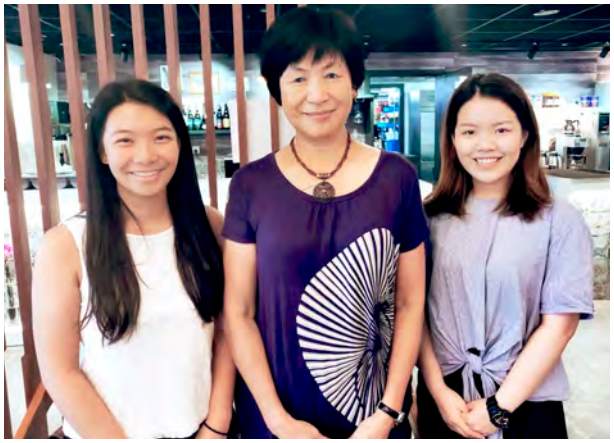
Become familiar with systems, infrastructure and policies like Service Quality Standards, Occupational Safety and Health and administrative meeting, can definitely prepare you for public speaking, awareness of such policies and management skills. With the growing recognition of the importance of physiotherapy in older adults living in nursing home, along with the aging population, the potential to offer such services is huge. By enhancing the quality of care we provide, it polishes our skills as a physiotherapist and makes real life effects upon this respected but easily overseen older adults' life.

Mrs. Eleanor CHAN Interview

Date : 14 July, 2018
Venue : Staff Club, HKPolyU
Interviewee : Mrs. Eleanor CHAN
Interviewers : Ms. Sze Ki NG and Ms. Daisy YUEN (Physiotherapy Year 4 Students)

Q1.

You have been actively serving the leadership role for various physiotherapy associations in Hong Kong, how would you comment on the transformation of the role of physiotherapists in HK over the last two decades?



A1.

I was the president of HKPA from 1998 to 2001. It was just after the handover and we completed the registration of physiotherapists under the Supplementary Medical Professions Council along with other Allied Health professions. This protects our professionalism and clients' trust in our service quality. In the last 2 decades, there was a huge potential in physiotherapy development. However, its development and potential are not in a healthy proportion due to various intrinsic and extrinsic factors.

From 1997 to 2003, the UGC-funded student intake numbers drastically increased from 60 to 150, which was healthy in my opinion, but the Asian Financial Crisis greatly affected the economy, forcing many graduates to leave the profession. Since then, the student intake number gradually went back to the original 60. However, in year 2011, the government finally realized the shortage of physiotherapists in Hong Kong. In the subsequent years, the discussion of an entry-level MPT program became a controversial topic. Many voiced their concerns with reference to the unemployment history in 2003. While some view the increased supply of physiotherapists as a repetition of history, I think that increased manpower can boost elitism. People are the greatest asset of our profession. Increased manpower will allow the conduction of research and expansion of scopes of services.

There is much room for improvement in our professional autonomy. Twenty years ago, locally trained physiotherapists only had a higher diploma and mainly worked in a tertiary setting where medical problems were complex and medical dominance was common. These days, many physiotherapists have acquired higher education. I believe that we can be the first contact in primary care although the burden on tertiary care is still massive.

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Overall, I think the profession has strived for multiple rights throughout in the last two decades. Unfortunately, not all scopes of physiotherapy services are well developed. Manpower shortage and complacency are the underlying causes. While it is true that the number of physiotherapists in Hong Kong has increased, it is still nowhere near ideal, especially with the ageing population and raised expectations from a technology-led world.

Q2.

We have been discussing modified access for quite some years. What are the major challenges that hinder the journey of attaining this for physiotherapy in Hong Kong?

A2.

The discussion of modified referral has started long ago. I chaired a panel discussing the revision of Article 13 of the Code of Practice in 2013. Voices from medical practitioners expressed concern over lack of experience in screening medical problems. Back in the mid-2000s, physiotherapists had already played a role in pain management in AED and Orthopedics departments, which could alleviate the hospital workload. However, due to the lack of resources, such services have gradually diminished. I strongly believe that everyone should have easy access to high quality physiotherapy services.

The unity and cohesion within the profession is far from enough. Our voices are not loud enough to be heard. This is what inspired me to set the goal of "Promoting Unity of Physiotherapists for Professional Excellence" as the President of Hong Kong Physiotherapists' Union (HKPU).

Q3.

Physiotherapists are often referred to as a dynamic profession - We work with children, elderly, athletes etc. in different settings. Yet, there is no physiotherapist specialization in Hong Kong. Do you think it is an appropriate time to start this process?

A3.

Although many physiotherapists are very experienced in various fields, legally we cannot call ourselves "specialized physiotherapists". This is restricted by the existing Code of Practice. It is a pity that physiotherapists, as independent professionals, have not yet earned the deserved recognition.

Speaking of specialization, the manpower issue is to be brought up again. Currently, many physiotherapy departments do not have enough manpower to enable the rotation of staff to different specialties, which in turn limits the exposure and continuous professional development of many physiotherapists. When we are all caught up with the 'bread-and-butter' duty, many don't have time to expand our scopes of services? We can see the crux of the problem is manpower shortage. It hinders the development of our profession in many aspects, including specialization.

