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Editorial

When Physiotherapy Meets Dance

Ms. Eva CHUN and Dr. Arnold WONG

In this issue we embark on a light-hearted journey where two seemingly different worlds collide—dance and physiotherapy. So, let's grab your dancing shoes and boogie our way through this toe-tapping tale of healing and grooving!

Dancing is a beautiful art form that demands strength, flexibility, and coordination. However, even the most talented dancers may occasionally stumble and land in the dreaded realm of injuries. But fear not, dear dancers, for physiotherapy is here to save the day!

Imagine a physiotherapist walks into a dance studio, putting on a smile and armed with therapeutic techniques, that could light up the dance floor. The physiotherapist is on a mission to help dancers overcome their injuries and get back to doing what they love—bust a move!

The physiotherapy team works on their best to rehabilitate dancers from sprained ankles, painful knees, and all sorts of musculoskeletal injuries. With the expertise and creativity, they devise tailored treatment plans to help dancers regain their rhythm and soar to new heights in dancing.

In the world of dance, where passion and dedication reigns, physiotherapy plays a vital role in keeping dancers on their toes—literally! It's like having a personal cheerleader, therapist, and dance partner all rolled into one. They understand the unique needs of dancers and work tirelessly to help them stay injury-free and unleash their full potential on the dance floor.

In the NGO Corner, Mr. Simon TSE shared the challenges and opportunities of working as a physiotherapist in the Christian Family Service Centre. In the People's Corner, Dr. Julie CHOW, the Chief Proposition Officer of a listed healthcare company in Hong Kong, shared her wisdoms regarding the transition from a physiotherapist to a senior management of a conglomerate.

Hong Kong Physiotherapy Association

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The Painful Dancer's Foot

Ms. Jenny CHAN

Physiotherapist & Director, Perfect Pointe Physiotherapy

Ms. Bonnie MA

Associate Professor of Practice, The Hong Kong Polytechnic University

Photo credit: **Mr. Coryphées Chun Wing LAM**

The Paris Opera Ballet

Introduction

Ballet is a physically demanding art form that places significant stress on dancers' lower extremities, particularly the ankles and feet. Professional ballet dancers are particularly susceptible to frequent musculoskeletal injuries due to their rigorous training schedule, especially during rehearsal and stage performance schedules. [1] Dance injuries can result from acute trauma or repetitive microtrauma. [1] According to a review, ankle sprains are the most frequent type of injury in professional ballet dancers, accounting for 69.8% of injuries [3]. Another systematic review and meta-analysis of 19 studies found that ankle tendinopathy is a common injury, affecting approximately 19% of ballet dancers [2]. Foot and ankle injuries, such as Achilles tendonitis, flexor hallucis longus (FHL) tendinitis (often called dancer's tendinitis), and ankle impingement, are also common [1]. These injuries can have significant implications on dancers' performance, as they can limit their ability to perform certain movements and require time off for recovery. The unique biomechanical factors contributing to these injuries include the repetitive stress placed on the lower extremities, the need for extreme ranges of motion, and the use of pointe shoes [4]. Proper training, conditioning, and injury prevention strategies are crucial for maintaining the musculoskeletal health of ballet dancers.

Anatomy of foot and ankle

The foot and ankle are complex structures that consist of 28 bones, including the tibia, fibula, tarsals, metatarsals, and phalanges, as well as 33 accessory joints and over 100 muscles, tendons, and ligaments [5]. The most notable accessory joint for dancers is the metatarsal phalangeal joint (MTP joint), which is the articular surface of the metatarsal bones and phalanges [5].

Further down would be the interphalangeal joints, which are the articular surfaces between phalanges. The 1st digit only has one joint between the phalanges, which is the 1st interphalangeal joint (1st IP joint), while the other four digits have two joints between the phalanges, which are called

the proximal interphalangeal joint (PIP joint) and the distal interphalangeal joint (DIP joint), respectively [5].

Biomechanics of foot & ankle during ballet dance

The biomechanics of ballet movements, especially en pointe, turning and hopping, play a crucial role in the development of ankle and foot injuries [4][6]. Excessive pronation, inadequate ankle stability, impaired muscle control, and faulty alignment contribute to the overloading of specific structures [4][7]. For example, the excessive force of rotation or turnout of the en pointe can lead to ankle and foot injuries and cause strain of structures [4]. Complex balletic movements require elevated muscular efforts and can put excessive stress loads on the ankle bones [8]. Inadequate stabilization of the foot and ankle has been found to be a contributing factor to injuries in ballet dancers [7].

