



NEWS BULLETIN 物理治療 PHYSIOTHERAPY 資訊

Volume 25 No.
JUL to AUG 2021

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Editorial *Physiotherapy Education*

Ms. Eva CHUN and Dr. Arnold WONG

Physiotherapy Education in Hong Kong has come to the Diamond Jubilee. HKPA has its unique roles in supporting the physiotherapy education since its establishment. Given the aging population and increasing demands for high quality physiotherapy services in Hong Kong, several new physiotherapy undergraduate and master programs have been provided by tertiary academic institutions. HKPA has an advisory and a collaborative role with these physiotherapy education programs to ensure the healthy development of physiotherapy education in tertiary institutions.

Additionally, the continuous professional development after graduation is a crucial component of lifelong learning among physiotherapists. As a tradition, HKPA has been providing various educational seminars, workshops, and courses for practicing physiotherapists to continue their professional development.

In the current issue, we are delighted to have our President, Prof. Marco PANG, to share his views and experiences regarding the involvements of HKPA in various physiotherapy education areas. Let's have a good read on how HKPA has contributed to the physiotherapy profession to grow and shine with its strength and brilliance, just like a diamond. In addition, Prof. PANG prepared an update on the work of the "Working group on implementation of modified referral system for physiotherapy services". In our NGO Corner, Ms. Maggie HO shared her experiences on a new multidisciplinary outreach program during the COVID-19 pandemic. Additionally, we are honoured to invite Dr. Joseph CHIU to share his recent updates and his experiences in serving the Physiotherapy profession in the People's Corner. Importantly, the legal column covers a timely topic regarding the National Security Law. Further, you can find our past events in the PA Diary.

Happy 60th Anniversary of Physiotherapy Education!

CPD News

Enquiry of CPD News and Activities Please Visit

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

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HKPA's Involvement in Academic Matters

Prof. Marco PANG
President, HKPA



The motto of HKPA is “Uniting Physiotherapists, Advancing Practice, Enhancing Health”. To advance physiotherapy clinical practice, having quality entry-level physiotherapy education and continuous professional development (CPD) is of utmost importance. As the largest physiotherapy professional organization in Hong Kong, we have always paid attention to the various issues in relation to physiotherapy education, particularly:

- I. Quality of physiotherapy education programs
- II. Development of physiotherapy education in post-secondary institutions and continuous professional development (CPD) after graduation
- III. Government policies on physiotherapy education

In this article, I would like to share with you my view, as President of HKPA, on the above issues, and highlight what HKPA has done in relation to academic matters during my presidency. I would also like to explain the relationship between HKPA and physiotherapy training schools, and share with you some future initiatives related to physiotherapy student engagement.

I. Quality of physiotherapy education programs

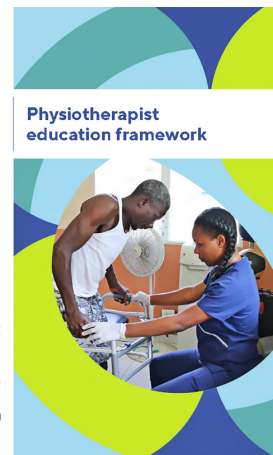
Key issues

Physiotherapy clinical practice is continuously evolving and these changes should be reflected in the education curricula and student assessments. As a physiotherapy educator with experience in accrediting new physiotherapy programs outside Hong Kong myself, I am well aware of the need to have a physiotherapy training program that is in line with the international trend. In fact, the World Physiotherapy has just published a Physiotherapist Education Framework that “provides a description of the domains of physiotherapist practice competence that must be achieved in an entry level education program”.^[1] It is our view that physiotherapy education should be evidence-based and aligned with the international standard. To achieve quality

physiotherapy education, having adequate staff-student ratio, excellent qualifications of academic staff, ample space for teaching and learning, and state-of-the-art equipment is important. Solid quality assurance mechanisms should also be in place.

What has HKPA bone during my presidency?

In response to the foreseeable opening of new physiotherapy education programs by the private sector after I had assumed the presidency of HKPA, we published a Position Statement in early 2018, to express our concerns on this issue.



Physiotherapist Education Framework published by World Physiotherapy

Position Statement



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Position Statement: Entry-level Physiotherapy Education

Over the past few years, there has been a substantial imbalance between the demand of physiotherapy service and supply of new physiotherapy graduates, leading to a severe shortage of physiotherapists across different health care sectors and a large number of vacant positions.

According to the Strategic Review on Healthcare Manpower Planning and Professional Development Report released by the Government in 2017, it is projected that there will be a shortage of more than 900 physiotherapists (PT) by the year of 2030.¹ To alleviate projected shortage, it is recommended in the Report that “The Government should encourage the self-financing sector to offer physiotherapy programme... in addition to increasing publicly-funded training places.” The Hong Kong Polytechnic University (PolyU) has been the sole provider of entry-level physiotherapy education in Hong Kong. In light of the current shortage of physiotherapists, which will become even more critical in the near future, it is foreseeable that other institutions may seize this opportunity to develop and implement their own self-financed entry-level physiotherapy education programs.

The Hong Kong Physiotherapy Association (HKPA) does not object to the idea of having other institutions provide entry-level physiotherapy education, because the issue of manpower shortage has to be resolved, and there are many examples of having more than one institution providing physiotherapy training within the same city in other parts of the world. However, HKPA maintains that the government should shoulder the responsibility of ensuring adequate manpower supply of physiotherapists by increasing the publicly funded training places in universities, rather than solely relying on the self-financing sector to fill the gap between supply and demand. In addition, the quality of the new entry-level physiotherapy programs is of utmost importance. Nowadays, physiotherapy training in Hong Kong

Position Statement on Entry-level Physiotherapy Education

As noted previously, having a strong quality assurance mechanism is essential in maintaining the high standard in delivery of physiotherapy education. HKPA plays a key role in monitoring the situation on quality of teaching in physiotherapy education and providing advice to the various physiotherapy schools. HKPA has representatives to serve in the following committees, which are official channels for HKPA to express our concerns and provide feedback on issues relevant to physiotherapy education (Table 1).

(Continued on Page 3)

Committee	Academic Institution	HKPA Representatives
Departmental Advisory Committee	PolyU (RS)	Ivan YEUNG
Departmental Master Entry-Level Programme Committee	PolyU (RS)	Brian MA
Programme Advisory Committee	Tung Wah College (Physiotherapy Programme)	Anna Bella SUEN, Will WONG
Advisory Peer Group	Open University (School of Nursing and Health Studies)	Brian MA

Table 1. HKPA representatives serving in programme committees set up by different academic institutions

Date	Academic Institution	HKPA Representatives
27 March 2018	Tung Wah College	Marco PANG, Ivan SU, Sam WAN, Alexander WOO
18 May 2018	PolyU RS	Marco PANG, Ivan SU
18 Aug 2018	Tung Wah College	Harry LEE, Mandy MAK, Anna Bella SUEN, Alexander WOO
11 Sept 2018	Open U	Marco PANG, Charles LAI, Anna Bella SUEN, Alexander WOO
13 Feb 2019	PolyU RS	Marco PANG, Ivan SU
14 Jan 2021	PolyU RS	Marco PANG, Ivan SU
24 Feb 2021	Tung Wah College	Marco PANG
12 May 2021	Open U	Marco PANG
9 June 2021	Caritas Institute of Higher Education	Marco PANG

Table 2. Meetings with staff representatives of different academic institutions

In addition to the above official meetings, HKPA also had other informal meetings with the management team of the physiotherapy programs of different academic institutions in the form of face-to-face or online discussions, and site visits (Table 2). These meetings have enhanced our understanding of the latest development of physiotherapy education in these different institutions and also provided HKPA with opportunities to present our views and provide feedback.

HKPA has also provided different platforms for the academic institutions to directly communicate with the physiotherapy community (members and non-members of HKPA). Various online seminars have been held to provide an update on physiotherapy education programs offered by different institutions (Table 3). These seminars also provided a platform for the representatives from the various physiotherapy education programs to directly answer questions from the audience and address their concerns.

Date	Academic Institutions
May 5, 2021	PolyU, Tung Wah College
June 3, 2021	Open University, Caritas Institute of Higher Education
July 14, 2021	PolyU

Table 3. Online seminars that facilitated the communication between physiotherapy schools and physiotherapy community



Meeting with academic staff at Tung Wah College



Education seminar on 5 May 2021



Education Seminar on 3 June 2021

(Continued on Page 4)

II. Development of physiotherapy education in post-secondary academic institutions and Continuous professional development (CPD) after graduation

Key issues

We are celebrating the 60th Anniversary of physiotherapy education in Hong Kong this year. Looking back at our history, we feel very proud that entry-level physiotherapy training has changed from a certificate level program to a Bachelor (Hons) degree program. Since 2011, a master-entry level physiotherapy program has also been launched. For post-graduate education, there are specialization MSc degree programs (MSc in Manipulative Physiotherapy and MSc in Sports Physiotherapy), and a doctoral program with specialism in physiotherapy [Doctor of Health Science (Physiotherapy)] in addition to research degrees (MPhil and PhD).