On one hand, physiotherapists in Hong Kong, have to stay united to fight for specialization. On the other hand, I would like to encourage the younger generation to be prepared for specialization. When the day comes that Hong Kong needs physiotherapy

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specialists, are you ready for it? We do not just sit here and wait for people to entitle us. Instead, we should equip ourselves and show others that we are well qualified. We should fight for what we deserve.

Q4.

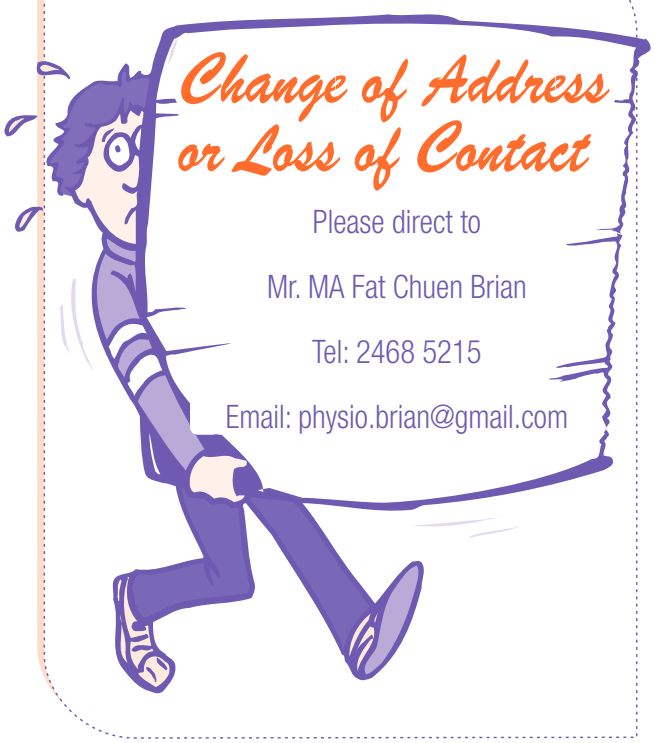
In recent years, a growing number of tertiary institutions are planning to offer Bachelor Physiotherapy programs which were once solely offered by the Hong Kong Polytechnic University (HKPolyU). Moreover, an increasing number of physiotherapy students graduated from overseas are entering the HK job market. Do you have any concerns about such changes? Furthermore, some have proposed setting up a standardized licensing test examination for all individuals who want to become registered physiotherapists in Hong Kong, what are your views on this?

A4.

I have long been expecting this to happen. It has been estimated that by year 2030, there will be a shortage of over 900 physiotherapists. An increase in student numbers is the only remedy to this long-standing problem. Physiotherapy programs provided by HKPolyU alone will not be able to meet the demand. It is high time for other institutions to be involved.

Given there will be an increasing number of local or overseas graduates, the standard of our services should be upheld. After all, we have to be responsible to our patients. Therefore, I agree that a licensing test is necessary. Results from standardized examination can reveal the performance of students and their schools. This can drive various local schools to boost their standard in order to stay competitive. Such healthy competition will be beneficial to our profession in the long run. While both schools and students need to strive for the best to meet the challenge, doubtlessly it is the patients who will be ultimately benefited.

A pass in a standardized licensing examination can also provide a strong evidence to substantiate that registered physiotherapists are professionals that can practice independently. A standardized licensing examination may bring us closer to modified access.



Physiotherapy Health Education Activities

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

Assumed Scenario

Andy was a Part 1a registered physiotherapist and member of Hong Kong Physiotherapy Association. He studied undergraduate physiotherapy in Perth Australia. After having engaged in private practice as a physiotherapist for over 10 years in Perth, he recently moved back to Hong Kong and planned to set up his own physiotherapy clinic.

Andy noted that there is an acute shortage of physiotherapists in Hong Kong. Many old age homes and NGO have difficulty of recruiting physiotherapists. He came up with a plan to promote physiotherapy service to old age persons. He was planning to approach various old age centres and old age homes which did not provide physiotherapy service. He offered to provide free physiotherapy health education seminars to old age persons and their families. In order to attract people to attend the free seminars, he was prepared to give 20% discount coupons on physiotherapy services to attendees. Such information would be uploaded to the website of the partnered old age centres and old age homes. Posters displaying the free physiotherapy seminars and discount coupons incentive would be displayed at the old age centres and old aged homes.

Andy discussed his business idea with his partner physiotherapist, Maria who had been working in a Government hospital for over 10 years. Maria had regularly read Hong Kong Physiotherapy News Bulletin and was aware of the potential pitfalls of contravening the professional conduct rules as laid down in the Code of Conduct. She suggested Andy to seek professional legal advice before implementing his business idea.