The MTP joint is the key weight-bearing joint to be relied upon when on high demi-pointe (figure 1 & 2), in which the 1st MTP joint is at 90°, while less than 90° can often result in sickling [6].

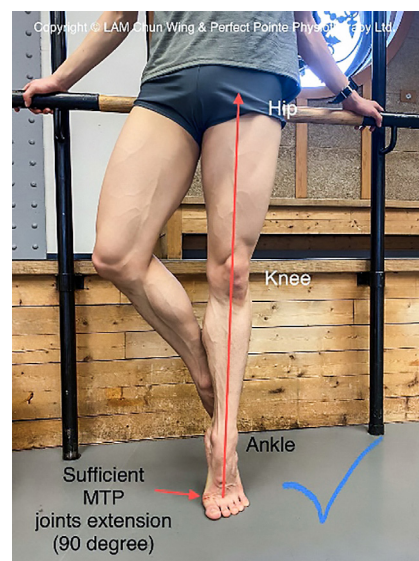


Figure 1: correct weight bearing on foot on high demi-pointe position with 90 deg MPT extension (front view)

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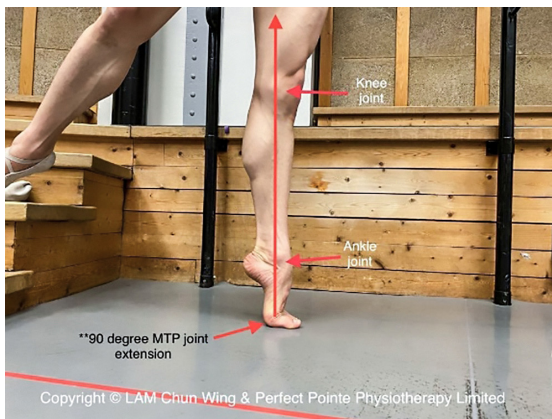


Figure 2: correct weight bearing on foot on high demi-pointe position with 90 deg MPT extension (side view)

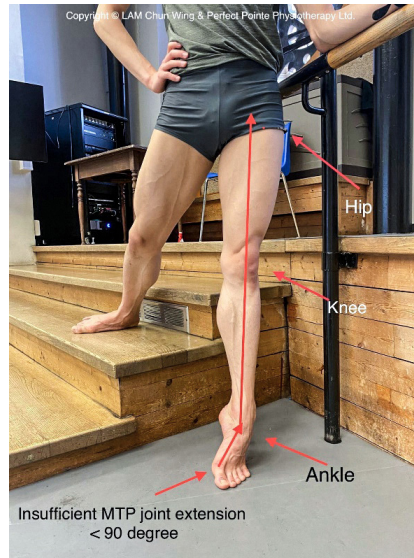


Figure 3: Sickling foot with insufficient MPT joint extension

Sickling, an undesirable foot position in dance, carries significant implications beyond aesthetic concerns, as it increases the risk of ankle sprains [6]. Sickling refers to the deviation from the vertical alignment of the supporting leg, leading to an unstable high demi-pointe position (figure 3). This compromised alignment not only compromises balance but also restricts the dancer's ability to execute multiple turns due to the increased demand on maintaining balance rather than optimizing energy for turning proficiency [6]. Therefore, minimizing sickling is essential to mitigate the risk of ankle sprains and optimize performance in dance [6].

Poor control of the forefoot could affect not just the biomechanics of the moves in a close kinetic chain, but also for an open kinetic chain. One example is during the

execution of en pointe, a specific movement in ballet, precise control of toe positioning is crucial for optimal performance and injury prevention [6]. The pointed toe should primarily articulate through flexion and extension at the MPT joints, while maintaining extension at the 1st IP joint, second to fifth PIP joints and DIP joints (figure 4). By emphasizing flexion solely at the MPT joints, dancers can achieve an elongated leg line, while simultaneously reducing stress on the foot and ankle, leading to a decreased risk of overuse injuries in the toe flexor muscles [4][6]. Misalignment of the toes during this movement can result in conditions such as flexor hallucis longus (FHL) tendinitis and posterior ankle impingement, highlighting the importance of proper toe positioning during en pointe [4] (figure 5).