Continuous professional development (CPD) is also an important component of the lifelong learning journey of physiotherapists. The Physiotherapist Education Framework published by World Physiotherapy also provides guidance for delivery and expectations of continuing professional development. HKPA will definitely use this Framework to plan our future CPD activities. With the recent discussion on physiotherapist specialization, HKPA advocates the development of MSc specialization degrees. Our CPD courses will also be designed in a way to facilitate possible physiotherapist specialization in the future.

What has HKPA done during my presidency?

HKPA has always been a key organization that provides quality CPD courses for practicing physiotherapists (Table 4). During my presidency, we have also organized a series of seminars to discuss different aspects of physiotherapy education (Table 5)

Date	Course/Conference
28-29 Oct 2017	HKPA Conference 2017
05 Nov 2017	Workshop on Acuo-Manual Therapy (AMT) to Knee and Ankle Problems
24 Nov 2017	Management of Sports-related Concussion
07 Dec 2017	Management of Autistic Spectrum Disorders - Local Approaches
29 Dec 2017	Enhancing Placebo and Avoiding Nocebo Effects in Clinical Practice
05 Jan 2018	Stroke Rehabilitation Seminar Series I - How to Make an Effective Assessment with Bobath Approach and Essential Bed Mobility and Transfer Skills
09 Jan 2018	Surgical Treatment of Proximal Humeral Fracture in Elderly Patients
17 Mar 2018	Behavioural Management of Children with ASD & ADHD
23-24 Mar 2018	The Physiotherapists' Role in Multidisciplinary Management of Patients with Spinal Muscular Atrophy and Sharing Local and Overseas Physiotherapy Experiences along the Journey of Living with SMA
27 Mar 2018	High Performance Strength and Conditioning for Hong Kong Rugby's Elite Rugby Program
30 Mar 2018 - 07 Apr 2018	The Full Complete Digestive Therapy Certification Course
07-08 Apr 2018	Tai Chi for Arthritis
13 Apr 2018	GSG Biennial General Meeting cum Seminar on Smart Shoe Applications in Older Adults
17 Apr 2018	Neurological Specialty Seminar - Overview on the Physiotherapy Service in Stroke Rehabilitation in HA Setting and Overview on the Rehabilitation Strategies of Paretic Upper Limb in Stroke
16 May 2018	AIMSG Biennial General Meeting cum Seminar on Introduction of Basic Body Awareness Therapy - A Physiotherapeutic Approach to Movement Quality
25-27 May 2018	The New Statistical Tools for Sports and Medical Research
29 May 2018	Sports Medicine with an Emergency Medicine Physician
02 Jun 2018	Aquatic Physiotherapy Research Seminar 1
16 Jun 2018	Aquatic Physiotherapy Research Seminar 2
26 Jun 2018	Infection Prevention and Wound Care
02-05 Jul 2018	Dynamic Neuromuscular Stabilization - Basic Course A and Paediatric Course I
07-09 Jul 2018	Australian Physiotherapy Association - Sports Physiotherapy Level 1
04-05 Aug 2018	The Shoulder: Theory and Practice Evaluation
01 Sept 2018	Management of Fracture Distal Radius and Carpal Fracture and Assessment and Management of Carpal Instability
08 Sept 2018 - 17 Nov 2018	2018 Certificate Course in Assessment and Management of Incontinence
28-30 Sept 2018	水療康復技術 - 助力水療高效發展工作坊
29 Sept 2018	Radiological Imaging on Upper Limb - A Sonographic Approach with MRI and CT Correlation

(Continued on Page 5)

06 Oct 2018	HKPA 55th Anniversary Conference
13 Nov 2018	NSG BGM sum Seminar on Constraint Induced Movement Therapy in Stroke Rehabilitation
07 Dec 2018	Research Updates on Gait Biomechanics: Clinical Application of Research Findings
08 Dec 2018	Casting Workshops of Lower Limbs
19 Jan 2019	Aquatic Balance Training for Healthy and Frail Elderly
19-21 Jan 2019	MSK Ultrasound Imaging in Sports Medicine
21 Feb 2019	Work Injury Management System: Past, Present and Future
23 Feb 2019	Assessment and Training of Children with Cortical Visual Impairment
23-24 Mar 2019	Motor Function Assessment for Patients with SMA
24 Mar 2019	立體結構網絡在治療與復健上的應用
26 Apr 2019	Introduction on Nordic Pole Walk for Physiotherapists
27-28 Apr 2019	Certificate Instructor Course on Nordic Pole Walk for Rehabilitation Professionals
25 May 2019	HKPA Conference 2019 cum 2nd Greater Bay Area Physiotherapy Forum
15 Jun 2019	Workshop on Positional Plagiocephaly (PP)
03 Jul 2019	Orthopaedic Management of Patients with Spinal Cord Injury
10 Jul 2019	Physiotherapy Management of Patients with Spinal Cord Injury
12 Jul 2019	Tendon Repair, Tendon Transfer and Tendinopathy, from Basic Science to Principles of Repair and Rehabilitation
27 Jul 2019	太極小金鐘十三式 - 伸展運動工作坊
14-15 Sept 2019	The Essential Principles of Shoulder Physiotherapy
19 Sept 2019	Re-think on Outcome Measures on Muscle Tone - A Clinical Update
21-22 Sept 2019	Lower Quadrant of Mulligan Manual Therapy Concept
10 & 12 Oct 2019	Common Athletes' Shoulder Pathologies and Shoulder Problems for Athletes: From Injury to Return-to-Play
07 Nov 2019	An Evening Talk on Selection and Use of Rehabilitation and Care Equipment
16 Dec 2019	An Overview on the End-of-Life Care Service Development in Hong Kong
04 Jan 2020	Certificate Course of Breakaway Techniques
11 Jan 2020	Acupuncture for Lumbosacral Dysfunction
13 Jun 2020	PSG BGM cum Seminar on Orofacial Myofunctional Therapy (OMT)
15 Sept 2020	AIMSG BGM cum Seminar on Sharing on Clinical Application of Taiji Xiao Jin Zhong (太極小金鐘)
24 Oct 2020	WHSG BGM sum Seminar on Assessment & Management of Lymphoedema after Lymph Node Transfer
2 March 2021	Physiotherapy Education: History, Legacy and Future Directions
31 March 2021	Physiotherapy Education: The Regional Perspective
5 May 2021	New Page in PT Education in Hong Kong: Update from Local Programs and Use of Advanced Technology (I)
3 June 2021	New Page in PT Education in Hong Kong: Update from Local Programs and Use of Advanced Technology (II)
20 July 2021	Current Policy on Physiotherapist Registration in Hong Kong for Local and Overseas Graduates

Table 4. List of CPD courses offered by HKPA in 10/2017-07/2021

Date	Academic Institution	HKPA Representatives
2 March 2021	Physiotherapy Education: History, Legacy and Future Directions	Emma STOKES, Maria LIU, Patty TAM, Gabriel NG, Alice JONES, Margaret MAK
31 March 2021	Physiotherapy Education: The Regional Perspective	Suh-Fang JENG, Sandra BRAUER, Wendy WANG, Marco PANG, Rumpa BOONSINSUKH
5 May 2021	New Page in PT Education in Hong Kong: Update from Local Programs and Use of Advanced Technology (I)	Hector TSANG, Grace SZETO
3 June 2021	New Page in PT Education in Hong Kong: Update from Local Programs and Use of Advanced Technology (II)	William TSANG, Arran LEUNG
14 July 2021	Involvement of HKPA in Academic Matters, Recent and Future Development of Physiotherapy Education in PolyU	Marco PANG, Hector TSANG, Shirley NGAI, Shamay NG, Amy FU
20 July 2021	Current Policy on Physiotherapist Registration in Hong Kong for Local and Overseas Graduates	Edwin LEE, Raymond TSANG

Table 5. Special Seminar Series on Physiotherapy Education

(Continued on Page 6)

On behalf of HKPA, I also expressed my view on continued development of physiotherapy education and specialization on different occasions (Table 6).