Code of Practice

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

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

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

Section 6 of Part III of the Code of Practice

Section 6.6.1 It is appropriate for a physiotherapist to take part in physiotherapy health education activities, such as lectures and publications. However, he must not exploit such activities for promotion of his practice or canvass for clients.

Section 6.6.2 A physiotherapist should take reasonable steps to ensure that the published or broadcasted materials, either by their contents or the manner they are referred to, do not give the impression that the audience is encouraged to seek consultation or intervention from him or the organization with which he is associated. He should also take reasonable steps to ensure that the materials are not used directly or indirectly for the commercial promotion of any physiotherapy or health related products or services.

Discussion

It was Andy's intention to use 20% discount coupons to lure potential clients to attend the free physiotherapy education seminars during which clients would be suggested to use the discount coupons to try physiotherapy services offered by him. His business idea if implemented, was likely to fall within the ambit of the prohibition of the Code of Conduct. Should he proceed as planned, he will run the risk of contravening the Code of Practice.

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

Dynamic Neuromuscular Stabilization (DNS) Basic Course A & Pedi I

(a joint event of PSG & SSG)

Date : 2-4 July 2018 (Basic A), 2-5 July 2018 (Pedi I)

Venue : Hong Kong Polytechnic University BC 502 - 503

Instructors : Marcela SAFAROVA, DPT, PhD
Karolina PTAKOVA, MPT
(Prague School of Rehabilitation from Czech Republic)

Participants : 7 (Basic A), 26 (Pedi I),

The Dynamic Neuromuscular Stabilization (DNS) is a relatively new manual approach to activate the intrinsic locomotor system developed by Prof. KOLAR, PhD. Based upon the principles of developmental kinesiology and the neurophysiological aspects of the maturing locomotor system which the Prague school established, he has expanded the scope of clinical options in sports rehabilitation and injury prevention, and early detection and treatment of functional pathology of locomotor systems in paediatric patients.

It was the privilege of the HKPA SSG & PSG to jointly organize the very first DNS Basic A & Pedi I courses in Hong Kong. The invited instructors from Prague School, Marcela and Karolina are experienced physiotherapists and researchers in this area. In the first 3 days of the Basic Course A, they walked us through the theories and concepts of DNS including developmental kinesiology and human ontogenesis, as well as assessment and treatment strategies. Participants had ample opportunities to go through the postural stabilization exercises in different developmental positions; and some of them even experienced self-treatment processes in the practical sessions!

The 4th day is an additional session for the Ped I course following the Basic A course. The Vojta and reflex locomotion approaches were briefly introduced and handling techniques on infants were illustrated on videos and rag dolls.

In the evaluation feedback, over 90% of the participants were satisfied with the course. Majority of them looked forward to the return of the Prague School instructors for next levels of DNS training, i.e. Basic B or Ped II in the future.

Report published in 中藥醫緣

Date : 1 August 2018
Physiotherapists : Prof. Marco PANG, Dr. Billy SO, Dr. Ivan SU, Mr. Alexander WOO

The report was generated from the Media Reception held on 20 June 2018. The emphasis was on the important role of physiotherapy intervention on functional recovery of patients.

Source: 中藥醫緣 (issue 110)

Consultation Session of the District Health Centre Pilot Project

Date : 2 August 2018
Venue : Education Bureau Kowloon Tong Education Services Centre
Physiotherapists : Dr. Ivan SU, Dr. Arnold WONG

The Food and Health Bureau held a consultation session with healthcare professional organizations to solicit opinions regarding the District Health Center (DHC) Pilot Project in the Kwai Tsing district. The DHC project will be launched in the third quarter of 2019. If it is proven to be successful, similar DHCs will be set up in other 17 districts. The project will involve a central DHC alongside 5 satellite centres to promote primary and secondary care. The project will be run by a third party but it will be funded by the government and copayment from service users. The project will focus on several non-communicable diseases (i.e., hypertension, and diabetes mellitus), musculoskeletal problems (e.g., bone/hip fracture), coronary heart disease, and stroke) and their associated risk factors (e.g., obesity). The secretary for Food and Health (Prof. Sophia CHAN) chaired the session alongside Dr. Tak-yi CHUI, Dr. Caroline TSANG, and Ms. Wai-yin YUEN. Over 50 attendees from different health care professions attended the session. Over 20 attendees had the opportunities to ask questions. Dr. SU raised two questions regarding electronic health record sharing system in NGOs and stroke rehabilitation in the community.

CPD News

Enquiry of CPD News and Activities
Please Visit

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

2nd Logistics Committee of Oxfam Trailwalker 2018

Date : 3 August 2018
Venue : Oxfam Office, Hong Kong
Physiotherapist : Mr. Alex HO

Summary: Oxfam Trailwalker 2018 (16-18 November, 2018) is the major annual scheduled event and our HKPA representative participated in the Logistics Committee (LC) meeting to smoothen the logistic arrangement and event operation. LC members come from different organizations including medical professional, different disciplines & communication network.