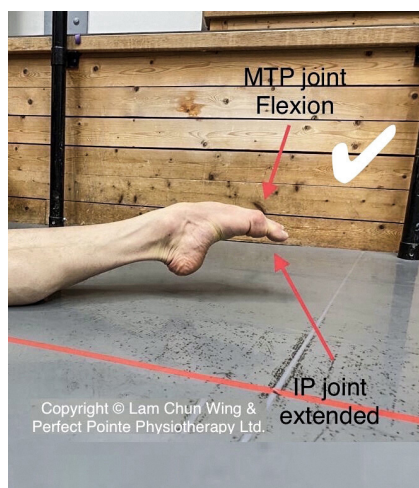


Figure 4: Correct toe control with flexion at MPT joints only (side view)

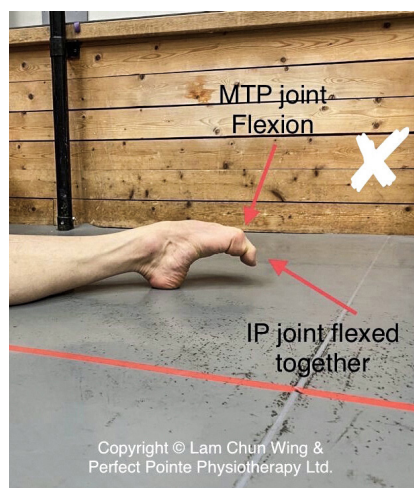


Figure 5: Incorrect use of toes with flexion of MPT joints together with IP joints (side view)

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It should also be noted that foot arch of an elite ballet dancer would contribute to the susceptibility of foot and ankle injury with intensive training. A cross-sectional study found that a high arch of the foot is most likely a natural trait and can only be slightly increased through exercise [9]. The presence of pes cavus and flatfoot in ballet dancers is not associated with the total duration of their career or the volume of weekly training. Practical implications derived from these tests suggest that when selecting candidates for ballet schools, it is important to assess whether the applicants have properly arched feet. It is not advisable for children with pes cavus to engage in en pointe work [9].

Special consideration with pointe shoes

The wearing of pointed shoes, commonly known as pointe shoes, in ballet dancers has a significant impact on the foot and ankle [4][10]. Pointe shoes are essential for dancers to execute movements en pointe, where they balance their body weight on the tips of their toes [4][10]. The toe box of the pointe shoe is composed of layers of hessian, glue, and fabric, carefully engineered to possess the necessary strength for supporting dancers en pointe, while also exhibiting the required flexibility to allow for proper articulation of the foot and ankle joints [10]. However, with rigorous training, the pointe shoe undergoes degradation, the shank and satin out-lining gradually soften, resulting in a decrease in the overall rigidity of the shoe. A randomized cross-over study found that wearing worn pointe shoes resulted in significantly greater mid-foot flexion ($P < 0.01$) and ankle plantarflexion ($P < 0.01$) when performing en pointe, in comparison to the use of new pointe shoes [10]. The structural integrity of the worn pointe shoe may play a contributory role in inducing alterations in kinematics, leading to potential pain and injuries in the lower limbs among professional dancers.

It should also be aware that the pointe shoes are fastened tightly around the ankle using ribbons, which increases the likelihood of impingement and attritional injuries in the Achilles tendon when the ankle repeatedly moves in plantar flexion and dorsiflexion. Research has demonstrated that the blood supply to the Achilles tendon is diminished 2 to 6 cm above its insertion into the calcaneus, which is typically where the ribbons are tied. These unfavorable circumstances further heighten the vulnerability of the Achilles tendon to microtrauma and overuse injuries [8].

Conclusions

Failing to use normal biomechanics in dance may lead to acute and overuse injuries of the foot and ankle [1][2][6]. Proper training, conditioning, and injury prevention strategies are crucial for maintaining the musculoskeletal health of ballet dancers. By studying the biomechanical risks associated with foot and ankle injuries in ballet dancers, clinicians shall aim to reduce the impact of injuries on ballet companies and examine the effects of injury on dancers' careers [3]. This knowledge can inform preventive measures and interventions to optimize dancers' musculoskeletal health and performance.

