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Editorial Manual Therapy

Dr. Leo HO and Ms. Bonnie MA

In this issue, we are glad to have Dr. Sharon TSANG to share the latest update on advanced manual and manipulative physiotherapy education, and related updated clinical practice in physiotherapy.

In NGO Corner, Ms. Winnie HUI and Ms. Amanda CHIK shared with us current advancement and innovative ideas on robot-assisted motor imitation training for children with Autism Spectrum Disorder.

In People's Corner, Ms. Yuk Mun NG would like to share with us working in NGO, encountered obstacles and how were they overcame, as well as her views on direct access.

Besides, there were PA diaries following up quite a lot of annual big events, hot issues and topics, as well as recent concerns among our professions especially striving for direct access, aquatic therapy, annual world physiotherapy day and osteoporosis conference.

Announcement

HKPA

Mr. Francis CHAN was appointed by HKPA Executive Committee to be a co-opted Executive Committee Member as a replacement for Mr. Calvin KWAN.

Hong Kong Physiotherapy Association

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Advanced Manual and Manipulative Physiotherapy Education and Clinical Practice in Physiotherapy

Dr. Sharon TSANG

Associate Professor (Physiotherapy) and Award Coordinator of MSc in Manipulative Physiotherapy,
The Hong Kong Polytechnic University

Musculoskeletal Physiotherapy,
Fellow of Hong Kong College of Physiotherapy

Member of Standards Committee,
International Federation of Orthopaedic and Manipulative Physical Therapists (IFOMPT)

Manual and manipulative physiotherapy

Musculoskeletal Physiotherapy is one of the main streams of physiotherapy practice. Many physiotherapists who are determined to serve and contribute in this speciality area would normally consider to pursue the postgraduate training in the manual and manipulative physiotherapy few years after their undergraduate education and the acquisition of some relevant clinical experience in management of neuro-musculoskeletal conditions. This certainly helps explain why there are plenty of opportunities for physiotherapists to equip themselves in this clinical specialty area in their career pathway. The training opportunities range from one-day short course to two-year taught postgraduate programmes. By referring to the 2017 Health Manpower Survey in Physiotherapy conducted by the Department of Health of Hong Kong, about 90% of the physiotherapy respondents reported to have received the continuing training, and about 16% of them indeed have completed trainings in the manual and manipulative physiotherapy (2017).

According to The International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT), Orthopaedic Manual Physical Therapy is defined as *“a specialised area of physiotherapy/ physical therapy for the management of neuro-musculoskeletal conditions, based on clinical reasoning, using highly specific treatment approaches including manual techniques and therapeutic exercise. Orthopaedic Manual Therapy also encompasses, and is driven by, the available scientific and clinical evidence and the biopsychosocial framework of each individual patient.”* (IFOMPT). The definition itself literally reflects the holistic, patient-centred and specialised care we strive to provide to our patients for promoting the preventive healthcare and rehabilitation outcomes.

1. International guidelines and benchmarking of specialty education in manual and manipulative physiotherapy

As early as in 1974, the specialisation of physiotherapy in the orthopaedic manipulative therapy first began in the United States. Initiated by a group of renowned physiotherapy pioneers, the formal inauguration of IFOMPT took place in Canada in June 1974. With the Standards Committee being established in the same year, guidelines have been set up to guide and to govern the planning of the curriculum, implementation of the teaching, examinations, clinical internships and ethics for education programme related to manipulative physiotherapy worldwide (2011). Since then, IFOMPT has been playing an important role in the development and promotion of excellence in the training, education programmes and clinical practice in the specialty of manipulative physiotherapy globally. For physiotherapists who received the postgraduate training in the manual and manipulative physiotherapy in Hong Kong, with the affiliation to Hong Kong Physiotherapy Association, the full member organisation status has been granted to us since 1990. This internationally recognised status is the valuable credential successfully achieved by the dedicated effort of our visionary physiotherapy leaders here in Hong Kong. To strive for excellence in education and clinical practice in this specialty area, postgraduate education programmes in the manual and manipulative physiotherapy of all member organisations of IFOMPT would have to go through the process known as the International Monitoring. This is a systematic and highly objective quality assurance process in which the programmes will be reviewed comprehensively by the external assessors for their curriculum and programme implementation every six years.

(Continued on Page 3)

2. Highlights of the curriculum and the evolution of the postgraduate education

The curriculum of the advanced manual and manipulative physiotherapy programmes should be planned and designed to achieve the international standards. Strong emphasis is placed on nurturing the development of advanced clinical reasoning skills, acquisition of a wide range of manual therapy approaches and integration of therapeutic exercises. Comprehensive and in-depth knowledge in biomedical science, acquisition in clinical and research skills, and a broad appreciation and integration of the concepts of evidence-based practice in the advanced standard of manual and musculoskeletal physiotherapy practice are of utmost importance. The integration of knowledge and understanding of pain physiology, neuromuscular control for movement efficiency, human behavioural science and social sciences have contributed to the evolution of the contemporary and advanced manual and manipulative physiotherapy education (Kolb et al. , 2020). For readers who are interested to learn more about the reasons and advocacy of the programme transition in this specialty, you are encouraged to read the sharing, "Evolution of manual therapy: what are we waiting for?" written by Kolb and his colleagues.

In addition, the concept of precision medicine in physiotherapy management has also been advanced by the proper and accurate matching between specific dysfunction underlies the neuro-musculoskeletal condition and treatment for individual patients through the clinical practice and application of the Impairment-based Classification (Azevedo et al. , 2017) and Treatment-based Classification (Alrwaily et al. , 2016, Bastos et al. , 2022) in the clinical reasoning process involved in physiotherapy practice.

As informed by the knowledge and evidence from basic science and clinical research, changing landscape of musculoskeletal physiotherapy practice has been observed and adopted worldwide over the past two decades. Challenges emerged for the conflicting evidence regarding the effectiveness of the use of joint mobilisation or manipulation alone in managing musculoskeletal pain disorders (Chaibi et al. , 2021, Jenks et al. , 2022, Rubinstein et al. , 2019). Certainly, there is evidence to substantiate the therapeutic effects of these joint mobilisation techniques for relieving pain and stiffness, restoring the joint mobility and function. However, the extent of the

effects is predominantly small to medium and short-term (Cleland et al. , 2005, Cleland et al. , 2007).

Jones and his colleagues (2002) highlighted the necessity to revisit the limitations of using the biomedical model of health and dysfunction - a model that views patients' disability and impairments as a reflection of their underlying tissue and system pathology, in their masterclass paper twenty years ago. In contrary, the biopsychosocial model- a reconceptualised framework which involves the careful and holistic approach to identify and address the various factors underlying the individuals for their clinical manifestation, progression and recovery of the patients under your care. Promising impacts have been revealed for the adoption of the biopsychosocial model in managing patients with spine dysfunction (Weiner, 2008). Some well-established examples of the implementation of the holistic approach include, the **Musculoskeletal Clinical Translation Framework** developed by a group of specialised manual physiotherapists at Curtin University in Perth, Western Australia (Mitchell et al. , 2017); and the **Active management of whiplash-associated disorder** developed by the RECOVER injury Research Centre at The University of Queensland, Brisbane, Australia (<https://recover.centre.uq.edu.au/treatment>). Readers are strongly recommended to refer to the details available at the respective references and website for better understanding of this approach and exploring the feasibility for adopting this approach in your clinical practice.