Interview by U Magazine

Date : 6 August 2018
Venue : HKPA Premises
Physiotherapists : Prof. Marco PANG, Mr. Alexander WOO

The interview was also generated from the Media Reception held on 20 June 2018. The issues discussed included Carpal Tunnel Syndrome, trigger finger and De Quervain's Syndrome. Preventive measures and physiotherapy management of these conditions were explained, with exercise demonstrations.

Source: U Magazine (Issue 665)

Interview by Bamboos! Life Magazine

Date : 6 August 2018
Venue : HKPA Premises
Physiotherapist : Prof. Marco PANG

This was another interview generated from the Media Reception held on 20 June 2018. Direct access was discussed.

Source: Bamboos! Life (Oct-Nov 2018)

Bay Area Visit

Date : 6-8 August 2018
Venue : Guangzhou, Zhongshan, Shenzhen
Physiotherapist : Dr. Shirley NGAI

Bay Area Visit was jointly organized by the Food and Health Bureau and the Health and Family Planning Commission of Guangdong Province. The main aims of the visit were to promote the development of private hospitals and healthcare manpower training in the Bay Area. The visit was led by Professor Sophia CHAN and her team in Food and Health Bureau with about 100 delegates including representatives from private healthcare organizations, healthcare professional associations, healthcare professionals, medical and allied health training institutes participated. In this 3-day visit, we have attended several seminars about development of medical services provided by private sectors and medical training and visited different hospitals and clinics in Guangzhou, Zhongshan and Shenzhen.

Interview by Commercial Radio

Date : 9 August 2018
Venue : Commercial Radio, Broadcasting Drive
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU

The interview was also generated from the Media Reception held on 20 June 2018. The issues discussed included Carpal Tunnel Syndrome, trigger finger and De Quervain's Syndrome. Preventive measures and physiotherapy management of these conditions were explained, with exercise demonstrations.

Occupational Safety, Health and Rehabilitation Specialty Group (OSHRSG)

Press Conference on the Issue of Work Rehabilitation and Setting Up a Trust Fund

Date : 9 August 2018
Venue : Legislative Council
Physiotherapist : Mr. Alexander WOO

After the public hearing session dated 11 July 2018 for different valuable opinions on the issue of work rehabilitation to the Labour Department, Dr. KWOK Ka Ki called a press conference for further explanation to reporters and general public on 9 August 2018.

Interview by Apple Daily

Date : 13 August 2018
Venue : Physiotherapy Clinic
Physiotherapist : Mr. Gorman NGAI

The interview is talking about how electrical modalities such as TENS and EMS can be used in treating pain. The mechanisms, indications and contraindications of TENS and EMS were discussed. How and in what way physiotherapist will prescribe those electrical modalities to patients was demonstrated.

二零一八至一九《施政報告》諮詢會

Date : 15 August 2018
Venue : Central Government Complex
Physiotherapist : Dr. Ivan SU

HKPA was invited to the 2018-2019 Policy Address Consultation chaired by the Financial Secretary, Mr Paul CHAN, on 15 August 2018. Professional bodies and institutes from a variety of industries including healthcare, marketing, risk management, purchasing and supply, etc were invited to give views on the Policy Address from their respective industry's perspective.

Dr. Ivan SU, on behalf of HKPA, attended the Consultation with the following four issues raised: (1) legalized direct access to physiotherapy services for alignment with the primary healthcare policy and service delivery; (2) an immediate solution is needed for the clear and present and severe shortage of physiotherapists especially in special schools and community settings; (3) a standardized medical-social interfacing mechanism for patient transfer between hospitals and a wide variety of community-based rehabilitation services is warranted; and (4) access to the Electronic Health Record Sharing System by all physiotherapists in community settings is highly advocated.

Interview by TVB Weekly Magazine

Date : 17 August 2018
Venue : Physiotherapy Clinic
Physiotherapist : Mr. Gorman NGAI

The interview was talking about how physiotherapists deal with pain disorders regarding soft tissue and muscles problem. When and how to use manual therapy and massage were explained. The pros and cons when using some commercial massage machines and self-stretching, self-massage equipment were discussed. It made a good chance to explain to the public that physiotherapist will do proper assessment and give treatment plan regarding those pain disorders.

Visit of the Physiotherapy Programme of Tung Wah College

Date : 18 August 2018
Venue : Tung Wah College
Physiotherapists : Mr. Harry LEE, Ms. Mandy MAK, Ms. Anna Bella SUEN and Mr. Alexander WOO

HKPA was invited by Prof. Grace SZETO to visit the new physiotherapy programme of Tung Wah College on 18 August 2018. Different brand new equipment and laboratories were shown to all visitors. Grace reported that 50 students had registered in their program and their programme would start in September 2018.