Date	Presentation	Platform
16 Nov 2020	Digital Solutions for Online Learning	World Physiotherapy Webinar
31 March 2021	Recent changes in physiotherapy entry-level education in Hong Kong and future directions	HKPA 60th Anniversary of Physiotherapy Education in Hong Kong Seminar Series
10 July 2021	Physiotherapist Specialization	Webinar organized by Hong Kong Physiotherapy Concern

Table 6. Presentations on physiotherapy education and specialization by HKPA President

60TH ANNIVERSARY OF PHYSIOTHERAPY EDUCATION IN HONG KONG SEMINAR SERIES
SEMINAR 2: PHYSIOTHERAPY EDUCATION: THE REGIONAL PERSPECTIVE
Date: March 31, 2021 (Wednesday)
Time: 6:00 pm to 7:00 pm (Hong Kong Time)

Guest speakers:

- Prof. Suh-Fang Jeng**
 Chairperson, World Physiotherapy Asia Western Pacific Region, Professor, National Taiwan University, Executive Board, Taiwan Physical Therapy Association.
 Topic: Overview Of Physiotherapy Education In The World Physiotherapy Asia Western Pacific Region
- Prof. Sandy Brauer**
 Head of School, School of Health & Rehabilitation Sciences, The University of Queensland
 Topic: Current Status And Future Directions Of Physiotherapy Entry Level Education In Australia
- Prof. Wendy TJ Wang**
 President, Taiwan Physical Therapy Association, Professor, Department of Physical Therapy and Assistive Technology, National Yang Ming Chiao Tung University.
 Topic: Physical Therapy Entry-level Education Reform In Taiwan
- Prof. Marco Pang**
 President, Hong Kong Physiotherapy Association, Professor, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University
 Topic: Recent Changes In Entry-level Physiotherapy Education in Hong Kong And Future Directions
- Assoc. Prof. Rumpa Boonsinsukh**
 Dean of Faculty of Physical Therapy, Srinakharinwirot University, Secretary General, Physical Therapy Council (Thailand)
 Topic: Is Thailand Ready For DPT?: Steps Towards PT Education Reform In Thailand

JOIN US IN ZOOM **Event Sponsor: arjo** with people in mind

Education Seminar organized by HKPA



Forum on PT specialization

World Physiotherapy
EDUCATION TASK FORCE
DIGITAL SOLUTIONS FOR ONLINE LEARNING
Webinar, 16 November 2020 14:00 GMT

Moderators: Rachael Lowe, Dymala Jelavick
Panelists: Marco Pang, Nihad Almasri, Michael Rowe

Topic: Impact of COVID-19 on physiotherapist entry level education

Webinar on online learning

III. Government policies on physiotherapy education

Key issues

HKPA is concerned with several issues related to government policies on physiotherapy education, particularly the accreditation and benchmarking of

physiotherapy training programs, and UGC-funded physiotherapy student quotas.

What has HKPA done during my presidency?

We held regular meetings with the PT Board Chairman and other government officials to exchange views on issues pertaining to the above issues (Table 7)

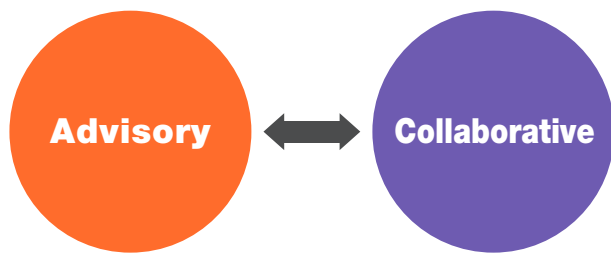
Date	Event	HKPA Representative
15 March 2018	Meeting with PT Board Chairman	Marco PANG, Anna Bella SUEN, Alexander WOO
6 June 2018	Meeting with Deputy Secretary for Food and Health	Marco PANG, Ivan SU, Anna Bella SUEN
22 Nov 2018	Meeting with PT Board Chairman	Marco PANG, Anna Bella SUEN, Raymond TSANG, Alexander WOO
20 March 2019	Meeting with PT Board Chairman	Marco PANG, Alexander WOO, Judy WONG
11 Sept 2019	Meeting with PT Board Chairman	Marco PANG
19 Dec 2019	Meeting with PT Board Chairman	Marco PANG, Raymond TSANG, Ivan SU, Anthony KWOK

Table 7. Meetings with PT Board Chairman and government officials

(Continued on Page 7)

Nature of relationship between HKPA and Academic Institutions

There are two facets of the relationship between HKPA and academic institutions that offer physiotherapy education programs (Figure 3). HKPA of course has an advisory role. As mentioned above, HKPA is a standing member of various committees that play important roles in quality assurance of physiotherapy education programs. We also have regular communication and pay regular visits to the various physiotherapy schools. However, HKPA also has a close collaborative relationship with various physiotherapy training schools. Many HKPA activities require the support of academic institutions and vice versa.



Relationship between HKPA and physiotherapy training schools

What has HKPA done during my presidency?

Academic institutions often act as the supporting organizations or even co-organizers of HKPA events. In fact, the Department of Rehabilitation Sciences (RS) of PolyU has been the co-organizer of the HKPA conference for many years (Table 8)

On the other hand, HKPA has also been supporting the events organized by academic institutions.

In addition, we are also invited by academic institutions to provide expertise in planning and delivery of continuing education courses. One recent example is the Professional Certificate in Primary Healthcare in Community Care Context in Physiotherapy.

Date	Event	Co-organizer/supporting organization
6 Oct 2018	HKPA 55th Anniversary Conference	PolyU (RS)
25 May 2019	HKPA Conference 2019 cum 2nd Greater Bay Area Physiotherapy Forum	PolyU (RS)
11 Sept 2021	World Physiotherapy Day 2021	PolyU (RS), Tung Wah College, Open U, Caritas Institute of Higher Education
18-20 June 2022	World Physiotherapy Asia Western Pacific Regional Congress 2022	PolyU (RS)

Table 8. Academic institutions as co-organizer/supporting organization of HKPA events

Date	Event	Supporting organization
17-18 Nov 2018	11th Pan-Pacific Conference on Rehabilitation (PolyU RS)	HKPA
27-28 Nov 2021	12th Pan-Pacific Conference on Rehabilitation (PolyU RS)	HKPA

Table 9. HKPA as supporting organization of events run by academic institutions

Physiotherapy in Primary Health: Opportunities, Challenges and the Way Forward

香港物理治療學會2019暨第二屆粵港澳大灣區物理治療論壇
HKPA CONFERENCE 2019 CUM 2ND GREATER BAY AREA PHYSIOTHERAPY FORUM

25 May 2019 (Sat) | 09:00 – 17:00
Regal Kowloon Hotel, Tsim Sha Tsui East

KEYNOTE SPEAKERS

- Prof. Stephen Lord
Senior Principal Research Fellow
National Health and Medical Research Council
Conjoint Professor, University of New South Wales, Australia
- Dr. Anna Bui
NIHR Career Development Fellow
Honorary Consultant (Spasticity), Newcastle University, Great Britain
- Ms. Jenny Wu
Director (PSEN) Health Centre Team
Food and Health Bureau

GUEST SPEAKERS

- Mr. Tomoko Chan
- Mr. Steven Chan
- Prof. Albert Jones
- Dr. Philip Lam
- Mr. James Lee
- Mr. Alejandro Garcia Prieto
- Dr. Inai Su
- Prof. Hector Tsang
- Mr. Raymond Tsang
- Prof. Wang Yaling
- Ms. Luning Wong
- Mr. Desmond Yung
- Mr. Joyce Shen Zhou
- Dr. Inai Su

PRE-CONFERENCE WORKSHOPS

- 1 full-to-order people workshop:
Risk factors, assessment and strategies for prevention
- Management of potential stroke and hemiplegic central palsy

CONFERENCE DINNER
25 May 2019 (Saturday)
Pavilion Restaurant, Regal Kowloon Hotel, Tsim Sha Tsui East

SECOND ANNOUNCEMENT

PolyU RS as the co-organizer of HKPA Conference 2019

Professional Certificate in Primary Healthcare in Community Care Context for Physiotherapy

社區及基層醫療物理治療專業證書

In the 20th Policy Address, the Chief Executive announced the setting up of District Health Centres in all 18 districts for enhancing disease prevention and self-health management and offering greater support for patients with chronic conditions.

This particular course aims at providing specialized knowledge and skills for registered physiotherapists in Hong Kong on practices of physiotherapy from the perspective of primary healthcare in a community healthcare setting.

Aims:

- To acquire students with the infrastructure of the local healthcare system and the care and support services in the community and the accessibility to such services.
- To integrate the knowledge of biopsychosocial and environmental factors associated with health as well as the concept of self-management into the management of non-communicable conditions and health risk factors in healthy and special populations.
- To acquire knowledge of evidence-based screening, assessment and intervention for people with age-related health risks and specific chronic conditions in community and home settings.

Common topics with both occupational therapy & physiotherapy

- Overview of healthcare policy and system and healthcare needs: global and local issues
- Primary healthcare service in Hong Kong
- Biopsychosocial model in healthcare
- Health prevention

Physiotherapy specific topics

- Application of the WHO ICF in rehabilitation
- Health prevention in physiotherapy practice
- Prevention of non-communicable conditions
- Role of physiotherapy in prevention and community care
- Technology advancement in community physiotherapy
- Primary and secondary prevention in physiotherapy
- Primary prevention of intrinsic capacity decline
- Prevention of daily ability to take skills with development

Professional Certificate in Primary Healthcare in Community Care Context in Physiotherapy

(Continued on Page 8)

Year	Student members	Total number of students in entry-level physiotherapy programs (based on student quotas)	Percentage of student members (%)
2011-2012	36	240	15.0
2012-2013	35	390	9.0
2013-2014	61	470	13.0
2014-2015	56	470	11.9
2015-2016	60	440	13.6
2016-2017	59	508	11.6
2017-2018	41	528	7.8
2018-2019	91	598	15.2
2019-2020	135	638	21.2
2020-2021	156	748	21.4
As of July 2021	254	748	34.0

Table 10. Changes in number of student members over the past decade

Promotion of HKPA to physiotherapy students

HKPA has been very active in engaging physiotherapy students. Many seminars were held to promote HKPA to physiotherapy students (Table 11).

