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Editorial

Physiotherapy Management for Overactive Bladder

Mr. Louis TSOI and Mr. Luke LAM

Overactive bladder (OAB) syndrome affects approximately 15% of the population in Hong Kong. The involuntary loss of urine can lead to embarrassing situations and significantly impact one's quality of life. In the main article, Ms. Regina LEUNG discusses the prevalence and diagnosis of OAB syndrome. She also elaborates on its conservative, pharmacological, and neuromodulatory management. Furthermore, Ms. LEUNG provides an overview of the treatment protocols and clinical outcomes of the physiotherapy services offered at Kwong Wah Hospital.

In the People's Corner, Ms. Eva CHUN from the CUHK Medical Center shares the inspiration behind her decision to become a physiotherapist, along with insights from her career journey toward leadership. She compares her experiences working in both Singapore and Hong Kong and offers valuable advice on how junior colleagues can prepare for future leadership roles.

On behalf of the editorial board of the HKPA News Bulletin, we would like to wish you a happy and prosperous 2025.



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Electrotherapy on Overactive Bladder

Ms. Regina Wai Ching LEUNG

Chairperson of Women's Health Specialty Group, HKPA

Introduction

Overactive bladder (OAB) syndrome is a condition characterized by an sudden, intense desire to urinate that cannot be delayed or controlled. This can lead to involuntary loss of urine, known as urge incontinence. OAB is often associated with frequent urination (more than 8 times per day), nocturia (waking at night due to urgency), and small voiding volumes. These symptoms can significantly impact an individual's quality of life, causing anxiety, discomfort, and embarrassment.

In Hong Kong, the prevalence of OAB was approximately 15.1% [1], affecting women more than men. While the exact pathophysiology is not fully understood, it is believed to involve peripheral autonomic somatic and sensory afferent receptors [2]. Although OAB is not a fatal condition, it significantly impacts patients' quality of life.

In the diagnosis of OAB, patients typically undergo a urodynamics study, which includes a cystometrogram. This test assesses bladder function and helps diagnose detrusor overactivity by measuring the difference between vesicle pressure and abdominal pressure. During the procedure, three catheters are used: a bladder catheter to infuse saline into the bladder (up to 500ml), a vesicle pressure catheter to measure bladder pressure, and a rectal catheter to measure abdominal pressure. The detrusor pressure is calculated by subtracting the abdominal pressure from the vesicle pressure. A detrusor pressure above 15cmH₂O during the bladder filling phase indicates a positive result for overactive bladder syndrome. (Fig.1)

OAB is a prevalent condition that affects many individuals, particularly women. Through urodynamic studies, healthcare providers can effectively diagnose and manage this syndrome, improving patients' quality of life.

Management of Overactive Bladder (OAB)

The management of Overactive Bladder (OAB) involves several strategies to address this condition effectively. Conservative management emphasizes non-invasive techniques to alleviate symptoms. This includes behavioural training [3], where patients are advised to steer clear of caffeine and diuretics, along with bladder re-education and pelvic floor exercises that require a commitment of at least three months for noticeable improvements. Despite these efforts, studies suggest that around 66% of patients do not respond well to conservative treatments [4].

Moving towards pharmacological intervention, traditional Anticholinergics and Antimuscarinics are commonly prescribed medications that have shown to be effective in managing OAB symptoms. However, they often come with undesirable side effects like dry eyes, dry mouth, constipation, nausea, visual impairment, and cognitive decline, leading to poor adherence rates [5]. An alternative class of medications, Beta-Adrenoreceptor Agonists, has emerged with fewer side effects compared to traditional options. However, caution is advised, especially when administering them to elderly patients due to potential risks of elevated blood pressure.