2018 香港衛生服務界慶祝國慶籌委會第二次會議

Date : 27 August 2018
Venue : 中環皇后大道中138號威享大廈13樓B室
Physiotherapist : Mr. Brian MA

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

Department of Rehabilitation Sciences Inauguration Ceremony 2018

Date : 29 August 2018
Venue : Hong Kong Polytechnic University
Physiotherapist : Prof. Marco PANG

The Inauguration Ceremony marked the beginning of a new academic year for the physiotherapy students at PolyU. The All-Around Outstanding Student Awards were granted to Mannix Anderson LAM (Year 1), Wai Tung SUEN (Year 2) and Crystal Chor-Ying WONG (Year 2). Starting from this year, we give out 3 Best Student Project Awards. The top 3 groups were supervised by Mr. Alexander WOO, Dr. Veronika SCHOEB and Dr. Grace SZETO respectively. The final ranking will be determined by an external panel of judges after their oral presentation at the 55th Anniversary Conference on 6 October 2018.

Prof. PANG and All-round Outstanding Student Award recipients: Wai Tung SUEN (left) and Crystal Chor-Ying WONG (right)

Prof. PANG and Best Student Project Award recipients

Prof. PANG and other guests at the Inauguration Ceremony

Promotional Seminar to Year 1 students

Date : 29 August 2018
Venue : Hong Kong Polytechnic University
Physiotherapist : Prof. Marco PANG

Prof. PANG introduced HKPA to the new cohort of year 1 physiotherapy students and encouraged the students to join the HKPA as members and participate in HKPA activities.

In-service Seminar and Promotion of HKPA to Physiotherapists in HK West Cluster

Date : 4 September 2018
Venue : MacLehose Medical Rehabilitation Centre, Sandy Bay
Physiotherapist : Prof. Marco PANG

Prof. PANG gave a seminar on "A new cognitive-motor exercise program for individuals with stroke" and also promoted HKPA to physiotherapists based on HA hospitals in the HK West Cluster. The seminar was well attended by more than 30 physiotherapists.

In-service Seminar and Promotion of HKPA to Physiotherapists in HK East Cluster

Date : 6 September 2018
Venue : Youde Nethersole Eastern Hospital
Physiotherapist : Prof. Marco PANG

Prof. PANG gave a seminar on "Stroke & Dementia Rehabilitation - New Evidence and Recent Advances" and also promoted HKPA to physiotherapists based on HA hospitals in the HK East Cluster. The seminar was well attended by more than 50 physiotherapists.

World PT Day

Date : 8 September 2018
Venue : Wong Tai Sin Plaza

The World PT Day celebration was held in Wong Tai Sin Plaza and Sik Sik Yuen on 8 September 2018. The event, carrying a theme of "全城運動・物理「自」療" was co-organized with Sik Sik Yuen, with the Wong Tai Sin District Council and Wong Tai Sin Healthy & Safe City as the supporting organizations. We were honored to have Dr. CHUI Tak-Yi, JP (Under Secretary for Food and Health) to be our officiating guest at the Opening Ceremony. Prof. PANG also shared the results of the online survey on direct access of physiotherapy in his welcoming address. In addition to the Carnival, which contains exhibition booths featuring our Specialty Groups in Wong Tai Sin Plaza, several seminars /sharing sessions were held in Sik Sik Yuen. It was a hugely successful event in which we were able to reach out to the local communities and raise the awareness of the physiotherapy profession among the general public. The event had also attracted substantial press coverage, including Oriental Daily News, Sing Pao Daily News, Yahoo, Metro Daily, SoLeisure, and Commercial Radio.

The event poster

The Opening Ceremony

The event demonstrated the team spirit of HKPA

The Executive Committee

Volunteers of the Opening Ceremony

(Continued on Page 21)

The briefing session before the actual event

The first participant to get our prize

Our various Specialty Exhibition Booths

Sharing by Mr. LAI Chun-Ho
(Holder of 4x100m relay Hong Kong Record), and Dr. Jennifer LUI.

物理治療倡免醫生轉介

學者指落後國際 公院輪候恐延遲治療

有持改善

大學體育老師兼業餘田徑運動員屈旨盈，兩年前在密集的訓練期間傷及足部阿基里斯肌腱，險些喪失跑步能力，幸在意外後一星期多接受物理治療，讓傷勢康復並可重新比賽。但不是每位市民都像旨盈能盡快接受物理治療。有物理治療學者表示，現時公營物理治療平均輪候時間在一至三個月，而在國際間已有超過三十個國家實施免醫生轉介制度，批評香港醫療系統轉介制度落後。物理治療師已在國際間被列為單獨行業，而不是輔助醫療人員。

運動員治理需爭分奪秒

脊科醫學可以直接就診

Source: Oriental Daily News (9 September, 2018)

物理治療學會批評公院轉介制度落後

【本報港聞部報道】昨日是世界物理治療日，香港物理治療學會假黃大仙廣場舉辦嘉年華活動，並公布該會早前訪問了約1,700名市民，以了解現時醫療制度對物理治療的支援與就診的情況。結果顯示，需要接受物理治療的市民主要也是因為運動創傷、職業勞損及年紀等影響，但八成受訪市民也認為，目前公立醫院平均輪候1至3月個才能進行物理治療，時間過長。

