



香港物理治療學會
HONG KONG PHYSIOTHERAPY ASSOCIATION



ANNIVERSARY
HONG KONG PHYSIOTHERAPY ASSOCIATION

HKPA 60th Anniversary Conference

24 June 2023 Nina Hotel Tsuen Wan West

Keynote speakers:



Dr. Terry Ellis

Associate Professor
Boston University



Prof. Chris Maher

Professor
The University of Sydney



Dr. Amanda Piper

Clinical Lead
Royal Prince Alfred Hospital

Early bird registration deadline for the conference: April 30, 2023

- ◆ 5 CPD points will be awarded for joining the conference
- ◆ 4 CPD points for each workshop

**Deadline
extended**

Co-organiser



香港都會大學
護理及健康學院
Hong Kong Metropolitan University
School of Nursing and Health Studies

物理治療學系
Department of Physiotherapy

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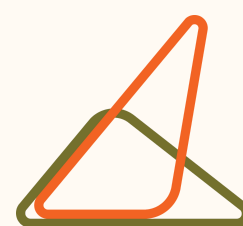


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Keynote Speaker Profile



Dr. Terry Ellis

Associate Professor and Chair of the Department of Physical Therapy, FAPTA; Director of the Center for Neurorehabilitation, Boston University

Terry Ellis, PhD, PT, FAPTA is an Associate Professor and Chair of the Department of Physical Therapy and the Director of the Center for Neurorehabilitation at Boston University. Dr. Ellis is also the Director of the American Parkinson Disease Association National Rehabilitation Resource Center. Her research is funded by NIH and several Parkinson's Foundations and focuses on investigating the impact of exercise and rehabilitation on community mobility in individuals with Parkinson disease. Dr. Ellis has a Ph.D. in Behavioral Neurosciences from Boston University School of Medicine and is a licensed physical therapist with board certification in Neurologic Physical Therapy. She has published numerous articles and lectures internationally on topics related to rehabilitation, exercise and mobile health technologies in persons with Parkinson disease.

Keynote lecture title: Innovative Technology Driven Approaches to Optimize Real World Performance in Persons with Neurological Conditions



Prof. Chris Maher

Professor, School of Public Health; Co-Director, Sydney Musculoskeletal Health, The University of Sydney

Professor Chris Maher is a physiotherapist, recognised internationally for his clinical research in the low back pain field. He has degrees in physiotherapy, exercise and sports science, a PhD and a Doctor of Medical Sciences. Chris is a professor in the School of Public Health at the University of Sydney and was one of the founding directors of the Physiotherapy Evidence Database (PEDro). Chris is a fellow of the Australian College of Physiotherapy and also the Australian Academy of Health & Medical Sciences. He has been a National Health and Medical Research Council Research Fellow since 2006 and has >800 journal papers, 44 PhD completions and \$67M in grants.

Keynote lecture title: Practice Changing Back Pain Research; More Than Meets the Eye

Keynote Speaker Profile



Dr. Amanda Piper

Senior Physiotherapist & Clinical Lead for the Respiratory Support Service, Department of Respiratory and Sleep Medicine at Royal Prince Alfred Hospital Sydney

Dr. Amanda Piper PhD is a Senior Physiotherapist and Clinical Lead for the Respiratory Support Service, Department of Respiratory and Sleep Medicine at Royal Prince Alfred Hospital Sydney; and an associate editor for *Respirology*. She has been involved in the assessment and management of patients requiring non-invasive ventilation for more than 30 years. Dr Piper's major research interests include the interaction between sleep and the development of awake hypercapnia and non-invasive ventilation in neuromuscular disorder. She has published widely on these topics, producing over 100 journal articles and 11 book chapters. She is a past/current supervisor of 10 PhD candidates. In addition to speaking engagements, Dr Piper has also designed and conducted numerous courses and workshops across the globe covering the practical aspects of NIV therapy. Dr Piper has been closely involved in the development of clinical practice guidelines for the use of non-invasive ventilation within Australia (Agency for Clinical Innovation, NSW Health; "Non-invasive Ventilation Guidelines for Adult Patients with Acute Respiratory Failure" and "Domiciliary Non-Invasive Ventilation in Adult Patients: A Consensus Statement") and internationally (American Thoracic Society clinical practice guidelines: "Management of stable Ambulatory Obesity Hypoventilation Syndrome" and "Noninvasive ventilation for stable hypercapnic COPD"). In 2021 she was awarded life-time membership to the European Respiratory Society for contributions to the Society in the areas of NIV and respiratory failure.