To recognize the excellence in student performance, we have been offering student awards (HKPA All-Round Outstanding Student Award, Best Capstone Project Award) for many years. On the other hand, many of our activities involved the hard work of student volunteers for their successful implementation.

Date	Academic Institution	HKPA Representatives
15 Jan 2018	PolyU	Marco PANG, Alexander WOO, Billy SO, Shirley NGAI
17 Jan 2018	PolyU	Marco PANG, Alexander WOO, Billy SO, Shirley NGAI
27 Jan 2018	PolyU	Marco PANG, Alexander WOO, Billy SO, Shirley NGAI
29 Jan 2018	PolyU	Marco PANG, Alexander WOO, Billy SO, Shirley NGAI
5 Feb 2018	PolyU	Marco PANG
27 March 2018	PolyU	Marco PANG
29 Aug 2018	PolyU	Marco PANG
18 Aug 2019	PolyU	Marco PANG
16 Sept 2019	Tung Wah College	Marco PANG
Sept 3 2020	PolyU	Marco PANG
15 Jan 2021	PolyU	Marco PANG
24 Feb 2021	Tung Wah College	Marco PANG
12 May 2021	Open U	Marco PANG
9 June 2021	Caritas Institute of Higher Education	Marco PANG

Table 11. Promotional seminars for physiotherapy students



Prof. PANG promoting HKPA to physiotherapy students

(Continued on Page 9)



HKPA President giving out awards to students at the Inaugural Ceremony



Many student volunteers were involved in World PT Day event organized by HKPA in 2018

Upcoming initiatives/involvement of HKPA in relation to physiotherapy education

Curriculum review

The Department of Rehabilitation Sciences (RS) will initiate a formal review exercise of the BSc (Hons) PT and MPT program curricula. I am pleased to announce that HKPA is invited to be involved in this important exercise. HKPA will nominate one of our Executive Committee members to serve in the curriculum review team set up by RS. This person will be the only PT professional association representative in the curriculum review team. It is another testimony that what HKPA can offer is highly respected in the academic community. HKPA will take this responsibility seriously and ensure the revised curriculum will be able to achieve the standards set out by World Physiotherapy and reflect contemporary practice.

Student-centered activities

To strengthen our relationship with physiotherapy students, we will be implementing a student ambassador program. Various student-centered activities, such as career talks, job shadowing and interview workshops will be held at different time periods of the student's academic journey.

World PT Day 2021

There will be a hybrid event celebrating the World PT Day on 11 Sept 2021. Several career talks with physiotherapy students as the target audience will be conducted. There will also be a focused symposium on "Contemporary

Physiotherapy Education", with renowned speakers (Dr. Gillian Webb, Dr. Margot Skinner, Prof. Alice Jones, Dr. Shirley Ngai) providing their views on this important topic.



Hong Kong Physiotherapy Association

Celebration of World Physiotherapy Day 2021
and 60th Anniversary of Physiotherapy Education in Hong Kong

SEPT 11, 2021 (SAT) • 09:00 – 16:45
NINA HOTEL TSUEN WAN WEST

Guest Speakers:
(In order of presentation)

 Mr. Raymond Lai Business Director, The Hong Kong Council of Social Service	 Ms. Charmie Yip Physiotherapist, SAKC	 Dr. Law Shoung Wei President-Elect of The Hong Kong College of Orthopaedic Surgeons
 Mr. Raymond Tsang Department Manager, Physiotherapy Department, MTRC	 Dr. Ivan Su Head of Professional and Programs Development, SAKC	 Dr. Gillian Webb Associate Professor, Department of Physiotherapy, University of Melbourne
 Dr. Margot Skinner Senior Lecturer & Deputy Dean, Division of Health Sciences, University of Otago	 Prof. Alice Jones Honorary Professor, University of Queensland	 Dr. Shirley Ngai Associate Professor, Department of Rehabilitation Sciences, Hong Kong Polytechnic University
 Mr. Mike Au-Yang Physiotherapist, Private Practice	 Dr. Cheng Yik Lun Chairman, Hong Kong Society of Kinesiology	 Mr. Eyclie Wang HKPA Core Development Physiotherapy Specialty Group, Senior Clinical Lecturer, School of Health & Health Sciences, Tung Wah College

Supporting Organisations:

 HKCSS	 THE HONG KONG PHYSIOTHERAPY ASSOCIATION	 THE HONG KONG COLLEGE OF ORTHOPAEDIC SURGEONS
 東華學院 TUNG WAH COLLEGE	 香港公開大學 THE HONG KONG POLYTECHNIC UNIVERSITY	 CIHE

Upcoming World PT Day event on 11 Sept 2021

(Continued on Page 10)

HKPA Conference 2021

The HKPA Conference will be held on 12 Dec 2021. Dr. Tracy Bury, the Deputy CEO of World Physiotherapy, will be our keynote speaker to share with us her views on future directions of physiotherapy education.



Upcoming HKPA Conference 2021 on 12 Dec 2021

Summary

I hope the above information has given you a glimpse of what HKPA has done on matters related to physiotherapy education since I took up the presidency of HKPA.

Here are some key points:

- HKPA has done **MORE** on matters related to physiotherapy education during my presidency than previously.
- The fact that I am an employee of an academic institution **DOES NOT** compromise the work of HKPA related to academic matters.
- We have an **ADVISORY** role and a **COLLABORATIVE** relationship with different academic institutions. Thus, we aim for open communication and tackle the issues at hand and find solutions in a **RATIONAL AND TACTFUL** manner.

One can be assured that HKPA will continue to strive for excellence in achieving what is described in our motto: "Uniting Physiotherapists, Advancing Practice, Enhancing Health".

Reference

1. World Physiotherapy. Physiotherapist education framework. London, UK: World Physiotherapy; 2021



Hong Kong Physiotherapy Journal
Online Submission
Is now available at

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

Please visit the website

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Update on the work of the “Working Group on Implementation of Modified Referral System for Physiotherapy Services”

Prof. Marco PANG
President, HKPA

Direct access to physiotherapy: global data

According to the data provided by World Physiotherapy (formerly known as the World Confederation for Physical Therapy) [1], full direct access to physiotherapy service without doctor's referral has been implemented in 28% of its 111 Member Countries/Regions. Direct access is also allowed under certain conditions in another 45% of the Member Countries/Regions. There is no direct access to physiotherapy service in 27% of the Member Countries/Regions, including Hong Kong. The Hong Kong Physiotherapy Association (“HKPA”) has been advocating for direct access to physiotherapy service for years.

You may be aware that the **Working Group on Implementation of Modified Referral System for Physiotherapy Services (“Working Group”)** was formed to work on the issues related to possible modification of the current physiotherapy service referral system in Hong Kong. To promote transparency and accountability, and to also dispel any misinformation that you may have received, I think it is important to provide our members and the greater physiotherapy community with an update on the background and progress of work of this Working Group.

Background: The Working Group

The Working Group, consisting of physiotherapists from different sectors, representatives from physiotherapy professional associations, medical practitioners and lay members, was formed in 2015.

The Working Group held two meetings in October 2015 and February 2016. HKPA was invited by the Working Group to conduct surveys to gather opinion on direct access to physiotherapy services. The first survey involving 1,004 participants from the general public was conducted in 2016-2017, while the second survey was conducted in 2018 involving 1,749 members of the public and 587 registered physiotherapists. Results of the two surveys revealed that majority of the respondents, both from the general public and physiotherapists, supported direct access to physiotherapy services.

The Working Group put forward a proposal containing amendments to section 13 of the Code of Practice, which would allow for direct access of physiotherapy service, was discussed in the Physiotherapists Board (“PT Board”) meeting in May 2019. Despite the diverse views, the

proposal was submitted to the Supplementary Medical Professions (“SMP”) Council for consideration in July 2019. The proposal was rejected by the Council, with the following points raised:

- “(1) Thorough and objective consultation, with all relevant stakeholders (including doctor groups and patient groups) being consulted, should be conducted;
- (2) Research on overseas countries without the requirement of doctor's referral should be done in more details, e.g. the transition process and the restrictions on allowing direct access; and
- (3) Guidelines should be set up on how patient rights and safety could be safeguarded if direct access is to be allowed.” [2]

In light of the comments, the membership of the Working Group was modified to include more stakeholders. The 3rd meeting (1st meeting after the rejection of the proposal by the SMP Council) was held in Dec 2020. The composition of the Working Group at the time is shown in the table below. Dr. Edwin LEE was appointed as the new Acting Chairman.