香港物理治療學會會長彭耀宗則指出，物理治療是獨立的專業，非輔助的醫療行業，唯本港現有的醫院轉介制度落後，造成市民有需要接受物理治療，需要輪候多時。相反外地有30多個國家毋須醫院轉介，便可以接受公營的物理治療，而80多個國家毋須轉介，則可接受私營物理治療。

至於昨日的「世界物理治療日-香港站」活動，則以「全城運動，物理「自」療」為主題，設有12個專研組別攤位遊戲，免費提供功能評估和都市常見病健康講座，包括兒科、老人科、婦女健康、心肺、肌肉骨骼、腦神經科、職業安全健康及復康、手法物理治療、運動、手部治療、針灸及綜合治療等。

出席活動的食物及衞生局副局長徐德義則表示，不少疾病如乳癌、糖尿病、缺血性心臟病等，都與患者本身體能有關，認為全城運動以增加心肺功能十分重要。

Source: Sing Pao Daily News (9 September 2018)

Meeting with Prof. Kevin KWONG (Open University)

Date : 11 September 2018
Venue : Staff Club Restaurant, HKPolyU
Physiotherapists : Prof. Marco PANG, Mr. Charles LAI, Ms. Annabella SUEN, Mr. Alexander WOO

A meeting with Prof. Kevin KWONG was held to discuss the issues related to the possible opening of a new entry-level physiotherapy education program at the Open University. Prof. Kevin KWONG is employed by the Open University as the Program Leader and is currently engaging in preparatory work pertinent to the new program. The tentative plan is to start the new program in the year of 2020. We shared our viewpoints on the quality of the program and teaching staff, and also the need to strengthen the training of clinical decision making skills, and also to establish a unique program that distinguishes itself from other available physiotherapy programs locally.

An Introduction to the application of the WHO-ICF in Clinical Practice: An Overseas Experience

Date : 18 September 2018
Venue : Continuing Rehabilitation Centre, SAHK
Physiotherapist : Ms. Doris CHONG

Jointly organized by SAHK Institute of Rehabilitation Practice and Hong Kong Physiotherapy Association, an interactive workshop introducing the WHO-ICF application was conducted on Sept 18, 2018. The ICF model, categories and ICF-based documentation tool were introduced. Participants of various professions (PT, OT, ST, SW, Nurses) in a multidisciplinary group trial used the documentation tool and shared their application experience. The workshop was concluded with a discussion on consideration factors, benefits and challenges for adopting the ICF approach in clinical practice.

First Meeting: Expert Group on Innovation and Technology Fund for Application in Elderly and Rehabilitation Care (I&T Fund)

Date : 19 September 2018
Venue : Duke of Windsor Social Service Building, Wan Chai
Physiotherapist : Prof. Marco PANG

Prof. PANG was invited to be a member of the Expert Group on Innovation and Technology Fund for Application in Elderly and Rehabilitation Care. The Expert Group will be for providing independent professional advice on the newly developed technology products designed specifically for long-term care service.

香港衛生服務界慶祝國慶69周年籌委會執行委員會

Date : 21 September 2018
Venue : Hong Kong City Hall
Physiotherapists : Prof. Marco PANG, Mr. Brian MA, Dr. Ivan SU, Dr. Shirley NGAI, Ms. Anna Bella SUEN, Ms. Mandy MAK, Ms. Carmen CHOW, Mr. Sam WAN

A dinner to celebrate 69th National Day has successfully held on 21 September 2018. The keynote speech by Professor Sophia CHAN pointed out that the health care service development in People Republic of China and HKSAR would focus on the collaboration of HKSAR and the Big Bay area in the next decade. The Organizing Committee will further organize a field trip in the Big Bay area in November 2018.

Happy PaMa of Ming Pao 用鼻呼吸也要學？

Date : 25 September 2018
Physiotherapist : Ms. Tracy CHEN, Paediatric Specialty Group

In this article, the author introduced to readers the importance of nose breathing versus the negative health impacts of mouth breathing. The other two vital components of optimal breathing, positioning tongue tip to alveolar ridge and diaphragmatic breathing are also shared.

https://happypama.mingpao.com/湊b經/關你b事/童途有「理」:用鼻呼吸也要學?/

最強生命線 Trigger Fingers

Date : 26 September 2018
Venue : Physiotherapy Clinic
Physiotherapist : Mr. Gorman NGAI

The program is to introduce the cause and clinical presentation of trigger finger. The interview included medical doctor and physiotherapist's comment and management for trigger fingers. Demonstration on electrical modalities using, massage, stretching and self exercises was given. Role of physiotherapist and when needed to refer to doctor for further treatment were also explained.

Tung Wah College – Bachelor of Science (Honours) in Physiotherapy Programme Advisory Committee Meeting

Date : 28 September 2018
Venue : Tung Wah College
Physiotherapist : Ms. Anna Bella SUEN

Ms. Anna Bella SUEN attended the Programme Advisory Committee Meeting of the Bachelor of Science (Honours) in Physiotherapy in Tung Wah College on behalf of the Hong Kong Physiotherapy Association on 28 September 2018. Update on student admission and the accreditation procedure had been reported. Questions on the planning and arrangement of clinical placement was raised in the meeting, the College will continue to work on it in order to make sure teaching and clinical placement are in good preparation and arrangement.