Keynote lecture title: Breathing life into Cardiopulmonary Respiratory Care

Guest Speaker Profile



Dr. Johnson Chun-yiu Pang **Assistant Professor of Caritas Institute of Higher Education**

Dr. Johnson Pang is an Assistant Professor at the BSc (Hons) Physiotherapy Programme of Caritas Institute of Higher Education. He earned his DHSc (PT), MSc Manipulative Physiotherapy and BSc (Honours) in Physiotherapy from Hong Kong Polytechnic University, and a Dip Acupuncture for Physiotherapists at Sun Yat-Sen University. He is a certified Musculoskeletal Physiotherapist, Blankenship Functional Capacity Evaluator, Aquaticist, and Acupuncture Practitioner. He previously gained extensive clinical experience in the Prince of Wales Hospital. His primary research interests are in the areas of musculoskeletal physiotherapy, biomechanics, ultrasound-guided dry needling and acupuncture.

Guest lecture title: Application of Acupuncture in Physiotherapy

Guest Speaker Profile



Professor Marco Yiu-Chung Pang
President of the Hong Kong Physiotherapy Association; Professor of the Department of Rehabilitation Sciences and the Director of the University Research Facility in Behavioral & Systems Neuroscience (UBSN) of the Hong Kong Polytechnic university.

Marco Y. C. Pang obtained his BSc in Physical Therapy and PhD in Neuroscience from the University of Alberta, Canada. He is currently a Professor of the Department of Rehabilitation Sciences and the Director of the University Research Facility in Behavioral & Systems Neuroscience (UBSN) of the Hong Kong Polytechnic university. He is the Editor-in-Chief of the Hong Kong Physiotherapy Journal, Associate Editor of Physiotherapy Canada, and also the President of the Hong Kong Physiotherapy Association. A physiotherapist by training, Prof. Pang's research focuses on geriatric and neurological rehabilitation. He has published 150 peer-reviewed papers on rehabilitation research. Being a popular speaker, Prof. Pang has delivered more than 150 invited lectures/seminars/workshops in different parts of the world.

Guest lecture title: Effects of Mechanical Stimulation on Mastectomy Scars.

Guest Speaker Profile



Professor Raymond Kai-Yu Tong Chairman of Department of Biomedical Engineering (CUHK)

Prof. Raymond Kai-yu Tong is a Biomedical Engineer. He received his PhD in Bioengineering from the University of Strathclyde, Glasgow, UK in 1999. Raymond currently is the Professor and Chairman in the Department of Biomedical Engineering. Prof. Tong is among the world's top 2% most-cited scientists in their main disciplines (single year impact 2021). His research interests include Rehabilitation Robotics (e.g. Hand of Hope), Brain-Computer Control Interface (BCI), Neural Engineering, Functional Electrical Stimulation(FES) and Cognitive Assessment Software. Projects have been funded by Innovation and Technology Fund and UGC CERG/GRF as principal investigator. His research, innovation and service have been honoured with the "Global Ageing Influencers 2021" award at the 9th Asia Pacific Eldercare Innovation Awards Ceremony held by the Ageing Asia in Singapore, Awardee of the 2013 Ten Outstanding Young Persons (Hong Kong) 香港十大傑出青年; the Grand Prix Award(the highest honor) of the International Exhibition of Inventions of Geneva 2012; Winner Award(e-Health) (the highest honor) in the Asia Pacific ICT Award 2012; and HKIE innovation awards for young members(2008), gold awards in international invention exhibitions (2004, 2007, 2010, 2015, 2016).