Capacity	Name
Acting Chairman	Dr Edwin LEE Wai-chi
Representative from the Hong Kong College of Orthopaedic Surgeons	Professor Patrick YUNG Shu-hang, JP
Representative from the Hong Kong Medical Association	Dr Josephine IP Wing-yuk
Representative from the Li Ka Shing Faculty of Medicine, the University of Hong Kong	Professor Joseph LUI Cho-ze
Representative from the Faculty of Medicine, the Chinese University of Hong Kong	Professor Samuel LING Ka-kin
Representative from Hong Kong Physiotherapy Association	Professor Marco PANG Yiu-chung

(Continued on Page 12)

Capacity	Name
Representative from Hong Kong Physiotherapists' Union	Dr Clement CHAN Kam-ming
Representative from Physio Action	Ms Anna Bella SUEN Mei-yee
Members of the profession from different sectors	<i>Hospital Authority:</i> Mr Daniel LO Tze-chiu <i>Private sector:</i> Dr Man CHUNG Wai-man <i>Non-government organization:</i> Mrs Eleanor CHAN WONG Yee <i>Academic:</i> Professor Margaret MAK Kit-yi
Lay Members	<i>Hong Kong Asthma Society:</i> Mr CHAN Wing-kai <i>Hong Kong Alliance of Patients' Organization Ltd.:</i> Mr Stephan LAM Wai-hung <i>Community Organizer, Society for Community Organization:</i> Mr Tim PANG Hung-cheong <i>Barrister-in-law:</i> Ms Abigail WONG Kei-yee

Progress of work

The following table highlights the key events that have occurred since the formation of the above Working Group with a new Acting Chairman.

Date	Key events and progress of work
Dec 16, 2020	3rd Meeting of the Working Group held - Discussed how to address the comments raised by the SMP Council and the way forward. - Consensus to conduct detailed research to obtain opinion on direct access from all stakeholders. - Professor Marco PANG was invited to convene a group in drafting the survey. - The survey study would be conducted in the name of the Working Group, not HKPA. - The draft survey was to be presented at the 4th meeting of the Working Group for discussion.

Date	Key events and progress of work
January-April, 2021	Drafting the survey questionnaire - Involved joint effort of Prof. Marco PANG, Prof. Margaret MAK, Ms. Annabella SUEN, and Mr. Clement CHAN. - Feedback invited from other physiotherapists (Dr. Man CHUNG, Mrs. Eleanor CHAN), and representatives from patient groups in the Working Group (Mr CHAN Wing-kai, Mr. Stephan LAM Wai-hung, Mr. Tim PANG Hung-Cheong) during the drafting process.
April 12, 2021	Preliminary draft of survey submitted to Dr. Edwin LEE (Acting Chairman) Acting Chairman expected to review the draft and send it to medical doctors in the Working Group prior to the 4th meeting.
April 16, 2021	Revisions to draft questionnaire requested by Acting Chairman
April 18, 2021	Revised survey questionnaire submitted to Acting Chairman by Prof. PANG
May 19, 2021	Further revisions to draft requested by Acting Chairman
May 21, 2021	Revised questionnaire submitted to Acting Chairman by Prof. PANG PT Board sent out the draft questionnaire to Working Group Members 4th Meeting of the Working Group held <i>Change in membership:</i> - Dr Victoria WONG Wing-yee replacing Dr. Joseph LUI Cho-ze - Mr. Kenneth AU YEUNG replacing Mr. Clement CHAN <i>Concerns raised:</i> - Draft questionnaire was only sent to members just a few hours prior to the meeting. More time should be given (in weeks) to study the questionnaire. - Medical doctors in the Working Group and the members of the organizations which they represented were not consulted for drafting the questionnaire.

(Continued on Page 13)

Date	Key events and progress of work
May 21, 2021	- Prof. PANG's explanation: - Only some Members of the Working Group were involved in doing the ground work and working out the preliminary draft of the questionnaires first. - All Working Group Members (including the doctors) could then comment on the draft. - Members' comments and suggestions would be incorporated in the revised draft. - The questionnaire should only be sent to Members' respective organizations for comments after the Working Group agrees that it is ready for release. - Prof. PANG was requested to incorporate the comments raised at the meeting and submit the revised draft by end of May 2021.
May 28, 2021	Revised survey submitted to Acting Chairman by Prof. PANG
June 1, 2021	Revised questionnaire released by the PT Board Secretary to the Working Group Members. Feedback, if any, should be sent to the PT Board by June 30, 2021
July 30, 2021	5th Meeting of the Working Group held - Diverse opinion on the content and focus of the survey presented. - Unanimously agreed that an independent authority be invited to design a survey to collect feedback on the modified referral system for physiotherapy services in Hong Kong.
Aug 11, 2021	Change in membership: Dr. Wilson LI replacing Dr. Patrick YUNG
Sept 1, 2021	Change in Chairperson: Ms. Mandy MAK appointed as the New Acting Chairperson of the Working Group

Important messages

I hope the above information would provide our members and the wider physiotherapy community with an update on what has been happening with the work related to direct access. It is important to emphasize that:

- I was invited by the Acting Chairman of the Working Group to draft the survey at the 3rd Meeting, and there

was **NO OBJECTION** from any of the Working Group members at that time.

- I was given the freedom to work on a preliminary draft in my own capacity, which would then be presented to all Working Group members at the subsequent meeting (4th Meeting) for seeking feedback. These are all well documented in the meeting minutes.
- There was **NEVER** any intention of not gathering feedback on the questionnaire from the doctors. Indeed, the first preliminary draft was sent to the Acting Chairman on April 16, 2021, well before the schedule of the 4th Meeting. However, the draft was not sent to the doctors in the Working Group by the Acting Chairman soon after because multiple revisions were requested in April-May 2021, as clearly indicated in the above table of events.
- The design of the questionnaire involves many stages, and it may be more efficient for a small group to start the ground work and seek feedback from others in subsequent stages. The Working Group Meeting provides an excellent platform for all Members to comment on the draft and so no important stakeholder groups would be ignored. My understanding is that revisions can be done as many times as the Members want until all are satisfied with the final product.

I hope the above presented facts can help set the record straight and dispel any misinformation you may have heard. There may be imperfections during the process of drafting the questionnaire. However, my experience in the Working Group has driven me to continue to improve myself and the work that I do.

Despite the change in membership of the Working Group from time to time, one can be assured that the work on direct access is progressing, which involves the collective effort of the whole Working Group, rather than being dictated by myself or any other individuals.

Conclusion

Being a representative of HKPA in the Working Group, I will continue to advocate for direct access to physiotherapy service in Hong Kong, because it would benefit the persons who require timely physiotherapy service. I am inspired by many success stories shared by other countries/regions that have secured direct access. It will be a long journey, but I am optimistic that ultimately, we will get there.

References

- <https://world.physio/our-members>
- Working Group Paper PT/WGIMRS/01/20

Challenges and Opportunities for Physiotherapy Service of “Pilot Scheme on Multi-Disciplinary Outreaching Team” (Kowloon West) during COVID-19 Pandemic

Ms. Maggie HO

Physiotherapist I,
Pilot Scheme of Multi-disciplinary Outreaching Support Teams for the Elderly
(Kowloon West Cluster),
Hong Kong Christian Service

Introduction

The Pilot Scheme of Multi-disciplinary Outreaching Support Teams for the Elderly (MOSTE) was started in operation in February 2019 [1]. MOSTE is a four-year pilot project which consisted of social workers, physiotherapists, occupational therapists and speech therapists to provide outreaching services to residents of private residential care homes for the elderly (RCHes) to address their social and rehabilitation needs.

MOSTE team of the Hong Kong Christian Service provides services to residents of private RCHes from Kowloon West cluster (Shek Kip Mei, Shum Shui Po and Cheung Sha Wan) with over 60 elderly homes [2]. Physiotherapists provide clinical assessments, rehabilitation trainings and periodic reviews to service users, as well as consultations and training programmes to RCHes staff members and carers of the service users.

Impact of COVID-19 Pandemic on MOSTE PT Services

"Coronavirus disease 2019 (COVID-19)" is the disease caused by a new coronavirus called SARS-CoV-2 [3]. Due to a rising trend of diagnosed cases locally, the government of HKSAR announced temporary suspension of outreaching services in February 2020 [4]. As a consequence, majority of our clients suffered from declined mobility and physical deconditioning. In view of the situation, a new mode of physiotherapy service delivery, called Tele-rehabilitation was implemented by our team. Tele-rehabilitation in physiotherapy refers to the use of information and communication technology to connect patients and physiotherapists via telephone, video or other remote monitoring technology to carry out physiotherapy services at a distance.