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An Interview with Mr. Simon TSE

Date : 8 July 2023

Venue : Christian Family Service Centre - Kai Nang Integrated Rehabilitation Services Complex 8/F
(Community Rehabilitation Day Centre & Cheerful Place
- District Support Centre (Kwun Tong East))

Interviewee : Mr. Simon TSE
(Physiotherapist I, Cheerful place - District Support Centre (Kwun Tong East),
Christian Family Service Centre)

Interviewers : Ms. Winnie Wing Tung LI, Ms. Judith Ka Yan TSO

1. Do you have any particularly memorable experience as a PT in the healthcare centre?

Working as a PT during the pandemic is memorable and challenging. During that period, a number of face-to-face healthcare services in our centre were suspended. Meanwhile, some services were changed to online mode. Such a change was a great challenge to us as neither could we assess the performance and physical status of our clients thoroughly nor could we communicate well. Luckily, different disciplines in our centre did collaborate and come up with different activities and exercise programmes for our clients. It meant a lot to me when I saw the physical status and functional level of my clients improved, especially after all our services resumed face-to-face.



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2. Are there any differences in the job nature between the PT in the government settings and those in NGOs?

There is interdisciplinary approach in the hospital setting, yet not as much as that in the NGOs. Working in a NGO, I have got more chances to communicate and collaborate with other disciplines like occupational therapists and speech therapists. We have more frequent meetings, during which we could propose designated activities for certain groups of clients. Besides, we usually gather to discuss specific cases, sorting out appropriate treatment together. Apart from that, the treatment goals in the hospital setting and NGO may be different too. In hospitals,

the focus might be on treating the illness itself but not on the rehabilitation. However, in the NGO settings, we would communicate more with clients individually, which helps us to further identify their physical or mental needs in their daily lives. After that, we may refer them to other professions like social workers. Thus, not only do we treat our clients physically, but more importantly, we could provide more tailor-made assistance to each of them.

3. Do you have any advice for the undergraduate PT students? (Internship/ placement advice/ attitude/ career choice)

Clinical placement is a particularly valuable experience for PT students, during which you do not only observe your job nature in the future

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but also understand the routine of a PT. During your placement, you may involve actively asking questions with clinical reasoning, as these processes do boost your thinking. Apart from equipping yourself with knowledge, learning how to communicate is also vital. Communicating with clients with different backgrounds, ages and gender is more difficult than we think. We have to “say the right words at the right time” to maintain a good therapist-client relationship. Last but not least, we should always be humble. To ourselves, you may reflect your shortcomings regularly. Equip and upgrade yourselves with new skills and knowledge are significant. Others, we should always show respect to our clients as well as other healthcare professionals. Only if we understand and respect other disciplines can we collaborate to provide the best healthcare services.

4. As PTs need to interact with different stakeholders within the centre or even in the community, what are the skill sets/ qualities needed for working in NGOs as a PT?

For PTs working at NGO, we have to collaborate with different professionals, like occupational therapists, speech therapists, and social workers. We should understand their responsibilities in the system first, as their jobs are always closely correlated to our treatment. Therefore, the most important skill to acquire is to listen attentively. Through listen attentively to the needs our clients, then our inter-professional collaboration can help to achieve a holistic rehabilitation. The second quality is to stay humble all the time. Every profession has their own expertise. Some cases may be out of the physiotherapy expertise, it is of utmost importance to refer out to other professionals in order to avoid delaying the treatment of cases.

5. Are there any particular challenges that you face working as a PT in an NGO?

Unlike my previous working experience in public hospitals, I sometimes have to supervise the daily operation of the NGO centre, deal with administrative work and help developing policies for the future planning now. In the NGO settings, the process of rehabilitation plays a huge part and we have to provide a lot of suggestions to the development of the centre. For example, I recalled contributing much while planning to launch a new centre, from every bits in the floor plan design to collaboration with different companies of medical sciences /equipment. Despite being an enormous challenge, I am grateful that senior PTs assisted me a lot along the way. In addition, I always visit different medical and healthcare fairs to expose myself to the latest rehabilitation technology available. Besides handling the administrative work, I think it is also crucial to always equip yourself with the latest rehabilitation techniques and research findings - only by this can we provide the best services or treatments to our clients.

6. What is your view on the NGO PT development in Hong Kong?

In recent years, I think more PTs show their interests in the NGO field. This is an encouraging sign for the NGO field which has a prolonged shortage of manpower. With more education programmes and orientation activities for PT students at the NGO setting, I believe that more PT students will understand more of different career paths after graduation. Besides employment issues, the Social Welfare Department is extending new rehabilitation services every year so PT students can definitely develop themselves with much resources and support. What's more, one of the latest directions of NGO setting is actively integrating the latest rehabilitation technology into treatment!