In addition, the updated knowledge in pain science and model proposed by Bialosky and colleagues with the attempts to explain the neurophysiological mechanisms involved in the manual therapy had undoubtedly advanced our understanding and appreciation of its efficacy in pain modulation (Bialosky et al. , 2018, Bialosky et al. , 2009). A RCT conducted in the United Kingdom revealed the importance to educate physiotherapy students the pain neurophysiology for improving their understanding of chronic pain, clinical recommendations and attitudes towards people with chronic pain (Colleary et al. , 2017). Furthermore, as advocated by the International Association of Study of Pain (IASP), provision of pain education, reassurance and self-care advice to our patients are in fact the essential components involved in the first-line care for patients by healthcare profession including physiotherapy when managing the back pain and other musculoskeletal pain conditions.

(Continued on Page 4)

To conclude, manual and manipulative physiotherapists should have equipped with advanced professional knowledge, specialised manual skills and clinical reasoning competency for evaluation and rehabilitation of individuals presented with broad range of neuromusculoskeletal conditions. The whole process encompasses the training and practice of advanced preventive and therapeutic interventions that are founded on the biomedical, behavioural and physiotherapeutic sciences. The success and sustainability of our professional development relies on the collaborative effort between academics and clinical partners for planning and implementation of the training and clinical practice in the specialty of manual and manipulative physiotherapy!

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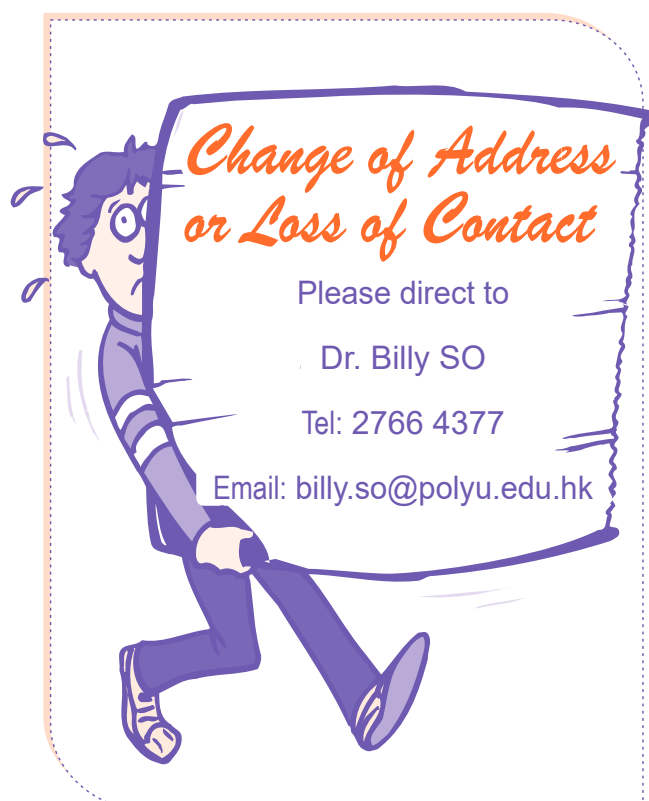
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Clinical Pilot Study of Robot-Assisted Motor Imitation Training for Children with Autism Spectrum Disorder

Ms. Winnie HUI and Ms. Amanda CHIK

Physiotherapists, Heep Hong Society

“Robot-Assisted Therapy (RAT)” is an innovative and adjunctive form of rehabilitation through application of robotic technology. It includes tailor made robotic devices, development of assisted therapeutic training or assessing sensorimotor performance. It has long been evident to restore motor function, mainly in stroke, cerebral palsy or spinal cord injury patients. Recently, healthcare professionals, therapists or educators start utilizing this technology for special needs education (SEN) population, includes Autism Spectrum Disorder (ASD) for training their social-communication and learning ability.

Motor performance of ASD children

ASD is a life-long neurodevelopmental disorder. According to Diagnostic and Statistical Manual of Mental Disorders (DSM-V), ASD is a persistent deficit in social communication and interaction across different contexts, as well as restricted and repetitive patterns of behaviors, interests or activities. Commonly, ASD children have sensory processing problems of hyper or hypo-reactivity to sensory input, and they also demonstrate impairments in gross and fine motor skills, poor in balance, incoordination, difficulties in motor imitation and praxis [1]. And these motor deficits also affect their long-term social-motor participation such as playing sports activities.

Importance of imitation and challenges faced by ASD children

One of the elements in performing body movement - imitation, is a complex mechanism requires motor control, visual recognition, pose estimation, coordination, self-feedback of learned movement etc. Typically-developing children learn imitation throughout infancy and childhood to have social-exchanges which help them to express interests, share an emotion, turn-taking and pay attention. However,

ASD children often have great difficulty to imitate [3] in the following aspects:

- Gestures and body movements that predict language outcomes e.g pointing, waving hands
- Actions with objects for development of play skills e.g pretend play with kitchen set
- Other children's actions and as a result affecting their peer interactions e.g group dance performance in class

Since both imitation ability and motor function have association with early social communication skills [2], researchers suggest that imitation is an important role of intervention for ASD children, and teaching imitation should result in improvement in overall social abilities³.

Robotic Therapy in ASD

Contemporarily, we adopt different systematic educational strategies such as SCERTS® Model (Social Communication, Emotional Regulation and Transactional Support) and TEACCH® Program (Treatment and Education of Autistic and related Communications Handicapped Children) with use of visual cues, structured training or video-modelling to enhance ASD children's understanding and motor performance. Additionally, modern technology in robotics was brought to advance in rehabilitation and education program, and especially for neurodevelopmental disorder such as Autism. Research studies show that robotic therapy aims not only bolster ASD children's communication, social emotion and behavioral skills, but also in improving imitation [5], motor praxis, interpersonal synchrony and motor performance of ASD children [4]. Therefore, robotic therapy surpasses the limits of classic therapeutic activities, brings carry-over effects on the daily function without devices and supplements our training modalities.

(Continued on Page 6)

Robot-assisted motor imitation training in Heep Hong Society: A pilot study

Physiotherapists' team of Heep Hong Society has implemented a pilot study between June to Dec 2021 to compare the effect between robot-assisted motor imitation training and conventional physiotherapy motor training with visual strategies on object manipulative skills and motor imitation in pre-school ASD children. We executed a goal-oriented imitation group training using NAO6 (Fig 1), which is a modular, humanoid, programmable robot with 25 sets of degree of free to control 15 joints motion, providing a rich panel of movements with smoothness and precision⁶. NAO6 is first positioned on a stable table with presence of a physiotherapist to demonstrate and control the programs, and to provide immediate adjustment to engage children's attention. Our study recruited 50 ASD children with Social Motor Function Classification (SMFCS-ASD) of category B or C divided into experimental and control groups. Pre and post data collection included Object Manipulation standard scores (SS) of Peabody Developmental Motor Scales-2 (PDMS-2) and scores of Motor Imitation Scales (MIS). Our treatment goals include motor goal (catching skills) with promoting their ability to mimic and imitate different movement sets, designed by physiotherapist (Fig 2). During the 6-8 sessions of 40-minute parent-child group, NAO [6] interacts with children by delivering songs or installed scripts, or communicate non-verbally through sensor-mediated social gestures such as shaking hands. Parents participate in our group could also learn our movement steps and motivate their children with home-based exercises.