Challenges and Opportunities for MOSTE PT Tele-rehabilitation

Despite the suspension of outreaching service due to COVID-19 pandemic, our PT team continued to provide tele-rehabilitation training via smart devices (such as smartphones, tablets) with related applications (such as, ZOOM, Skype) to selected service users to maintain their physical mobility and fitness. We targeted those residents who were able to follow instructions with stable medical condition and willing to receive physiotherapy training via smart devices. Nevertheless, this new mode of training came with certain challenges.

First of all, physical examination is not feasible during tele-training, such as palpation and manual muscle testing cannot be performed. We could only gather medical and general information from home staffs and subjective feedback from client before the tele-session. Vital signs were taken by home staffs prior to tele-training to minimize the risk of sudden cardiac arrest. Home staffs would standby with the elderly throughout the entire training period to avoid risk of injuries. Since physical examination could not be conducted, we used "Numeric Global Rating of Change Scale" (NGRCS) as an outcome measure to evaluate training effectiveness.

Secondly, most private RCHes and residents in our serving district did not possess smart devices and internet connection. In view of this situation, our PT team developed a series of videos and sent to all RCHes in our cluster via postal mail in DVD format with instruction booklets. We produced DVDs of seated exercise videos that are suitable for residents with different levels of physical impairment. These videos covered different aspects of physical fitness domains, includes flexibility, strengthening, endurance and balance training. Feedbacks from home staffs and residents were positive and they much appreciated our efforts.

(Continued on Page 15)

時間	星期一	星期二	星期三
09:00 - 09:30			
09:30 - 10:00			
10:00 - 10:15			
10:15 - 11:00	坐住“氣”生操	椅子操	坐式太極操
11:00 - 12:00			
12:00 - 13:15			
	社交人際小組	職業治療小組	保健運動小組

Fig 1. RCHE included our exercise videos into their daily regime



Fig 2. Photo taken by home staffs to show residents performing exercise from our exercise videos

Besides, our team also produced a series of short video clips “輕鬆一分鐘” that covered different pain relief techniques and exercises targeting residents with chronic pain. Since majority of elderly suffered from varies degree of chronic pain due to degenerative osteoarthritis or medical problems, these short video clips offered them alternative choices and self-managing exercises when physiotherapy service is not available due to COVID-19 pandemic.



Fig 3. Short video clip “輕鬆一分鐘” for upper trapezius stretching demonstration



Fig 4. Seated exercise video “坐式太極” demonstration

Equipment barrier was another hurdle to tele-training, as most of the RCHEs in our cluster were lack of rehabilitation related equipment. In order to tackle the problem, our team would lend exercise equipment and devices to selected service users and RCHEs. This would facilitate our physiotherapy service delivery and further build up rapport with our clients.

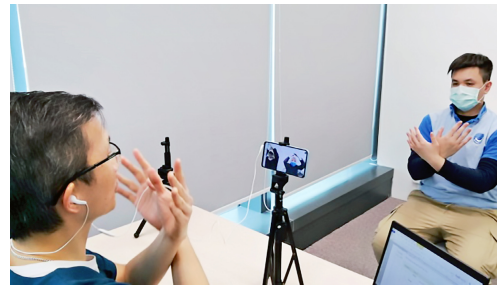


Fig 5. Physiotherapist and therapist assistant were demonstrating Seated Tai Chi exercise to elderly via smartphone



Fig 6. RCHEs staff assisted in setup of smart phone and exercise equipment for a case with CVA

Conclusion

Under the influence of COVID-19 pandemic, tele-rehabilitation is an alternative choice of training, which health care professionals can deliver to patient from a remote distance. Although this method cannot replace the traditional way of service delivery, it helps to maintain physical mobility and fitness of RCHEs residents and express our care to them under the blue atmosphere of COVID-19 pandemic.

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An Interview with Dr. Joseph CHIU

Date : 28 June, 2021

Venue : Online

Interviewee : Dr. Joseph CHIU

Interviewers : Ms. Athena WH WONG and Ms. Dorothy CHAN
(Year 3 Physiotherapy Students)

Q1

How did you enter the Physiotherapy field? Have you considered studying something else?

A1

I explored several career pathways before I finally dedicated myself into Physiotherapy. After graduating from my secondary school, I worked in a bank for a short period but found that office work was boring. After my public examination results were released, I applied for the Physiotherapy school but failed in my first attempt. I switched to work as a student medical laboratory technician in the government but realized that I was more into people-related jobs. Being an active athlete in my school, I often went to a bonesetter when I got injured. I developed an interest in this area and was determined to apply for the Hong Kong Government School of Physiotherapy again.

Q2

Were there any significant ups and downs throughout your career?

A2

I have been working as a Physiotherapist for over 40 years. I am grateful that my Physiotherapy career was quite smooth and I didn't experience many "downs". The demand for Physiotherapy services was huge even in the past. Therefore, I had plenty of promotion opportunities. Physiotherapists were relatively well-paid because they were the few positions in the public hospitals that required a high A-level entry requirement.

What I felt regret in my career was about the relocation of the David Trench Rehabilitation Center (DTRC) some years ago due to the MTR subway extension. Since the hydrotherapy pool was not built up to the standard and requirements for infection control in the current DTRC site, the pool was still pending to open for services. Hopefully, the pool can be renovated and opened for the hydrotherapy service in the future.

Regarding funny experience, I still remember my days as a clinical educator. One day, one of the lenses of my glasses was broken but I still put the glasses on, and my students recognized that and laughed their heads off!



*Dr. CHIU on the upper left corner;
Ms. WONG and CHAN on the upper right corner;
Dr. WONG at the bottom.*

Q3

Do you have any tips for becoming a good leader/supervisor?

A3

I was the Chief of Physiotherapy Services cum Department Manager of Physiotherapy Department of Queen Mary Hospital. Being the leader, I think transparency and openness are extremely important being a good leader. I tried my best to let my subordinates know my situation and rationale for my decision making. I also ensured that my team had certain degrees of autonomy. It was the same when I was the clinical supervisor. That's why my students enjoyed their clinical placements with me. Specifically, I supervised them from a distance and inspired them to think instead of hovering around. I didn't want to impose too much pressure on them, and gave them opportunities to act independently. I always told my students, "You should know what you are doing". As long as they could explain the rationales for their treatments and assessments, I would approve their choices.

Q4

How do you see the development of Physiotherapy in Hong Kong? What will be the future trend?

A4

Since Hong Kong has an aging population, serving the seniors will be a major trend. I have always wanted to develop a fall prevention scheme for all people aged over 60 years old. If possible, annual assessments should be conducted as

(Continued on Page 17)

a regular body check. When their abilities drop to a certain level, early interventions can be implemented to train their balance so as to reduce their risk of falls. Universities should conduct more research studies in this area (e.g., comparing different groups with and without balance training).

Another development that I hope to see is the direct access to Physiotherapists. In 1999, a physiotherapist led clinic initiated in DTRC for screening of back pain patient in SOPD in partnership with Department of Orthopaedics and Traumatology of HKU & QMH was established in HKWC. Physiotherapists were there to screen patients and decide whether patients were required to see doctors for further medical treatments, or they were referred to the physiotherapy clinic for management without seeing doctors. We then conducted audits to review our assessments. The results showed that the discrepancy between Physiotherapists and Orthopaedic Surgeons in making clinical decisions was minimal. As such, it was safe for Physiotherapists to be the first contact healthcare professionals and this initiative was presented to the 19th Annual Congress of the HK Orthopaedic Association. However, this move was not fully supported by other doctors though this back screening clinic was later evolved and flourished to become the corporate wide back pain screening program with establishment of similar programs in other six clusters in HA. I hope that direct access to Physiotherapists would be implemented in Hong Kong as it was in many other countries.

Furthermore, Physiotherapists have to redefine our roles in the cardiopulmonary practice. When I was invited to Macau to be the examiner for their Physiotherapy services, I learned that chest physiotherapy was not included in Portugal as well as some other countries in Europe, respiratory care is mostly done by doctors and nurses. Unfortunately, there are only little technology advancement in this area over time in comparison with the musculoskeletal Physiotherapy. Given that respirators are very sophisticated now and there are only little advancements in respiratory Physiotherapy in comparison with the musculoskeletal practice, the demand for chest Physiotherapy is declining. During SARS and COVID-19 outbreaks, the number of referrals for chest physiotherapy dropped significantly because some doctors thought that chest Physiotherapy might increase the risk of spreading contagious diseases. Therefore, we need to reposition our role in cardiopulmonary Physiotherapy, which is one of our core service areas.

Q5

What were your greatest achievements?

A5

In addition to being invited to by the Macao Health Bureau to be a Member of the Health Technician Examination Committee (Rehabilitation Duties -Physical Therapy) “專職醫療技術員開考典試委員會(康復職務範疇-物理治療)正選會員” in 2013, I was nominated to be an outstanding

staff of the Hospital Authority in 1999 and awarded the outstanding staff of the Hong Kong West Cluster and Queen Mary Hospital in 2016. In my career life, another achievement that I made was changing the appointment system in DTRC. In the past, the appointment schedule was very rigid. Appointments were given fixed on Mondays, Wednesdays and Fridays base. If patients couldn't make it, the appointment slot would be empty and no other patient could take the time slot even though the waiting list was very long. I initiated a revamp of the appointment system by introducing a flexible system for better appointment booking that allowed patients to select the desirable appointment time to minimize the default rate. It was then adopted by other Physiotherapy clinics in HA and significantly improved the resource allocation and shortens the waiting list.