An Interview with Dr. Julie CHOW

Date : 20 June 2023

Venue : Online

Interviewee : Dr. Julie CHOW
(Chief Proposition Officer, EC Healthcare)

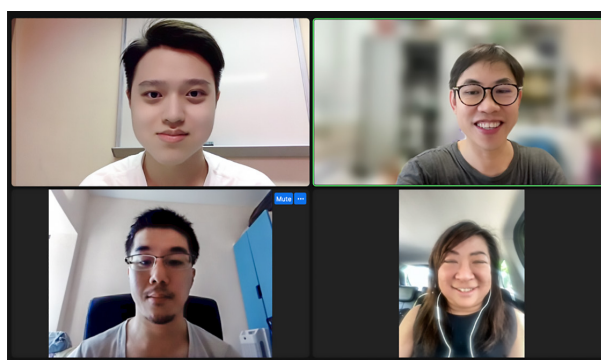
Interviewers : Mr. Tsz Kwai HUI
(Year 2 Physiotherapy student, The Hong Kong Polytechnic University)
Mr. Ho Sing YAN
(Year 2 Physiotherapy student, Tung Wah College)

Q1

Why did you get into the physiotherapy (PT) stream?

A1

Being a physiotherapist had been my dream since my secondary school years. During a visit to the Hong Kong Polytechnic, I had found a great interest in using physiotherapy to help patients by physical means without the need of medicine. Therefore, I enrolled the professional diploma program in physiotherapy in the Hong Kong Polytechnic and graduated in 1987.



Upper row left to right: Mr. Kelvin HUI, Dr. Arnold WONG
Lower row left to right: Mr. Ho Sang YAN and Dr. Julie CHOW

Q2

Can you share your journey as a physiotherapist since your graduation?

A2

I joined the Medical and Health Department and worked in the Princess Margaret Hospital and Prince of Wales Hospital after graduation. I worked in the inpatient and outpatient settings, and the pediatrics specialty during a period of around 2 years. Then, I moved to Canada in 1989 and worked as a physiotherapist in the inpatient and outpatient departments of a public hospital there. Later, I was promoted to become a senior physiotherapist. Afterwards, I started to work in the private setting, where I was involved in the musculoskeletal, occupational safety and health and rehabilitation. I also started to engage in managing a private clinic as a senior physiotherapist. I had the chance to work with different professions, such as clinical psychologists and kinesiologist to develop various rehabilitation programs for my clients.

Q3

How long did you work as a physiotherapist before pursuing a higher degree in business and management?

A3

In 1994, I returned to Hong Kong and opened my first private clinic, where I had the first experience of being an owner of a clinic. After 2 years, I met a medical group and was impressed by their vision to enhance the provision of medical services in Hong Kong. As such, I joined the group and started my full-time management role and became interested in acquiring more knowledge in healthcare management. I enrolled in an MBA program based in Germany, which gave me an opportunity to connect with people from nine countries in Asia, Europe and America to learn more about global healthcare management.

Ten years later, with the increased demand for medical services in Hong Kong by our mainland Chinese clients, I was determined to improve my knowledge on medical tourism. Therefore, I enrolled to a DBA program and designed a framework to facilitate mainland Chinese clients to Hong Kong to receive local high-quality medical services. My interests in this field allowed me to spend more time to study on related phenomena and conduct my own research.

(Continued on Page 8)

Q4

What kinds of challenges that you encountered during the transition from a clinician to a director?

A4

My first challenge was facing cultural differences. While studying for my master's and doctoral degrees in Germany and Australia, respectively, it was clear to me that there were differences in how people approached work and communication, which were greatly influenced by our personalities, regulations, and cultural norms, necessitating strong management skills to achieve our common goal.

Time management is another obstacle. To operate a private clinic, I need to allocate time for both administrative tasks and patient care. Occasionally, while I was treating my patients, I was interrupted by several phone calls, which affected the quality of my service. Therefore, I ultimately had to delegate clinical duties to colleagues so that I could fully focus on management tasks, which is ensure our clients receiving the highest quality of treatments. Despite the challenges, this transition has served as a valuable learning experience for me.

Q5

How did you overcome those challenges?

A5

"Enjoyment" is the best word to describe how I conquered all the obstacles during the transition. It brings me great joy not only to provide physiotherapy services, but also to be involved in the realm of business and administration. I find immense satisfaction in learning and executing administrative tasks, which is why I willingly dedicate more time to it.

Prior to making any decisions, I always engage in conversations with my family members to seek their supports and reach a consensus. Striking a harmonious balance between family and work is equally important.