Fig. 1 The humanoid robot, NAO [6]



Fig. 2 Parent and children participate our robot-assisted imitation motor training with guide by physiotherapist

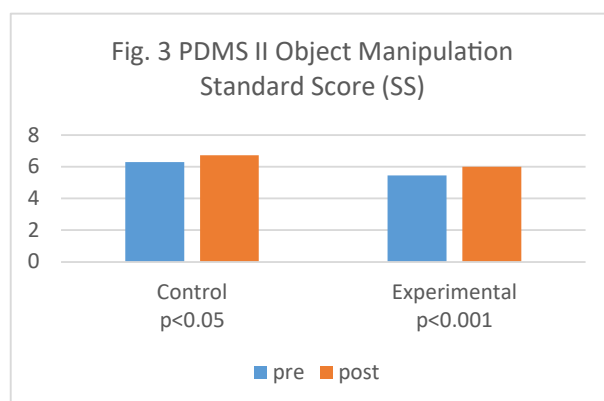
Results

i. PDMS-2) Object Manipulation standard score (SS)

Using paired-t tests in Statistical Product and Service Solutions (SPSS), it indicated pre and post SS were statistically significance ($p < 0.05$) in both experimental and control group (Fig.3). The improvement of mean PDMS-2 Object Manipulative SS between two groups (mean difference of SS) was statistically non-significant. ($p = 0.608$) (Fig. 4). However, there was 7% and 10.3% improvement in PDMS-2 Object Manipulation Standard Score (SS) in control group and experimental group respectively.

ii. Motor Imitation Scales (MIS)

Pre and post MIS score were statistically significance ($p < 0.05$) in each group (Fig. 5). The improvement of mean MIS score between two groups (mean difference of MIS) (Fig. 4) were compared and was statistically significant ($p < 0.039$).



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Fig. 4 Means difference between groups

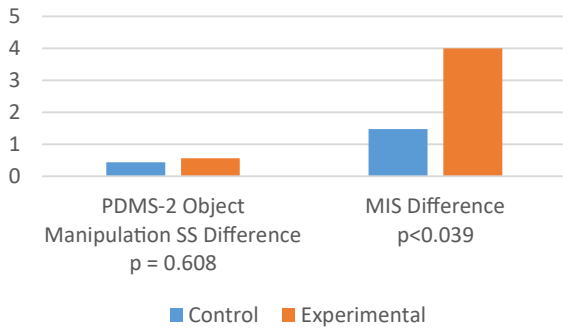
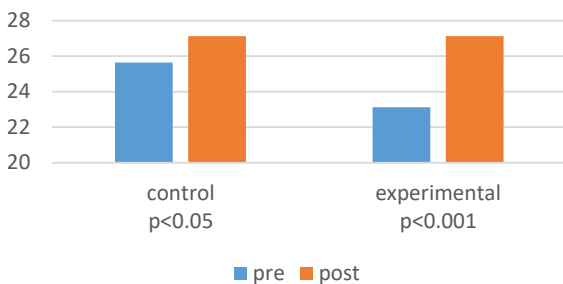


Fig. 5 Motor Imitation Scale (MIS)



Conclusion

Autism is a spectrum disorder with wide range of functional ability. ASD children has unique social motor difficulties that require physiotherapy intervention. In our pilot study, BOTH robot-assisted motor imitation training and conventional physiotherapy motor group training are effective to enhance object manipulative and motor imitation skills of SMFCS category B to C ASD children in a 6-week program. And it is evidenced that children with ASD showed significant better progress of motor imitation skills with RAT. It is worthwhile to use RAT in PT management for children with ASD. Advancement of modern robotics provides additional solution for ASD children's social-motor problems and assist therapists or educators to achieve goals more effectively and efficiently. Through this initiative, we hope to bring a new idea for physiotherapists, working with ASD children, to explore the feasibility of using robot-assisted therapy not simply promoting sensory-motor responses, but more importantly priming their key area of developmental deficits, and hence empowering their "Social-Motor Competence".

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An Interview with Ms. Yuk Mun NG

Date : 22 June 2022

Venue : Online

Interviewee : Ms. Yuk Mun NG

Interviewers : Ms. Isabella Hermione YOUNG and Mr. Matthew Chun Hei LO

Q1

What inspired you to become a physiotherapist?

A1

I always saw healthcare as a great field to be in and when I was deciding my future path, my family was very supportive of me in following my brother's footsteps into this field. Academically, I always had more of an interest, and my grades reflected this, in physics. So when I realised that physiotherapy combined my like for physics and my want to help people through healthcare, I decided that I wanted to pursue physiotherapy as my future career.

Q2

Why did you choose to work in NGO?

A2

After graduating PolyU, I worked in the public hospital system for a while before moving to Canada to continue my studies. However, not long after I decided to move back to Hong Kong. During that time, I applied for the job in the Hong Kong Society for Rehabilitation. Back then, the Society was quite new but I was attracted to the type of work this new role entailed. Before I worked at this NGO, I always associated physiotherapy with a more clinical role, but HKSR opened my eyes to physiotherapy in a community setting. This really appealed to me so that is why I decided to work in the NGO setting.



Upper left and right;
Mr. Matthew LO and Dr. Arnold WONG
Lower left and right:
Ms. Isabella YOUNG and Ms. Yuki-Mun NG

Q3

At the beginning of your career, what were some obstacles you encountered and how did you overcome them?

A3

As I previously mentioned, when I started working at HKSR, this type of setting was quite new so between peers, working at a NGO was deemed inferior to working in a hospital or private setting. In a hospital or private setting, there was a professionalism surrounding physiotherapists but in NGO settings, especially HKSR, we advocated for patients and therapists to be seen on the same level. This is because a therapist's job at HKSR was more than providing treatment: it was also helping them reintegrate back into society.

As a therapist that use to work in the public hospital setting, it took some time to readjust to this new identity. Furthermore, other physiotherapists that didn't work in the NGO realm also made this transition more difficult.

(Continued on Page 9)

Q4

Do you have any advice for future physiotherapists, especially ones that want to get into NGO?

A4

Fresh graduates should try to increase their exposure to different settings, but they should also avoid constantly jumping between different work settings. Employers need time and resources to train new staff to maintain a certain quality in their service so it would be very redundant if new staff decide to quit after a short duration. I advise fresh graduates to make thoughtful and well researched decisions on where they want to work to avoid this redundancy.

Speaking specifically about NGOs, fresh graduates should keep an open mind about the experience of working here. From experience, I would say NGOs are more difficult for fresh graduates due to the multidisciplinary facet of the setting. One physiotherapist might be expected to take on many different roles to deliver a more holistic treatment for clients. In the NGO setting, the boundaries between different disciplines are released in order to optimize clients' benefits.