Interview by Oriental Press Group Ltd.: stroke rehabilitation

Date : 28 September 2018
Venue : Hong Kong Polytechnic University
Physiotherapist : Prof. Marco PANG

Prof. PANG was interviewed to share his expertise in stroke rehabilitation. The emphasis was the importance of lifelong habit of exercise and prevention of secondary complications. The use of technology in balance training and several home exercises were also introduced.

Prof. PANG and his team was interviewed by Oriental Press Group Ltd.

Obituary Notice

Ms. Harriet LO passed away on September 15, 2018, surrounded by her loving family and friends. Her funeral in the form of a Christian Memorial service was held at Universal Funeral Parlour

on 1 October 2018, followed by a farewell service the next day. She would be greatly missed for her pioneer service and great contribution to promoting physiotherapy in dementia care, mental health and vestibular rehabilitation.

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PORTUGAL
Vilamoura **September 2019**

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- Degree holder in Physiotherapy or related disciplines
- Registered with Physiotherapists Board of Hong Kong
- Possesses 3 years of relevant experience in out-patient / hospital or medical institutions are preferred.
- Independent, initiative, with strong sense of responsibility and able to work under pressure.
- Pleasant, out-going, well-organized, excellent interpersonal and communication skills.
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For enquiry, please contact Prof. Marco PANG
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Dept of Rehabilitation Sciences
Hong Kong Polytechnic University
Email: Marco.Pang@polyu.edu.hk

Professional Courses for Physiotherapist 2019

The Course: Fascial Therapy with FAZER (Instrument Assisted myofascial therapy) Co-organized with ARTZT institute

The course Fascial Therapy with FAZER by ARTZT vitality® gives a theoretical insight into the topic fascia, possibilities of device-based treatment and current research. The practical part focuses on the clinical application of FAZER. The participants will work on the various techniques of instrument assisted soft tissue (fascia) therapy collectively. The shown techniques and instruments, with its unique shape and material, are quick to apply, easy to grasp and produce very good results. The course is understood interactive and focuses on the practical application of the devices.

Instructor

Dr. Jürgen Förster

- Senior lecturer and director of the Institution of Physiotherapy at University Hospital RWTH Aachen
- International speaker and German books and articles author.
- Fascia (FAZER) experts in the development and training team of the ARTZT Institute

For more

Application form

Course Content

- Understand the structure, function, mechanical properties, biomechanics and neurological function of the fascia
- Introduction of the FAZER tools, the FAZER techniques and its classification
- Selection and application of the techniques
- Practical sessions for the techniques
- Precaution and contraindication of the techniques

Course Details

Course code	FTA-0003
Date	19th-20th of April, 2019
Course fee	HKD 5,500 on and before 31st December, 2018 (Early Bird) HKD 6,000 on and after 1st January, 2019 HKD 3,000 for revision candidate
Instrument price	Pre-order of FAZER by ARTZT vitality® Set 1-4 with this course: HKD 8,000 on and before 31st December, 2018 HKD 9,000 on and after 1st January, 2019
Target participant	Physiotherapist, Occupational Therapist, Pain Nurse, Physicians, Chiropractors, Naturopathic Practitioner, Osteopaths Practitioner, Rolfer, and Massage therapist.
CPD	Physiotherapist 10, Occupational Therapist 6, Chiropractor 14, Certified Rolfer 2.
Language	English
Venue	Hong Kong Fascial Therapy Association Flat A, 9/F, Milton Mansion 96 Nathan Road, Tsim Sha Tsui

www.fascialtherapyhk.org

The Course: ARTZT Vitality Flossing Co-organized with ARTZT institute

Flossing is developed by a physiotherapist and crossfitness trainer Kelly Starrett, USA. The further development of the method in Germany was cooperated with Sascha Seifert and Dominik Suslik, well-known speakers of competitive sports and therapy, in cooperation with the Ludwig Artzt GmbH. It is the compression-based techniques with an elastic latex band called Floss band. It is use as systematic application of the Floss band after physiotherapy and osteopathy treatment in conjunction with the Functional and Athletic Training.

The training method is based on compression-based techniques using the Flossing tape, which is wrapped around the joints and tissue. In addition to dynamic exercises such as weight bearing, swinging and fascia training. The Vitality Flossing concept focuses on joint mechanics and tissue gliding ability. In this seminar we will show you how to recognize agility deficits and work with the Flossing techniques. The motto is: "Optimize by compression!"