To ensure our success as a team in the workplace, effective communication plays a crucial role. It is essential to convey our thoughts effectively to various stakeholders, such as patients and clinicians to foster collaborations. We should strive to find common goals. For instance, medical professionals work towards the effective recovery of patients. As a business manager, I should optimize processes, such as implementing an IT system to enhance convenience and accuracy of services. If conflicts arise among team members, we must prioritize our clients' needs and preferences, as this is the most important shared objective.

Q6

What would be your suggestions for those junior PTs who would like to follow your path?

A6

For physiotherapy students who are interested in business administration, it is essential to first possess a solid healthcare background and knowledge. This serves as the foundation for uplifting the entire healthcare system, including its financial aspects and the various stakeholders involved. These factors are crucial considerations for administrators, who should have a mega-view towards healthcare service, rather than solely focusing on the provision of treatments. Additionally, maintaining discipline is of utmost importance as it enables effective self-management and efficient time allocation, ensuring a balance between multiple roles.

Hong Kong is facing an aging population, which will result in a higher demand for healthcare services, including both the public and private sectors. I believe that junior physiotherapists, who receive further training and education in business administration, can develop their strengths and potential. As a result, they can expand their physiotherapy network and contribute to the development of the Hong Kong healthcare system in the long run.

Q7

Can you share some memorable learning experiences in your clinical or management role?

A7

As I mentioned before, when I first run my own clinic, I tried to keep my clinical and management roles simultaneously. There were times when I got interrupted by phone calls to handle management issues during my treatment sessions. That was when I decided to pass my clinical duties to colleagues and solely focused on management duties. I think this was an important lesson for me during the transition period. We should be extremely focused on our work. It is the key to be fair to our clients and reasonably plan our work to ensure we can perform our work satisfactorily.

Q8

What are the essential attributes for a good leader?

A8

The key is to give enough room to your colleagues or subordinates to explore and perform their work independently. We should be able to appreciate the fact that people have their own ways to perform the same task instead of forcing our own way onto others and holding onto too many responsibilities. Trust and freedom are essential to breed successors by allowing them to explore and improve.

International Society for Electrophysical Agents in Physiotherapy (ISEAP) Specialty Group General Meeting

Date : 2 June 2023
Venue : World Trade Centre, Dubai, United Arab of Emirates
Physiotherapist : Prof. Marco PANG

Prof. PANG attended the International Society for Electrophysical Agents in Physiotherapy (ISEAP) Specialty Group General Meeting held during the World Physiotherapy Congress in Dubai. An election of the Executive Committee (EC) was held, and Mr. Alexander WOO was elected as one of the EC members.



World Physiotherapy Congress 2023 – International Confederation of Cardiorespiratory Physiotherapists (ICCrPT) Networking Session

Date : 2 June 2023
Venue : Dubai World Trade Centre

More than 30 members from 21 countries/ regions, including UK, Japan, Hong Kong, Australia, Taiwan, Singapore, Malaysia, Rwanda, South Africa, Columbia, Netherlands, Italy, Canada, Greece, Vietnam, South Korea, India, UAE, Brazil, Belgium, Portugal, attended the ICCrPT networking session to discuss issues of education and professional practice in the field of cardiorespiratory physiotherapy. Dr. Shirley NGAI attended the session on behalf of Hong Kong Physiotherapy Association. She was elected as the president of ICCrPT for the forthcoming terms of 2023-2027.



Federation of Medical Societies of Hong Kong Presidents' Dinner 2023

Date : 4 June 2023
Venue : Sheraton Hotel
Physiotherapist : Dr. Arnold WONG

Dr. Arnold WONG attended the Federation of Medical Societies of Hong Kong Presidents' Dinner 2023 on behalf of Prof. Marco PANG, and met presidents from various medical and paramedical societies.



HKPA Pre-Conference Workshop 1

Date : 23 June 2023
Venue : Hong Kong Metropolitan University

A total of 15 attendees attended the workshop and learnt from Prof. Terry ELLIS about the contemporary evidence-based physiotherapy for patients with Parkinson disease.



Prof. ELLIS in teaching



All participants were enjoying the discussion

HKPA Pre-Conference Workshop 2

Date : 23 June 2023
Venue : Hong Kong Metropolitan University

A total of 18 attendees attended the workshop and learnt from Prof. Chris Maher about the evidence-based assessments and management of low back pain in various settings (e.g. primary care and emergency department).