Q5

Facing lack of physiotherapists is one of the main concerns in NGOs, how does this affect the rehabilitation experience for the end user?

A5

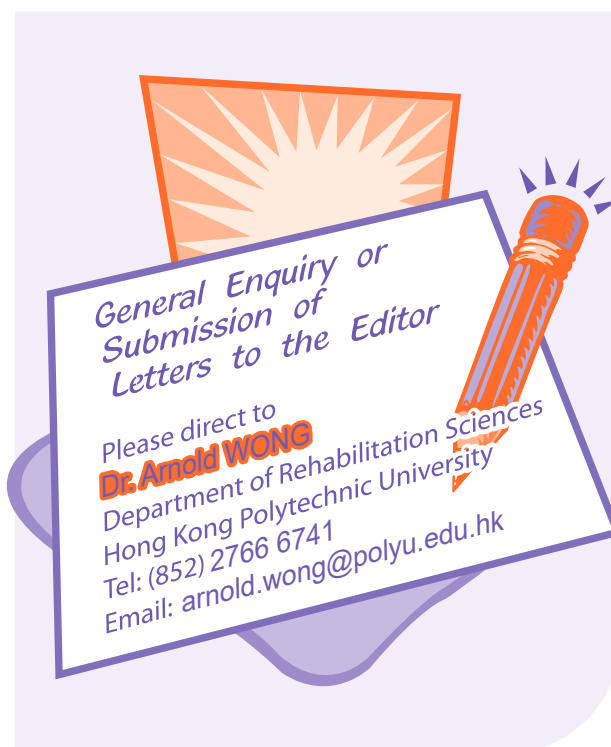
Due to the lack of manpower, physiotherapists need to handle lots of patients, which increases physiotherapists' pressure. Although the situation is not ideal, it is uncommon to recruit members of another discipline to replace physiotherapists due to the varied job nature and maintenance of service quality. However, in recent years, there has been a push to increase physiotherapy degree spots in tertiary institutes so hopefully this will ease the manpower shortage. Along with more further development, in the long run, hopefully physiotherapy service will improve.

Q6

In your opinion, do you think direct access will help NGOs?

A6

Yes, definitely. I think direct access will help NGOs greatly. As we know, the role of physiotherapists is not solely to provide treatment but also education and facilitation. The role of physiotherapists also varies. If all our cases have to obtain doctor referrals, it might narrow the scope of services that we can provide to our clients. It is especially true in HKSR. We try to provide a multidisciplinary treatment and under the current laws. Physiotherapists can use their professional judgement to provide rehabilitation training and health promotion to prevent diseases in a primary care setting. If direct access becomes a reality, this will facilitate our therapists and our profession to reach the full potential in helping the community.



CPD News

*Enquiry of CPD News and Activities
Please Visit*

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

Conspiracy to Print, Publish, Distribute, Display and/or Reproduce Seditious Publications

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

1. On 7th September 2022, His Honour Judge W. K. Kwok found the five speech therapists guilty of the charge of conspiracy to print, publish, distribute, display and/or reproduce seditious publications in DCCC 854 /2021, naming three books by the name of “羊村守衛者”, “羊村十二勇士”, “羊村清道夫” pursuant to Section 10(1)(c) of the Crimes Ordinance.
2. This article will give a summary of the main legal reasons put forward by His Honour Judge Kwok to dispel the misconception that the offence charged has infringed upon the speech therapists’ rights to freedoms of expression, of speech, of publication, and of literary and artistic creation; and that the rights are not absolute rights and may be subject to restrictions.

Elements of the offence charged

3. A person will not commit an offence contrary to Section 10(1)(c) of the Crimes Ordinance unless:
 - a. he prints, publishes, sells, offers for sale, distributes, displays or reproduces any publication (“the prescribed act”);
 - b. the publication is having a seditious intention; and
 - c. at the time when he performs the prescribed act,
 - (i) he intends to perform the prescribed act,
 - (ii) he knows that the publication is having a seditious intention, and
 - (iii) he has a seditious intention.
4. The Defendant must have a seditious intention as an element of the offence.

Seditious intention - the burden of proof

5. As a seditious intention is the fundamental core element of each of the seditious offences, the burden must be on the prosecution to prove this element of the offence, which will necessitate the prosecution to prove not only that the defendant has a seditious intention but also that his act, speech or publication is not within the exception stated in Section 9(2) of Crimes Ordinance. Section 9(2)

of Crimes Ordinance provides that any act, speech or publication is not seditious by reason only that it intends to criticize the Hong Kong Special Administration Region or to point out the errors or defects in the Government.

Violence - not a prerequisite component of a seditious intention

6. In the past, it was only when the words uttered had created a real risk to upset the political and social order before the criminal law would step in to intervene. In those days, such real risk might be created only when violence or threat of violence was used. The situation has changed nowadays. Violence is not the only means to bring down a government or cripple its running. Spreading rumour, hatred and disinformation is clearly a readily available and may even be a more effective weapon without the need to incite people to violence. Since the common law is always developing, there is no reason now to stick to the common law intention formulated by case law in various common law jurisdiction (“the Common Law Intention”) decades ago to make incitement to violence a prerequisite component of a seditious intention.
7. Article 20 of the National Security Law has made it clear that the offence of secession can be committed whether or not force or threat of force is used. Since the offence of sedition usually occurs as a prelude to secession, incorporating the Common Law Intention into the definition of seditious intention in the Crimes Ordinance does not conform with the intention that National Security Law and the laws of the HKSAR including sedition should work as a cohort whole to safeguard national security.

Whether the offence charged has infringed upon rights to freedoms of expression, of speech, or publication

8. The prosecution of the five speech therapists raise the question whether the offence charged has infringed upon their rights to freedoms of expression, of speech, of publication, and of literary and artistic creation and other cultural activities. These freedoms are fundamental

(Continued on Page 11)

rights guaranteed and protected by Articles 27 and 34 of the Basic Laws, Article 19 of the International Covenant on Civil and Political Right ("ICCPR") as well as Article 16 of Hong Kong Bill of Right ("HKBOR"). These rights are not absolute rights and may be subject to restrictions.

9. Article 19 of the ICCPR and Article 16 of HKBOR are in exactly the same terms. They provide, amongst others, the following,

"(1) Everyone shall have the right to hold opinions without interference.

(2) Everyone shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of his choice.

(3) The exercise of the rights provided for in paragraph (2) of this article carries with it special duties and responsibilities. It may therefore be subject to certain restrictions, but these shall only be such as are provided by law and are necessary -

(a) For respect of the rights or reputations of others; or

(b) For the protection of national security or of public order or of public health or morals."

10. It is the defence submission that the offence requires proof of a seditious intention, but the words "hatred", "contempt", "disaffection" and "discontent" in section 9 are too vague, imprecise and subjective so that an ordinary person will not be able to regulate his conduct to avoid criminal liability, and the fear of stepping onto the wrong side of the law will produce a chilling effect in derogation of the right to freedom of expression.