Q6

Do you have any advice for junior Physiotherapists in Hong Kong?

A6

Physiotherapists serve a very broad spectrum of people, but Physiotherapy students only have limited time to be trained and there are many factors limiting their exposures. In some hospitals, Physiotherapy students are not allowed to practice in certain wards such as the adult or neonatal intensive care unit, and one clinical educator has to look after multiple students.

For newly graduated Physiotherapists, it is very important for them to establish a good foundation before specialization. A lot of Physiotherapists prefer to work in the outpatient setting because the job satisfaction may be much higher. However, they may have limited their experiences in other specialties.

I also hope that Physiotherapists will put more efforts in conducting scientific researches. Physiotherapists are quite often criticized for not practicing evidence-based practice. While the strongest evidence is on our exercise therapy, there is insufficient evidence on various electrophysical therapies. When I worked in the outpatient setting, electrical modalities and manual skills did help my patients. Unfortunately, there is no strong evidence to prove our treatments to be effective. Although clinical studies may not have high impacts as compared to basic scientific researches, I hope that Physiotherapists won't forget the necessity of conducting clinical studies related to our discipline.

Lastly, I hope that universities and clinics can work closely together as unlike other countries and medical faculties in Hong Kong, Physiotherapy programs in various institutes are not directly linked to a university hospital. This inevitably affects institutional researchers in recruiting patients for their rehabilitative researches. As such, these researchers still have many hurdles to conquer and should collaborate more with other hospitals or clinics.

Risks and consequences of committing the offence of inciting secession

Mr. Bronco BUT

Honorary Legal Advisor of HKPA

Case Summary:

1. On 27 July 2021, a panel of three High Court judges in the case of HKSAR v Tong Ying Kit ruled that Tong Ying Kit had incited separatism by displaying the signature rallying call of the 2019 anti-government protests "Liberation Hong Kong; revolution of our times". The prosecution (i.e. HKSAR) alleged that on 1 July 2020, after the National Security Law (hereinafter 'NSL') was promulgated, police were deployed to maintain public order in Wanchai and Causeway Bay where a large number of protestors took part in riots.
2. In the midst of the riots, the Defendant (i.e. Tong Ying Kit) rode his motorcycle at speed in Wanchai, flying a black flag emblazoned with words in white "光復香港時代革命" and "LIBERATE HONG KONG REVOLUTION OF OUR TIMES" (the "Slogan"), with public actively responded to his conduct. Eventually, the Defendant rammed into the police officers at the checkline at the junction of O'Brien Road and Jaffe Road, after ignoring the police's warning, and injured three police officers seriously. He himself fell off his motorcycle and fractured his ankle.
3. The Defendant was therefore faced with a count of **incitement to secession**, contrary to NSL 20 and NSL 21 [Count 1]; and another count of **terrorist activities**, contrary to NSL 24 [Count 2], and an alternative count of causing grievous bodily harm by dangerous driving, contrary to section 36A of the Road Traffic Ordinance.
4. During the trial, the Defendant pleaded not guilty to both offences of "incitement to secession" and "terrorist activities" under the NSL.
5. The Defendant was represented by Mr Grossman, SC.
6. The Defendant was the first person charged under the National Security Law.

The Defendant's Grounds & Mitigation:

1. **Rebuttal for Count 1 - Incitement to secession:** Mr Grossman argued that the present circumstances were of a "minor nature" in that it was not actual one-to-one communication.

2. **Rebuttal for Count 2 - Terrorism:** Mr Grossman submitted that the Defendant was not mounting a deliberate attack on the police with the intention to cause serious bodily injuries or to kill, since the injuries of police officers were not so serious. Mr Grossman suggested that the Defendant was merely driving "recklessly" on the day in question.
3. **Mitigation:** Since this is the first NSL case, Mr Grossman submitted that the Defendant was instrumental in bringing out such a deterrent effect in such circumstances, the court should consider imposing a more lenient sentence.

Reasons for Verdict:

1. Count 1 – Incitement to secession:

- The Court agreed on the natural and reasonable effect of displaying the flag with the words "光復香港 LIBERATE HONG KONG 時代革命 REVOLUTION OF OUR TIMES" and decided that such display of the words was capable of inciting others to commit secession in the particular circumstances of the case (i.e. 1st of July being HKSAR's Establishment day). This Slogan is a political agenda advocated by the Defendant at the time.
- At the time of this incident, the Defendant himself understood the Slogan to carry out the secessionist meaning, in other words, separating HKSAR from the the People's Republic of China (the "PRC"). This satisfied the mens rea element of incitement.
- The facts and circumstances of the case suggest that when the Defendant displayed the Slogan in the manner he did, he intended to communicate the secessionist meaning of the Slogan to others and he intended to incite others to commit secession by separating the HKSAR from the PRC. Therefore, proving all elements required for Count 1.

2. Count 2 – Terrorist Activities:

- Following multiple warnings given to the Defendant, he did not slow down but continued to charge towards the police. The Defendant's failure to stop at all the police checklines, eventually crashing into the

(Continued on Page 19)

police, was a deliberate challenge mounted against the police, thus challenging the symbol of Hong Kong's law and order.

- The Defendant's acts were acts involving serious violence against persons and/or were dangerous activities that seriously jeopardize public safety or security.
- The judges held that these acts had caused grave harm to society because they were convinced that the Defendant carried out those acts with a view to intimidating the public in order to pursue his political agenda. Therefore proving all elements required for Count 2.

Reasons for Sentence:

1. Sentence for Count 1 – Incitement to secession: 6½ years

- The way in which the Defendant displayed the flag was clear proof that he intended to attract public attention and intended the flag to be seen by as many people as possible.
- The judges rebutted Mr Grossman's claim by questioning rhetorically that whether an incitement to the public at large would be less effective an incitement when compared with that by way of a one-to-one communication (suggested by Mr Grossman).
- The Defendant was also not a lone protester quietly carrying a flag bearing the Slogan amongst a sea of protesters. His deliberate action in challenging a number of police and leaving a strong impression on people amounted to a "serious nature" under Article 21 of NSL.

2. Sentence for Count 2 – Terrorist Activities: 8 years

- Contrary to Mr Grossman's suggestions, the judges found that, despite the repeated warnings, the Defendant did not stop his motorcycle before he drove past each checkline which he had the capability and capacity to do so.
- The Defendant's motorcycle was also seen as a lethal weapon when driven in the dangerous manner given its model and engine. Therefore constituting a deliberate and calculated act.
- Nonetheless, since the injuries sustained by the police officers were not "serious bodily injuries", a starting point of 8 years sentencing would

be appropriate for Count 2 based on the "other circumstances" limb.

3. Final Sentencing Judgement:

- The court took into consideration that both offences arose from the same set of facts, but concluded that they are separate and distinct offences that target different criminal conduct. Due to the totality principle, the court is minded to order partly consecutive and partly concurrent sentences in that 2½ years of the sentence for Count 2 are to run consecutively to that of Count 1, thus resulting in total fixed-term imprisonment of **9 years**.
- Furthermore, the court imposed a **disqualification order of 10 years** in light of the fact that the Defendant was only holding a probationary license at the time and had 4 traffic convictions previously.

Discussions

The guilty verdict in the first case tried under National Security Law would have far reaching implications as other popular protest chants challenging the local HKSAR government and central government, such as "five demands, not one less" might also be deemed offences under the National Security Law.

In order to avoid the potential risks of being charged with the offences under the National Security Law, it is advisable to chant any slogans which you are absolutely sure not carry the meaning of inciting secession.



60th Anniversary of PT Education in Hong Kong online seminar 4

Date : 3 June 2021
Venue : Online
Physiotherapists : Prof. Marco PANG,
 Mr. Alexander WOO,
 Miss Sara POON,
 Mr. Sam WAN

This was the 4th online seminar as part of our celebration of the 60th Anniversary of PT Education in Hong Kong. The guest speakers were Prof. William TSANG, Prof. Arran LEUNG and Dr. Christian ULRICH.



Briefing session and shooting of exercise videos for renal patients

Date : 9 and 26 June 2021
Venue : Zoom and Studio in Lai Chi Kok
Physiotherapists : Mr. Eyckle WONG and Ms. Joey CHENG

CPSG collaborated with the Hong Kong Society of Nephrology to design home exercises for patients with renal problem. We recorded different types of exercises with Dr. Yuk Lun CHENG, Dr. Anthony HAU, Dr. Ivy WONG, Dr. Lorriane KWAN and Wai FONG (a patient with renal transplant). The video clips will be used to promote regular exercises for patients with renal disease in order to minimize the negative impacts of inactivity resulting from the COVID pandemic.