HKPA 60th Anniversary Conference

Date : 24 June 2023

Venue : Nina Hotel

The conference was co-organized with Hong Kong Metropolitan University School of Nursing and Health Studies. It was successfully held on 24 June, 2023 in the Nina Hotel. Approximately 200 registrants from Hong Kong, Macau, Taiwan, Sri Lanka, Australia, Korean, and Japan attended the full-day conference. Assoc Prof. Terry ELLIS from Boston University, Prof. Chris MAHER from The University of Sydney, and Dr. Amanda PIPER from Royal Prince Alfred Hospital were invited as keynote speakers. Other prominent local guest speakers (Dr. Johnson PANG from Caritas Institute of Higher Education, Prof. Marco PANG from The Hong Kong Polytechnic University, Prof. Raymond TONG from The Chinese University of Hong Kong) also delivered exceptional academic talks in three sponsored sessions.

Additionally, the conference had 3 parallel sessions to allow presenters with clinical and academic backgrounds to share their research findings with our audience. Approximately 30 posters were presented. Three best oral presentation awards, three best poster awards, three PolyU best capstone project awards, and one best MPT final year project award were presented at the conference. Importantly, the President of HKPA separately signed the memorandum of understanding with the Australian Physiotherapy Association, Macau Physical Therapists Association, and Korean Physical Therapy Association. The conference was well received by our audiences. Importantly, the HKPA Legacy Award Awardee was given to Mrs. Elizabeth WONG YEUNG to recognize her significant contributions to the physiotherapy development in Hong Kong. Additionally, five HKPA Outstanding Leadership & Service Awards were given to five previous HKPA presidents (Mr. Jimmy WU, Ms. Priscilla POON, Mrs. Eleanor CHAN, Dr. Polly LAU, Ms. Miranda LAU).



Prof. Marco PANG and keynote speakers



The reception counter



Assoc Prof. Terry ELLIS delivered her keynote speech on Innovative Technology Driven Approaches to Optimize Real World Performance in Persons with Neurological Conditions.



Prof. Chris MAHER delivered his keynote lecture on Practice Changing Back Pain Research; More than Meets the Eye.

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Dr. Amanda PIPER delivered her keynote lecture on Breathing Life into Cardiopulmonary Respiratory Care



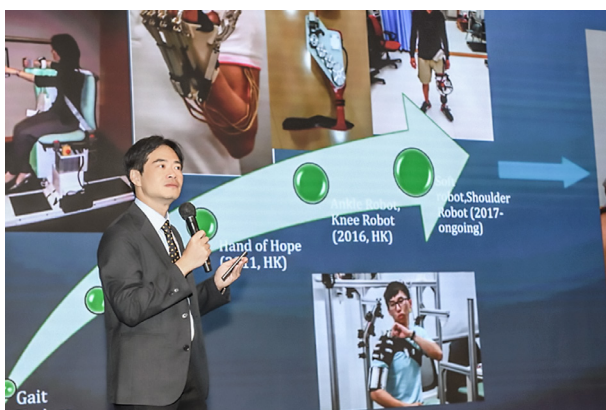
Prof. Marco PANG was delivering a sponsored talk on the Effects of Mechanical Stimulation on Mastectomy Scars



An industry sharing session given by Mr. Banny POON



Dr. Johnson PANG delivered a talk on the application of acupuncture in physiotherapy.



Prof. Raymond TONG delivered a sponsored talk on AR-Home & AR-Centre Rehab.



A mouthwatering lunch



Booths and posters



A parallel session

(Continued on Page 13)



Prof. Marco PANG signed the Memorandum of Understanding with the Australian Physiotherapy Association



Prof. Marco PANG signed the Memorandum of Understanding with the Korean Physical Therapy Association



Prof. Marco PANG signed the Memorandum of Understanding with the Macau Physical Therapists Association



HKPA Legacy Award Awardee (Mrs. Elizabeth WONG YEUNG) and HKPA Outstanding Leadership & Service Award Awardees (Ms. Priscilla POON, Mrs. Eleanor CHAN, Dr. Polly LAU, Ms. Miranda LAU)



Mrs. Elizabeth WONG YEUNG shared her personal wisdom



Best oral presentation award – gold, Mr. Jeremy CHANG



Best oral presentation award – silver, Ms. Emma ZHOU



Best oral presentation award – bronze, Mr. Mohammad KHAN

(Continued on Page 14)



Best poster presentation award – silver



Best poster presentation award – bronze



Best MPT final year project



The PolyU best capstone project award – gold



The PolyU best capstone project award – silver



The PolyU best capstone project award – bronze



Closing remarks by Prof. PANG



Australian delegates and some organizing committee members



Keynote speakers and the organizing committee members



Organizing committee members

HKPA Post-Conference Workshop

Date : 25 June 2023
Venue : Hong Kong Metropolitan University

Dr. Amanda Piper delivered a post-conference workshop entitled "Noninvasive ventilation and airway clearance in neuromuscular disorders – looking at the evidence and the practicalities". Nine attendees attended and practiced in the workshop.