11. His Honour Judge Kwok is of the view that these words "hatred", "contempt", "disaffection", and "discontent" are descriptive of a person's subjective feelings or emotions, ordinary people in their daily lives must have personally experienced this kind of subjective feelings or emotions, and noticed other persons behave in that mental state. From those experiences and observations, some objective facts will have to exist first in order to bring about that kind of subjective feelings or emotions. For instance, we hate a classmate because he has been bullying us for along time; we look down on another person with contempt because he behaves in an immoral manner. From daily living experience, a judge or jury is in a position to decide whether the acts done or the

words uttered (which are proved by objective evidence) will lead to the kind of subjective feelings or emotions referred to in section 9(1) of Crimes Ordinance. Anyone doing or intending to do the acts or uttering the words may rely on his own experience, and if necessary obtain advice, to decide whether or not his acts or words will be regarded as having seditious intention. There is still a sufficiently clearly formulated core to determine whether or not his act or word may attract criminal liability. In the context of section 9(1) of the Crimes Ordinance, the acts or words that are prohibited are those acts or words that have the effect of demeaning the Central Authorities and/or the Government of HKSAR in the eyes of the general public, and/or estranging the relationship between these institutions and the people here, thereby damaging the legitimacy of the authorities and their relationship with the people, which in turn will or may endanger the political order and social tranquility of the nation.

12. A seditious intention does not depend on the subjective feeling of the target institutions or persons, but depends on the subjective intention of the person uttering the words or printing the publication. He knows his intention of the words he used or the publication he printed. He can certainly refer to section 9(2) of the Crimes Ordinance to find out if his words or publications will or will not be regarded as seditious. For instance, if he is just criticizing the Central Authorities or the Government of HKSAR has been misled or mistaken in any of their measures, it will not even be necessary for him to worry about what "hatred", "contempt", "disaffection" or "discontent" in the context of section 9 of the Crimes Ordinance may mean because his speech or publication will not be regarded as seditious in any event. In other words, it is only when he cannot rely on Section 9(2) of the Crimes Ordinance, then it gives him a warning that he has to consider carefully whether what he is going to do or say may be prohibited by sections 9 and 10 of the Crimes Ordinance and he may seek legal advice if necessary.

13. His Honour Judge Kwok is satisfied that despite the use of words like "hatred", "contempt", "disaffection", and "discontent" in section 9 of the Crimes Ordinance, the concepts of these words are not so vague or imprecise, and he is of the view that the degree of legal certainty satisfies the "prescribed by law" requirement stipulated in Article 19 of the ICCPR and Article 16 of the HKBOR.

Whether the restriction or limitation is a proportionate measure

14. After having ruled that the concept of the words "hatred", "contempt", "disaffection", and "discontent" are not so

(Continued on Page 12)

vague or imprecise and that the degree of legal certainty satisfies the “prescribed by law” requirement, His Honour Judge Kwok is to consider whether the restriction or limitation is a proportionate measure.

15. The nature of the offence of sedition as described in the case of *R v Sullivan and Pigott* shows why criminalizing sedition is necessary. Fitzgerald J. said:

“Sedition is a crime against society, nearly allied to that of treason, and it frequently precedes treason by a short interval. Sedition in itself is a comprehensive term, and it embraces all those practices, whether by word, deed or in writing, which are calculated to disturb the tranquility of the State, and lead ignorant persons to endeavor to subvert the Government and the laws of the empire. The objects of sedition are generally to induce discontent and insurrection and stir up opposition to the Government, and bring the administration of justice into contempt; and the tendency of sedition is to incite the people to insurrection and rebellion. Sedition has been described as disloyalty in action, and the law considers as sedition all those practices which have for their object to excite discontent or dissatisfaction, to create public disturbance, or to lead to civil war; to bring into hatred or contempt the Sovereign of the Government, the laws or constitution of the realm, and generally all endeavors to promote public disorder....”

16. Nowadays, the existence of a nation, its territorial integrity or political independence can be threatened not just by force or threat of force, but by propaganda spreading rumours, misinformation and disinformation that make the people no longer trust and even hate their government, resulting in serious social unrest and chaos. In this sense, making sedition an offence should be even a more important tool for protection of national security rather than holding it unconstitutional. Its scope should not be unduly restricted, or else it will be ineffective in protecting national security. The issue is how to strike a balance.
17. In considering whether the offences created by sections 9 and 10 of the Crimes Ordinance are no more than necessary to accomplish the legitimate aim, it is important to understand the political and social condition in HKSAR at the time of the alleged offence against the defendants. Since the start of the Anti-Extradition Movement in mid-2019, HKSAR went through a lengthy period of mass riots and civil unrests, some of them were extremely violent and weapons and petrol bombs were used. What rioters had demonstrated during this period of time was that they did not recognize the sovereignty of the People's Republic of China over HKSAR, and they did not support the policy of the “One Country, Two Systems”. There were calls for Hong Kong independence or self-determination. Although the situation in HKSAR has more or less calmed down after the promulgation of the National Security

Law, it is clear that these people have little change in their attitude. They just go underground and the seeds of unrest are still there. The political situation appears to be calm on the surface but very volatile underneath.

18. Under these circumstances, there is a strong pressing need to safeguard national security in HKSAR to prevent riots and civil unrests of any magnitude from happening again. It is essential to protect the constitutional order of HKSAR under the “One Country, Two Systems” policy and to restore national unity as soon and as fullest as possible. It is of fundamental importance that Hong Kong residents can have a prolonged period of living in peaceful environments after public tranquility had been destroyed or damaged for one year. It is therefore important to adopt measures to protect the general welfare and the interest of the collectively as a whole under the concept of public order. For these reasons, His Honour Judge Kwok find that the restrictions imposed by sections 9 and 10 of the Crimes Ordinance on the right to freedoms of expression and publication are necessary for the protection of national security and protection of public order. A person's right to freedom of expression can be restricted for the protection of public order for the benefit of the legitimate social interest to consolidate the new constitutional order in Hong Kong and to implement the policy of “One Country, Two Systems”.
19. The effect of Article 2 of National Security Law is simply that when anyone exercises his rights and freedom, he cannot refuse to recognize HKSAR is an inalienable part of PRC, or that HKSAR enjoys only a high degree of autonomy rather than a complete autonomy. When these simple rules are adhered to, it is unlikely for anyone to commit an offence of sedition unwittingly.
20. His Honour Judge Kwok is of the view that sections 9 and 10 of the Crimes Ordinance do not impose restriction more than necessary to limit the right to freedom of expression, publication, etc. for the protection of national security and of public order.

Discussions

His Honour Judge Kwok has handed down a judgment which has reiterated that as a seditious intention is the fundamental core element of the seditious offences, the burden must be on the prosecution to prove this element of the offence. The incitement to violence was not a necessary element to be proved by the prosecution. The rights to freedoms of expression, of speech, of publication, and of literary and artistic creation and other cultural activities are not absolute rights and may be subject to restrictions. A person's right to freedom of expression can be restricted for the protection of public order for the benefit of the legitimate societal interests to consolidate the new constitutional order in Hong Kong and to implement the policy of “One Country, Two Systems”.