Meeting with CEO of Sik Sik Yuen

Date : 9 June 2021
Venue : Sik Sik Yuen, Wong Tai Sin
Physiotherapists : Prof. Marco PANG and Dr. Billy SO

A meeting was held to discuss the planning of the HKPA conference 2021, which will be held in December 2021 in Nina Hotel Tsuen Wan West. Sik Sik Yuen is the title sponsor of the event.

Meeting with academic staff and students in physiotherapy program at the Caritas Institute of Higher Education

Date : 10 June 2021
Venue : Caritas Institute of Higher Education, Tiu Keng Leng
Physiotherapist : Prof. Marco PANG

Prof. PANG visited the Caritas Institute of Higher Education to give an introduction of HKPA to the physiotherapy students and toured its teaching facilities. The HKPA would like to acknowledge Prof. Arran LEUNG and his team for his coordination and follow-up effort in encouraging his students to join HKPA.



前列腺癌患者運動班

Date : 22 Jun 2021
Venue : Wong Tai Sin CancerLink Support Centre
Physiotherapist : Mr. Dickson TING

Mr. Dickson TING, on behalf of HKPA, was invited by the Wong Tai Sin CancerLink Support Centre to conduct an educational talk and exercise workshop for patients with prostate cancer. Nine participants joined the event and all enjoyed the class a lot.



SC meeting of the World Physiotherapy AWP Conference 2022

Date : 23 June 2021
Venue : Online
Physiotherapists : Prof. Marco PANG and Dr. Shirley NGAI

The planning of the World Physiotherapy AWP Regional Congress had been resumed. A Scientific Committee meeting was held to plan the scientific program of the Congress, which will be held in Nina Hotel Tsuen Wan West on June 18-20, 2022.

7th Board Meeting of International Society for Electrophysical Agents in Physical Therapy (ISEPAT)

Date : 24 June 2021
Venue : Online
Physiotherapist : Mr. Alexander WOO

Mr. Alexander WOO, on behalf of HKPA, attended the 7th board meeting of ISEAPT through online. In the meeting, in addition to usual administrative issues, updates on social media campaign and 4-year workplan had been discussed.



Two Articles Published in News Media

Date : 28 June and 5 July 2021
Venue : Online
Physiotherapists : Ms Kei-Lam CHAN and Mr. Pong-yin KAN

Two articles under the theme of "Preventive Physiotherapy" were published on 明報健康網 in June and July 2021. The article in June on "手痛無力 開門扭樽蓋都難 拉扯自測 揪出網球肘" authored by Ms. Kei-Lam CHAN was coordinated by the Hand Therapy Specialty Group. The article in July on "「不倒翁」安居6招 大耍太極路路通" authored by Mr. Pong-yin KAN was coordinated by the Geriatrics Specialty Group.



Ms. Kei-Lam CHAN's article



Mr. Pong-yin KAN's article



Meeting with Hong Kong College of Orthopaedic Surgeons

Date : 6 July 2021
Venue : Online
Physiotherapists : Prof. Marco PANG, Mr. Willis CHAN, Mr. Moses LAU, Ms. Iris TSANG

A meeting with representatives of the Hong Kong College of Orthopaedic Surgeons was held to discuss potential collaborations on patient education and other initiatives. It was decided to form a task force to follow up on this matter. The HKPA representatives of this task force includes Prof. Marco PANG, Mr. Willis CHAN (Sports and Exercise SG), Mr. Moses LAU (Musculoskeletal SG) and Ms. Iris TSANG (Musculoskeletal SG).



18th Meeting, Expert Group on Innovation and Technology Fund for Application in Elderly and Rehabilitation Care

Date : 6 July 2021
Venue : Online
Physiotherapist : Prof. Marco PANG

The captioned meeting was held to discuss on the applications to the "Innovation and Technology Fund for Application in Elderly and Rehabilitation Care". Prof. Marco PANG was a member of the Expert Group.

First Meeting of the Advisory Committee on Primary Care Directory

Date : 7 July 2021
Venue : Rm 1101-1102, 11/F, THE HUB, 23 Yip Kan Street, Wong Chuk Hang, Hong Kong
Physiotherapist : Dr. Ivan SU

The Advisory Committee was formulated to advise and support the Food and Health Bureau on the development and maintenance of the Primary Care Directory, the requirement of primary care providers for inclusion and maintenance on the directory, plans for further development of quality assurance for primary care providers, and strategies for promulgation and adoption of the Primary Care Directory in primary care settings, including the District Health Centre. The first meeting of the Committee was held in July 2021.

First Logistics Committee Meeting of Oxfam Trailwalker 2021

Date : 9 July 2021
Venue : Oxfam Office, Hong Kong
Physiotherapist : Mr. Alex HO

A Logistics Committee meeting was held on 9 July 2021 to discuss the logistic arrangement and potential event operation. Some arrangements were discussed in the meeting to provide better experience to walkers and volunteers.

Presentation on physiotherapist specialization organized by HKPC

Date : 10 July 2021
Venue : Online
Physiotherapist : Prof. Marco PANG

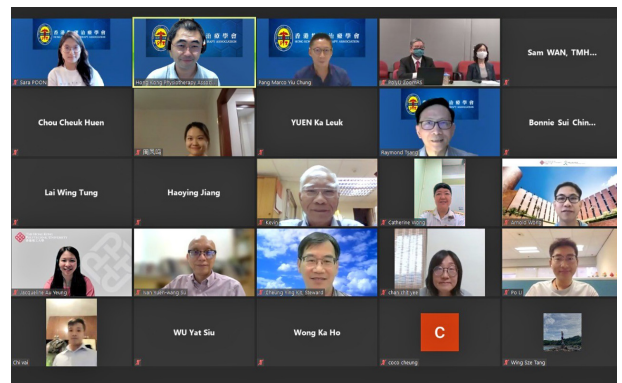
Prof. PANG was invited to speak at this forum organized by the Hong Kong Physiotherapy Concern to discuss on the issues about physiotherapy specialization. Prof. PANG advocated the idea of physiotherapy specialization in Hong Kong, and suggested to use the example of Australia as a reference and explore the possibility of using a 2-step approach in specialization (titling followed by fellowship).



60th Anniversary of PT Education in Hong Kong special seminar

Date : 14 July 2021
Venue : Online
Physiotherapists : Prof. Marco PANG, Mr. Alexander WOO, Miss Sara POON, Mr. Sam WAN

This was a special online seminar as part of our celebration of the 60th Anniversary of PT Education in Hong Kong. The topic was "A New Page in Physiotherapy Education in Hong Kong: Update from Local Programs". The guest speakers were Prof. Hector TSANG, Prof. Shamay NG, Prof. Amy FU and Dr. Shirley NGAI.



60th Anniversary of PT Education in Hong Kong online seminar 5

Date : 20 July 2021
Venue : Online
Physiotherapists : Prof. Marco PANG, Mr. Alexander WOO, Miss Sara POON, Mr. Sam WAN

This was the 5th online seminar as part of our celebration of the 60th Anniversary of PT Education in Hong Kong. The topic was "Current Policy on Physiotherapist Registration in Hong Kong for Local and Overseas Graduates". The guest speakers were Dr. Edwin LEE and Mr. Raymond TSANG.



Interview by U Magazine

Date : 22 July 2021
Physiotherapist : Mr. Alexander WOO

Mr. Alexander WOO, on behalf of HKPA, was interviewed by U Magazine to talk about the paraesthesia in upper limbs. Alex explained in details for various causes and prevention of the paraesthesia in upper limbs. He also demonstrated some practical exercises for prevention.



Meeting with World Physiotherapy AWP Executive Committee

Date : 28 July 2021
Venue : Online
Physiotherapists : Prof. Marco PANG, Dr. Shirley NGAI

A meeting was held with the representatives of the World Physiotherapy AWP Executive Committee to discuss on the planning of the World Physiotherapy AWP Regional Congress, which would be held in Hong Kong on June 18-20, 2022.

5th Meeting of Working Group on Implementation of Modified Referral System for PT Services, PT Board

Date : 30 July 2021
Venue : Online
Physiotherapist : Prof. Marco PANG

Prof. PANG represented HKPA in this Working Group to work on the issues of modifying the physiotherapy service referral system in Hong Kong.

Congratulations

HKPA

Congratulations to our Executive Committee Members

1. Prof. Marco PANG has been ranked among the world's top 2% most-cited scientists in the "Updated science-wide authors databases of standardized citation indication: compiled by Stanford University.
2. Mr. Alexander WOO was awarded the "RS Outstanding Teaching Award 2020/21" by the Department of Rehabilitation Sciences at The Hong Kong Polytechnic University
3. Dr. Arnold WONG has been promoted as an Associate Professor in the Department of Rehabilitation Sciences at The Hong Kong Polytechnic University in July 2021.

Disclaimer

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