Instructor

Dr. Jürgen Förster

- Senior lecturer and director of the Institution of Physiotherapy at University Hospital RWTH Aachen
- International speaker and German books and articles author.
- Fascia (FAZER) experts in the development and training team of the ARTZT Institute

Course content

- Introduction to Flossing
- Flossing Technique: Upper and Lower extremity joints and soft tissues
- Active and Passive mobility techniques with and without tools: Swing, traction, compression, neuro-drills

Course Details

Course code	FTA-0004
Date	21st April, 2019
Course fee	HKD 3,000 (include Flossing band set (2 Flossing band) for training)
Target Participant	Physiotherapist
CPD	Pending
Language	English
Venue	Hong Kong Fascial Therapy Association Flat A, 9/F, Milton Mansion 96 Nathan Road, Tsim Sha Tsui

Course details

Application Form

www.fascialtherapyhk.org

VCARE 香港痛症學院

Course 1 (VE190305)

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

課程背景:

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

Course background:

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

日期：5/3/2019 - 29/10/2019 (逢星期二，公眾假期除外)	時間：7:30PM - 9:30PM	講師：陳國正中醫師
上課地點：九龍尖沙咀麼地道22-28號中福商業大廈6樓601-2室(鄰近K11/尖東港鐵站N1出口)		
全期學費：$21000 (2018年12月30日前報讀為 $19000)	名額: 30 額滿即止	CPD Points：15
對象：適合對高效手法治療有興趣之人士；本課程亦是報讀高級針灸課程之基本條件		

Course 2 (VE190302)

高級針灸證書課程（系列一）

內容:

古時之針灸是包含豐富的天文學及術數之運用。經絡系統跟天文學關系十分密切，例如十二條經絡對應十二個地支(時辰)；任脈二十四個穴位對應二十四節氣；督脈二十八個穴位對應二十八星宿；二十四節氣共七十二候對應十二經絡共七十二個五輸穴；還有五大行星(木、火、土、全、水星)每年對人體健康之影響(五運穴氣)等等。本課程之針灸內雖然涉及較高級之理論例如易理術數、八卦、內經典籍，但陳醫師會化繁為簡，使學員能把過去被認為頗難之易理針道在短時間能掌握運用。此針法適用於一切內、外、婦、兒、骨傷、腦神經科、腫瘤科、皮膚科及奇難雜症。

- 正宗子午流注納甲法(過去納甲法之運用之計算當下時辰最旺之穴位，而沒有配合當下時辰最弱之穴位；其實子午流注納甲針法還需配合當下時辰最弱之穴位，才能發揮陰陽平行之作用。本課程會傳授如何計算當下最旺及最弱之穴位，把人體達至天人合一，扶正祛邪)
- 正宗靈龜八法（過去針灸治療一般以十二正經為主，而較少人能掌握運用奇經八脈系統。此乃透過運用術數開通奇經八脈系統之針法，能把體內之邪氣排走。）
- 五運六氣針法（此乃一套天人合一之針法，能把人體內五臟之氣調和於每年特有之氣候變化，能有效改善因天氣所影響之體質變化）
- 命門八卦針法(是一種以上下卦於腹部紮針來促進腎陽的一種針法)
- 地支三合四化針法(這是根據當下時辰，把所對應之原穴能量提升至最大值，把子午流注納子法的療效以倍提升)
- 臟腑全通針法（本針法能有效啟動臍下腎間動氣，把腎間所臟之真氣啟動，即是提升各臟腑之動力）
- 紫微補瀉針法（紫微又稱北極星，是紫微鬥數之主星，五行屬土，對應脾經，此法能深度調理及修復五臟六腑）
- 五行月日時干支針法（利用天干地支互相轉化，選擇月支與日干和時幹的五行鼎盛之時行針，依時施法，事半功倍）

日期：2019年3月2日；4月6日；5月4日；6月1日；7月6日；8月3日；9月7日；10月5日；11月2日；12月7日 (共十堂)		
時間：逢星期六下午3-6pm	上課地點：九龍尖沙咀麼地道22-28號中福商業大廈6樓601-2室 (鄰近K11/尖東港鐵站N1出口)	
全期學費：$13000 (2018年12月30日前報讀為 $12000)		講師：陳國正(註冊中醫、註冊物理治療師、中國認可針灸師) 英國威爾斯大學痛症醫學碩士 香港大學醫學院針灸學碩士 香港大學中醫學院中醫全科學士 香港中文大學中西結合醫學學區研究所專業顧問(名譽) 香港理工大學物理治療專業文憑
備註: 報讀本課程必須修畢或現正報讀COMT之學員		
名額: 25 額滿即止	CPD Points：15	

以上上課日期、時間、地點及講師可能有所更改，將另行通知。
除了本學院取消課程外，其他情況概不退回已繳學費。

報名方法請參照報名表格及須知

1. 請填妥以下報名表格，連同劃線支票（抬頭請註明 CHAN KWOK CHING」）寄交九龍觀塘巧明街117號港貿中心3樓303室。
2. 如報名人數不足，本公司有權取消課程，並將會另行通知受影響學員。

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聯絡地址			
電郵地址		課程編號	
聯絡電話		總費用	
日期		支票號碼	

課程查詢 2345 5099 Email: vcareintl@gmail.com

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