Prof. Tong will be giving a guest lecture on AR-Home & AR-Centre Rehab, a scientific program led by him.

Pre-conference Workshops (23 June 2023)

(Venue: Hong Kong Metropolitan University)

Workshop 1 (half-day AM session) by Dr. Terry Ellis

Title: Contemporary Evidence-Based Physical Therapy for Patients with Parkinson Disease

Parkinson disease (PD) is a chronic health condition that must be successfully managed over a period of many years. Physical therapy and exercise are essential to optimize the long-term outcomes of persons living with PD. This course will focus on providing a contemporary, evidence-based perspective on the physical therapy management of persons with PD over the disease continuum. We will begin with a brief review of the underlying neuropathology associated with PD. Following this, an evidence-based approach to physical therapy examination will be described, including recommendations for standardized outcome measures. The potential disease modifying effects of exercise will be discussed. The evidence supporting key elements of physical therapy treatment and the mechanisms underlying their benefit will be covered. These include, but are not limited to, gait training (i.e., treadmill, overground, dual task, cueing), balance training, falls mitigation, aerobic exercise and resistance training. Issues related to exercise intensity, choosing exercise mode and the timing of exercise related to disease progression will be emphasized. Finally, a secondary prevention model of care will be discussed to highlight the application of course content to real-world clinical practice.

Objectives:

Following completion of this course, participants will be able to:

- 1). Describe the neuropathology underlying Parkinson disease and clinical manifestations that emerge as a result of this condition
- 2). Synthesize the evidence demonstrating the benefits of physical therapy and exercise in the treatment of Parkinson disease
- 3). Compare and contrast the various types of exercise and the expected outcomes that correspond to the different modes of exercise
- 4). Describe a secondary model of care for patients with Parkinson disease and justify this approach based on the evidence.

Pre-conference Workshops (23 June 2023)

(Venue: Hong Kong Metropolitan University)

Workshop 2 (half-day PM session) by Prof. Chris Maher

Title: What does the evidence say about managing low back pain in a direct-access setting?

The workshop will introduce participants to clinical practice guidelines and the underpinning evidence on assessment and management of low back pain. The workshop will focus on four clinical contexts:

- Management of low back pain in the emergency department
- Management of low back pain in primary care
- Surgical and interventional procedures
- Prevention of low back pain

Objectives:

The aim is to equip participants with an understanding of the evidence-based treatment choices available to clinicians managing low back pain and provide them with an appreciation of the key research papers that justify these treatment approaches. The assumption is that the clinician will be working in a direct-access setting and would have responsibility for diagnostic triage, initiating tests and treatments and referring patients for specialist review.

Post-conference Workshops (25 June 2023)

(Venue: Hong Kong Metropolitan University)

Workshop 2 (half-day AM session) by Dr. Amanda Piper

Title: Noninvasive ventilation and airway clearance in neuromuscular disorders – looking at the evidence and the practicalities

This workshop will provide an overview of the evidence underpinning the use of noninvasive ventilation and airway clearance in patients with neuromuscular weakness. The role of sleep breathing abnormalities in the development of daytime hypercapnia will be reviewed. Using this foundational knowledge, issues around who is likely to benefit from noninvasive ventilation, along with when and how to initiate therapy will be covered. Techniques for evaluating respiratory function that are used in the clinical evaluation of these individuals will be illustrated. The workshop will also review the evidence-base for selected techniques used in assisting airway clearance in patients with respiratory muscle weakness. Techniques such as lung volume recruitment and mechanical cough assist will be discussed and demonstrated.

Objectives:

Following completion of this course, participants will be able to:

- 1) Describe the mechanisms by which breathing abnormalities during sleep lead to the development of awake hypercapnia respiratory failure in people with neuromuscular disorders
- 2) Identify simple, appropriate techniques for evaluating respiratory function in neuromuscular disorders
- 3) Appreciate when and how to implement noninvasive ventilation in neuromuscular disorders
- 4) Understand the evidence and practical aspects underpinning assisted cough techniques in people with neuromuscular disorders