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED 香港物理治療學會有限公司

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立場聲明：

香港物理治療學會近日從社交平台獲悉，有公司組織擬訂於八月中旬舉辦有關「水療服務」的公共關係活動。經進一步查證後，本會發現該公司組織亦有開辦短短數十小時的「水療導師」培訓課程，聲稱這些學員可以為市民提供「水療服務」。

本會特此聲明：水中物理治療（簡稱：水療；英譯：hydrotherapy、aquatic physical therapy 或 aquatic therapy）涉及醫療範疇，在本地醫療健康行業內具悠久歷史。在香港，醫院管理局和政府資助的非政府機構一直為病人及有需要人士提供優質的水療服務，而註冊物理治療師可說是唯一被認定具足夠專業知識和能力為市民提供水療的專業人員。

本會對上述公司組織所聲稱的「水療導師」和「水療服務」有感大惑不解，並對這類營銷活動極度憂慮，擔心有復康需要的市民大眾道聽塗說，影響其康復過程。

香港對註冊物理治療師要求嚴格，除了必須受認可的專上教育培訓外，臨床實習時數亦達過千小時。本會和一眾註冊物理治療同業均對上述組織所謂的「水療服務」深感疑慮，不但缺乏質量保證，而且專業責任成疑。

站在消費者和病人權益著想，本會就上述活動及課程提出質疑是責無旁貸的。香港物理治療學會謹此聲明。

傳媒或公眾查詢：

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2022 年 8 月 12 日



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED 香港物理治療學會有限公司

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2022 Policy Address Consultation: Views from the Hong Kong Physiotherapy Association

The Hong Kong Physiotherapy Association ("Association") is pleased to have been invited to participate in the stakeholders consultation session held on 9 August 2022. Our Association would like to raise the following issues for the Government's consideration.

1. Direct access to physiotherapy service

In the Chief Executive's Policy Address 2021, it is stated that "The FHB will follow up with the statutory Boards and Councils of various healthcare professions on the recommendations in the Report of the Strategic Review on Healthcare Manpower Planning and Professional Development promulgated in 2017, including proposing legislative amendments to allow patients to have direct access to healthcare professional services (e.g. physiotherapy and occupational therapy) without a doctor's referral so as to avoid delay in treatment." Direct access brings about many benefits, including more timely physiotherapy treatment, better patient outcomes, less burden on the hospital system, and reduced healthcare cost. A proposal on physiotherapy direct access will be submitted to the Supplementary Medical Professions Council in September 2022. **The Government should continue to follow up to ensure that physiotherapy direct access is successfully implemented.**

2. Grade structure review for physiotherapists

In the qualification grouping system, physiotherapists are classified under Qualification Group (QG) 3 Group I (i.e., Higher Diploma or Associate Degree Grades), with a starting salary at point 14 on the Master Pay Scale (MPS) for Physiotherapist II. However, the entry-level education of physiotherapists has been upgraded to the bachelor degree level for 28 years. The international standard for entry-level physiotherapy education, according to World Physiotherapy, is also at the bachelor level. The job duties of physiotherapists are much more diverse and complex when compared with 20-30 years ago. However, the MPS has not been adjusted to reflect this change in physiotherapy training. A Grade Structure Review was conducted for veterinary laboratory technician and medical laboratory technician grades by the Standing Commission on Civil Service Salaries and Conditions of Service in 2019. **Our Association strongly recommends that a similar Grade Structure Review be done for physiotherapists.**

3. Physiotherapist manpower

According to the latest commissioned study on Healthcare Manpower Projections, there will be an estimated shortfall of around 500 physiotherapists by the year of 2040. A survey conducted by our Association earlier this year involving more than 600 registered physiotherapists indicated that 30% of the respondents will be leaving the profession within 5 years. The shortage of physiotherapists will remain a serious issue for many years to come. Thus, **the Government should have a long-term plan to address the shortage of physiotherapist manpower. More funding should be injected into increasing the physiotherapy student intake quota.**

Consultation Sessions with Ms. Margaret GRANT (Consultant for HKPA Memorandum and Articles of Association Review)

Dates : 3 and 11 August 2022

Physiotherapists : HKPA members

Engagement sessions were held on Aug 3, 2022 and Aug 11, 2022 to discuss the draft of the revised Articles of Association with HKPA members and HKPA Executive Committee, respectively.

Hong Kong Arthritis & Rheumatism Foundation Scientific Committee Multidisciplinary Educational Talk – “Advances in Surgical Management of Established Rheumatoid Arthritis”

Date : 6 August 2022

Venue : Online

Speaker : Mr. Simon Chiang Nan CHAN,
Physiotherapist, MacLehose Medical Rehabilitation Centre

Title of presentation: Physiotherapy for spinal cord injury after surgery - a case sharing: from bed bound and ventilator dependent to walking with exoskeleton

The 4th Curriculum Review Team Hybrid Meeting of PT Programme, The Hong Kong Polytechnic University (PolyU)

Date : 8 August 2022

Venue : The Hong Kong Polytechnic University and Zoom

Physiotherapists : Mr Raymond TSANG and Dr Ivan SU

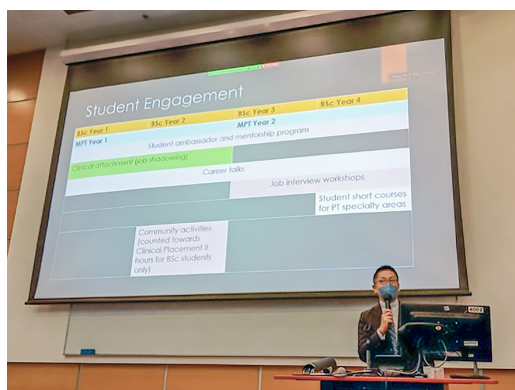
An in-person and zoom meeting involving overseas experts, representatives from Hospital Authority, NGOs, private sector, and professional associations, as well as 6 members from the Department of Rehabilitation Sciences of PolyU was held at 14:30 on August 2022. The progress of the employer and graduate surveys, as well as that of the PT and OT work groups were reported. A draft of the interim report was discussed. The idea on having virtual site visits to overseas universities were discussed. The meeting adjourned at 17:30.



PolyU RS Inauguration Ceremony and Meeting Year 1 Students

Date : 19 August 2022
Venue : The Hong Kong Polytechnic University
Physiotherapist : Prof. Marco PANG

Prof. PANG attended the Inauguration Ceremony of the Department of Rehabilitation Sciences of PolyU. He presented the All-round Outstanding Student Award and Best Student Project Award on behalf of HKPA. In addition, Prof. PANG gave a presentation to promote HKPA during the Year 1 PT Student Orientation session. Almost all Year 1 students joined the HKPA as student members at the end of the session.



Meeting with Legislative Councilors

Date : 23 August 2022
Venue : The Legislative Council Building
Physiotherapists : Prof. Marco PANG, Dr. Ivan SU, Mr. Raymond TSANG

A face-to-face meeting with several legislative councilors was held to discuss the issue of physiotherapy direct access. Many of the councilors at the meeting expressed support to the idea of direct access.



Hong Kong Metropolitan University Inauguration and Award Ceremony

Date : 24 August 2022
Venue : Hong Kong Metropolitan University
Physiotherapist : Prof. Marco PANG

Prof. PANG presented the HKPA All-round Outstanding Student Award and promoted HPA to the year physiotherapy students at the Ceremony.