Student Award Presentation Ceremony

Date : 27 June 2023
Venue : Tung Wah College
Physiotherapist : Prof. Marco PANG

Prof. PANG presented All-Round Outstanding Student Awards to physiotherapy students at Tung Wah College.



World Physiotherapy AWP region webinar on "Advocacy and regulatory frameworks"

Date : 4 July 2023
Venue : Online
Physiotherapist : Prof. Marco PANG

A webinar hosted by the World Physiotherapy AWP Region was held to discuss "Advocacy and regulatory frameworks." There were 3 invited speakers, including Prof. Marco PANG (Hong Kong Physiotherapy Association), Prof. Wend WANG (Taiwan Physical Therapy Association), and Miss Kit AO (Macau Physical Therapists Association). In the webinar, Prof. PANG shared the experience regarding the lobbying for direct access of physiotherapy service in Hong Kong.



60th Anniversary Celebration Community Seminar 5: "Preventive Medicine: Prehabilitation vs Rehabilitation – Physiotherapist your Health Coach" (防病於未患、預防與治療：物理治療幫到您)

Date : 15 July 2023
Venue : Lecture Theatre at the Hong Kong Central Library

The Community Rehabilitation and Primary Healthcare Working Group organised the captioned Seminar and had the privilege to have the Health Bureau and 10 District Health Centre (Express) (DHC(E)s) as the supporting organisations for the Seminar. Thirteen physiotherapists from 10 DHC(E)s delivered 7 primary healthcare (PHC) related topics that were categorized into primary, secondary, and tertiary prevention. We were honored to have Dr Cissy CHOI, the Assistant Commissioner for Primary Healthcare, as the officiating guest. Three hundred public audience attended the seminar. The presence of Mr Jimmy WU and Mr Michael CHUNG, the Director and Senior Manager of the DHC Team, offered a much-needed spiritual boost for the participating physiotherapists from the PHC sector.



Dr Cissy CHOI and Mr Raymond TSANG officiated the Seminar with an opening speech.



Mr Jimmy WU and Mr Michael CHUNG participated in solidarity with the participating physiotherapists at the Seminar.



The Seminar attracted 300 public audience to participate and engage in the event.

Disciplinary Procedure and Practical Tips for Physiotherapists

Date : 4 July 2023
Time : 20:00 - 21:00
Venue : Online
Physiotherapists : Ms. Sandy CHO,
 Mr. Eric WONG

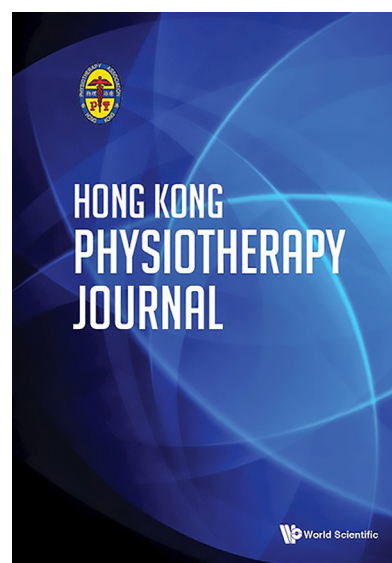
Lawyers from the Healthcare Team of an International Law Firm were invited to share the disciplinary procedures and practical tips for physiotherapists. More than 400 physiotherapists attended the online seminar with good feedback.



Announcement

HKPA

Congratulations to the Hong Kong Physiotherapy Journal on achieving its first Impact Factor of 1.5! This milestone is a testament to the hard work of the Editorial Board and the support of researchers worldwide. The Impact Factor reflects the journal's influence and recognition within the scientific community. The journal's rigorous editorial process and contributions from researchers and clinician-scientists have played a crucial role in this achievement. This recognition highlights the importance of collaboration and the global impact of the Hong Kong Physiotherapy Journal in advancing the field. Congratulations on this significant accomplishment!



CPD News

Enquiry of CPD News and Activities Please Visit
<http://www.hongkongpa.com.hk/cpd/doc/CPD%20All.xls>

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