Forum on Direct Access organized by Hong Kong Physiotherapists' Union

Date : 27 August 2022
Venue : Hong Kong Metropolitan University
Physiotherapist : Prof. Marco PANG

Prof. PANG attended the forum on behalf of HKPA, and shared the updates on the direct access proposal and discussed the strategies on the way forward.



Open Ceremony of the 15th International Convention on Rehabilitation Engineering and Assistive Technology (iCREATe) 2022 Hong Kong

Date : 27 August 2022
Venue : The Hong Kong Polytechnic University
Physiotherapist : Dr Ivan SU

The Open Ceremony was held at 9:00 – 10:00. Being one of the supporting organisations of the event, Dr Ivan SU attended the Ceremony on behalf of HKPA and received the Certificate of Appreciation presented by Ms Stella CHENG, Chairperson of The Hong Kong Occupational Therapy Association.



Article Related to Aquatic Therapy in Ming Pao

Date : 29 August 2022
Physiotherapist : Ms. Chi Ying CHOW

In August 2022, we published an article about aquatic therapy in Ming Pao to clarify the role of physiotherapy in aquatic therapy or hydrotherapy.



水療豈止是水上運動

受關節痠痛困擾的病人，活動一旦不足，就會全身痠疼，痛也隨之而來，活動能力嚴重下降！

疫情前，香港強脊會聯同香港風濕病基金會，高峰時期會每星期組織管理醫院轄下的水療池，舉辦10節由物理治療師指導的水療課，後在受挫下，這些水療池停止運作，最近才有限度重開；加上公眾泳池也長時間關閉，想自己練習也苦無辦法。希望疫情盡快受控，水療池可以全面開放！

黃：黃潔怡

(香港物理治療學會、物理治療師)

林：林志達 (Stephen)

(香港強脊會主席)

黃：Stephen，你怎樣開始接觸水療？

林：一切由1999年開始，我患上強直性骨質增生，導致關節痠痛，長期骨節痠痛，影響活動能力，日常生活甚至工作，非常困難接受。當時參加了香港復康會水療課，在物理治療師指導下做水中復康運動，真的幫了我很多！及後有機會在正風濕水療池內接受治療，效果就更好！身體痠痛和腫脹減少，活動能力明顯改善了。記得那內有一名要用雙拐杖走路的朋友，看他接受了幾個月水療後，身體關節痠痛少了，人靈活了，平衡力不顯進步，肌肉也增長了不少！最後毋須用拐杖！

黃：覺得游泳、水中運動和水療有分別嗎？

林：分別可大了！自己做水中運動或游泳，感覺好像跳海墜，運動是做了，但對於身體和改善活動能力，效果比較緩慢，畢竟不太明顯。而水中運動的對象是帶部大眾，讓人張身健體；我們有病患痛症，很容易會跟不上而受傷。水療則是由物理治療師設計，針對我們的

病情需要，會按照病人的病情、能力和康復目標來改良動作，我們跟普通游泳，有安全感，身體應付到之後，每堂接受治療後，也是全身輕鬆了不少。

適合解創學 編理學 康復醫學

黃：你分別知道物理治療師和水中體操教練水中運動，可以分享一些體會嗎？

林：物理治療師與水健教練是好拍檔。醫生會建議或轉介我們跟物理治療師做水療，改善痛症、關節痠痛和活動能力；當病情受挫和穩定下來，受過特別訓練的水中教練可幫住康復，讓我們長期保養，真一有發展情況，會再尋求物理治療師協助。

老實說，現在不同街頭的水中教練很多，有點花多眼亂，在選擇時會有保留。因我們背痛和關節炎的朋友，不單是痛症，很多都接受過不同手術，始終需要多點保障。如還有懷疑，還是參加由物理治療師指導的水療課吧！萬一運動時遇到問題或病情反覆，物理治療師都可立即制止，給予專業意見如何改良，避免造成危險，始終，身體是自己的。我跟張背病而足受雙腿關節手術，當時倒下醫院接受這手術後最快出院的紀錄，還是係小巴回家！我深深體會，正康專業的運動指導是很重要的！

黃：是的。在物理治療師角度，水療不止是運動，乃是一個治療。治療師先評估病人，了解病況，將解剖學、病理學和康復醫學融會貫通，為病人訂立適合的復康目標。透過利用水的特性，作為治療手法，發揮有效的復康內色，最終為病人改善痛症和活動能力，提升生活質素。

文：周芝英 (香港物理治療學會 物理治療師)

Meeting with Labour Department

Date : 30 August 2022
Venue : Labour Department
Physiotherapist : Mr. Alexander WOO

Regarding the Pilot Rehabilitation Programme for Employers Injured at Work hosted by Labour Department, Legislative Council Member Mr. Tik Chi Yuen, Hong Kong Workers' Health Centre, Hong Kong Occupational Therapy Association and Hong Kong Physiotherapy Association attended an update meeting with Labour Department.



The World Physiotherapy Day Webinar and the Pre-Webinar Career Talk

Date : 3 September 2022
Venue : Zoom Meeting
Physiotherapists : Mr Raymond TSANG and Dr Ivan SU

The theme of the Webinar is "Arthritis". The pre-Webinar career talk delivered by Mr Raymond TSANG on the HA sector, Dr Ivan SU on the NGO sector, and Mr Mike AU YUENG on the private sector commenced at 14:00, while the webinar started at 15:00. The first speaker, Ms Lavinia WONG from the Tung Wah College, talked about hydrotherapy. The second speaker, Dr Wilson Li from the Hong Kong College of Orthopaedic Surgeons, talked about arthritis. The webinar ended at 16:00. More than 200 participants registered for and attended the Webinar.

Meeting with Dr. David LAM (Legislative Councilor)

Date : 7 September 2022
Physiotherapist : Prof. Marco PANG

Prof PANG, together with representatives from Hong Kong Physiotherapists' Union and Prof. Margaret MAK A attended a meeting with Dr. David LAM to discuss physiotherapy direct access.



Interview: 自由風自由Phone

政府建議修例容許物理治療師無須醫生轉介

Date : 8 September 2022
Physiotherapist : Prof. Marco PANG

Prof. PANG was interviewed by the captioned program to discuss the issue of physiotherapy direct access.



Sing Tao Daily 【世界物理治療日】助發展遲緩兒童把握治療黃金期 童途有「理」守護成長

Date : 8 September 2022
Venue : Newspaper
Physiotherapist : Ms. Jacqueline Au Yeung

Ms. AU YEUNG explains the importance of early assessments and treatments for children with developmental delay by physiotherapists. She also introduces the roles of physiotherapists in managing children with developmental delay.



RTHK千禧年代Interview

Date : 12 September 2022
Physiotherapist : Prof. Marco PANG

Prof. PANG was interviewed by the captioned program to share his views on physiotherapy direct access.



The Osteoporosis Society of Hong Kong 22nd Regional Osteoporosis Conference

Date : 18 September 2022
Venue : The Langham
Physiotherapist : Dr. Anthony Kwok

Dr. KWOK represented HKPA to deliver a talk entitled "The lifestyle measures in osteoporosis: exercise and bone health" at the regional osteoporosis conference. He covered various lifestyles, and exercises, in improving bone health. He also introduced the roles of physiotherapists in preventing and managing osteoporosis in different settings at present and future.



Wen Wei Pao Reports on Direct Access

Date : 18 and 19 September 2022
Physiotherapist : Prof. Marco PANG

Prof. Marco PANG was featured in the reports on direct access.



香港文匯報(記者 張潔)醫務衛生局近日透露,期望今年內修訂《輔助醫療條例》,落實包括病人免轉介求診物理治療,引起社會關注和討論。香港文匯報昨日以頭版報道了物理治療界和醫務界的不同意見,以及幾名病人的期盼。就文中提及西醫界的疑慮和意見,香港物理治療學會會長彭耀宗昨日撰文回應指,物理治療師有足夠的專業知識及能力去識別物理治療範圍以外的病徵。有關注病患權益的組織亦撰文表示,免轉介制度可維護病人權益。

物理治療免轉介的方案引起物理治療界和西醫界的熱議爭議,雙方爭議的重點為物理治療師能否識別非物理治療範圍的一些嚴重病症,以及能否造成延誤診治。對此,香港物理治療學會會長彭耀宗撰文表示,《註冊物理治療師守則》中多次提及診斷物理治療的工作要求,物理治療師會詳細評估與病人病徵和症狀,若有任何嚴重病症的風險或物理治療專業範圍所能處理的病況,會立即轉介醫生作詳細的醫療用途;若無此類,會繼續為其提供物理治療。彭耀宗強調,物理治療師有足夠的專業知識及能力去識別一般勞損性痛症和急慢性等引起的痛症之間的差異,認為若免轉介是讓市民多一個選擇,因市民仍可自選選擇先看醫生,尋求物理治療轉介。

長期病患關注醫療改革專委會亦撰寫了一篇關於物理治療轉介的文章,文中分享了3名無法直接看診物理治療的市民個案,他們因公營醫院輪候時間太長等原因,無奈忍受身上不適帶來的痛楚。轉述指該些個案只屬冰山一角,反映物理治療的需求甚為普遍,並指從病人權益的角度出發,免轉介方案是方便市民因自己的需要及判斷,自行尋求認為適合的醫療服務。

從循證角度審視物理治療免轉介

物理治療師是專業人士,以循證為基礎,根據最新的科學證據,為病人提供物理治療。物理治療師在臨床工作中,會根據病人的病徵和症狀,以及病人的個人情況,來制定物理治療方案。物理治療師在臨床工作中,會根據病人的病徵和症狀,以及病人的個人情況,來制定物理治療方案。

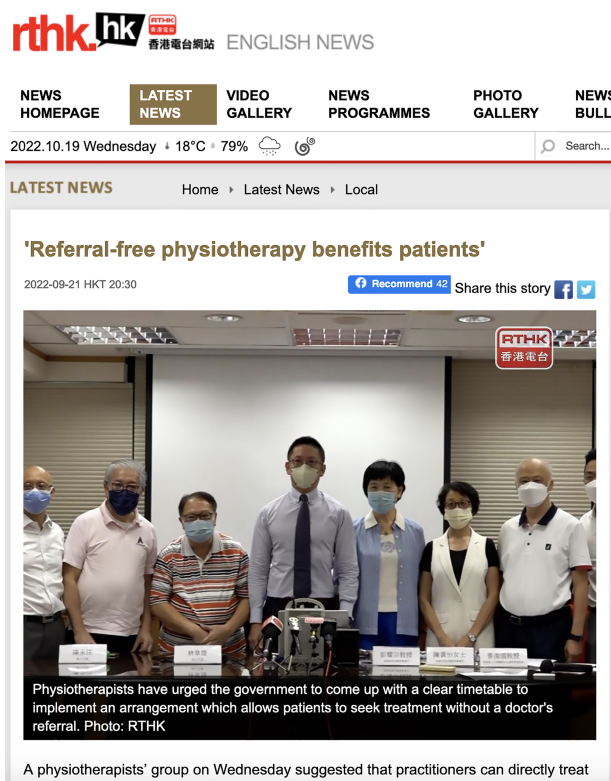
物理治療免轉介的「議題」,備受關注。其中最受關注的點是物理治療師能否識別非物理治療範圍的一些嚴重病症,以及能否造成延誤診治。對此,香港物理治療學會會長彭耀宗撰文表示,《註冊物理治療師守則》中多次提及診斷物理治療的工作要求,物理治療師會詳細評估與病人病徵和症狀,若有任何嚴重病症的風險或物理治療專業範圍所能處理的病況,會立即轉介醫生作詳細的醫療用途;若無此類,會繼續為其提供物理治療。彭耀宗強調,物理治療師有足夠的專業知識及能力去識別一般勞損性痛症和急慢性等引起的痛症之間的差異,認為若免轉介是讓市民多一個選擇,因市民仍可自選選擇先看醫生,尋求物理治療轉介。

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Interview by RTHK English Channel and TVB Interview 時事多面睇

Dates : 21 and 22 September 2022
Physiotherapist : Prof. Marco PANG

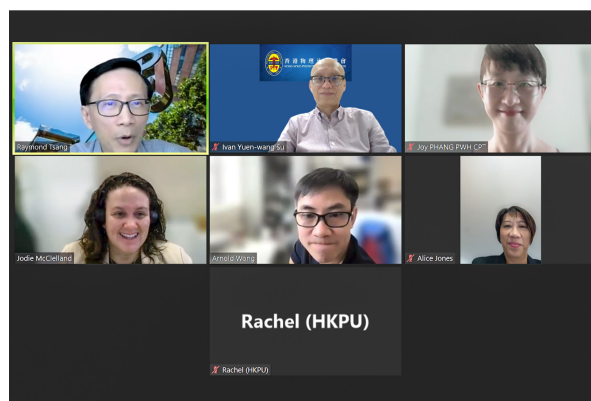
Prof. PANG was interviewed by RTHK English Channel and the captioned TVB program to discuss the issue of physiotherapy direct access.



Online Meeting with the Head of the Department of Physiotherapy at La Trobe University, Australia

Date : 28 September 2022 (16:00 Melbourne time and 14:00 HK time)
Venue : Zoom Meeting
Physiotherapists : Mr Raymond TSANG, Dr Arnold WONG and Dr Ivan SU

The online meeting is part of the Virtual Site Visits to Overseas Universities of the PT Curriculum Review Team of the Hong Kong Polytechnic University (PolyU). The meeting between Dr Jodie McClelland, Associate Professor in Physiotherapy, Head of Department of Physiotherapy, Podiatry, Prosthetics and Orthotics at the La Trobe University, and the representatives from Hospital Authority, NGO, HKPA, Department of Rehabilitation Sciences of PolyU, and an overseas expert Prof. Alice Jones was held at 14:00 HK time (16:00 Melbourne time). Valuable information on the challenges in the provision of both the 4-year BSc(Hons) and 2-year Master (Entry-level) programmes, strategies to keep the curriculum contemporary and evidence-based, as well as the inclusion and exclusion criteria for refining the curriculum contents were exchanged.



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