In cases where conservative and pharmacological approaches fall short, neuromodulation therapies offer a third-line treatment option. Sacral Nerve Stimulation involves a minor surgical procedure to implant a permanent subcutaneous sacral nerve stimulator, considered invasive but with lesser effects on dry OAB symptoms. Botox Injections provide a faster onset of action within 3-4 lasting effects of 6-9 months. However, alongside its benefits, there are potential risks such as urinary tract infections and

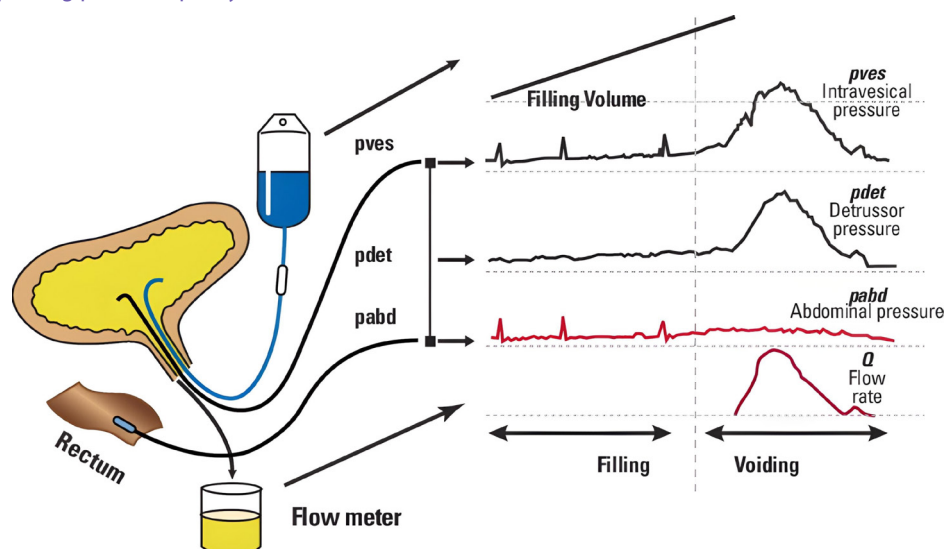


Fig.1 Cystometrogram with the pressure graph

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the need for post-treatment learning of clean intermittent catheterization due to urine retention [6]. On the other hand, Percutaneous Tibial Nerve Stimulation (PTNS) provides a less invasive alternative by using peripheral electrical stimulation to modulate the S3 nerve plexus responsible for bladder function. This method involves inserting a needle into the Sanyinjiao (SP6) acupoint, located above the medial malleolus, and applying electrical current through the needle, with a pad electrode completing the circuit on the foot's mid-arch. (Fig. 2) These treatments offer distinct pathways for managing urinary incontinence, each with its benefits and considerations for patient care.



Fig.2 A set up of Percutaneous Tibial Nerve Stimulation (PTNS)

Transcutaneous Tibial Nerve Stimulation (TTNS) and Magnetic Stimulation are two emerging therapeutic options for managing Overactive Bladder (OAB) with promising results. TTNS has gained recognition in the past decade as an effective treatment for OAB. This method involves placing adhesive electrodes at specific acupoint SP6 and the sole of the foot, and applying an electric current, similar to Percutaneous Tibial Nerve Stimulation (PTNS). Patients can conveniently perform TTNS at home after proper training, improving adherence to treatment. Recent studies have highlighted the clinical efficacy of TTNS, showing comparable results to PTNS [7].

On the other hand, Magnetic Stimulation presents a different approach to OAB management. This technique utilizes high-intensity, rapid-pulsed magnetic fields that penetrate deeply into the body without the need for patients to undress, minimizing skin discomfort. By activating pudendal nerve afferents and blocking parasympathetic pathways at the spinal cord, magnetic stimulation can relax the detrusor muscle, leading to a reduction in OAB symptoms [8].

When targeting the Detrusor Muscle, a frequency of 10 Hz is recommended, while for the Pelvic Floor Muscle and Urethral Closure, a range of 20-50 Hz is advised. Studies have shown significant improvements with magnetic stimulation, including a remarkable average decrease of 42.8% in voiding episodes over a 24-hour period [9-10]. Furthermore,

sustained effects were observed, with one-third of patients experiencing improvements in urgency, frequency, and urgency incontinence for up to 24 weeks. These findings highlight the effectiveness of utilizing specific frequencies in magnetic stimulation to enhance pelvic health and improve patient outcomes over an extended period. However, it should be noted that more research has focused on the effects of magnetic stimulation for stress urinary incontinence compared to OAB. This may be possibly related to the stimulation parameters being more extensively studied for pelvic floor muscle contractions relevant to stress urinary incontinence.

Percutaneous Tibial Nerve Stimulation (PTNS) vs. Electroacupuncture for Overactive Bladder (OAB)

Percutaneous Tibial Nerve Stimulation (PTNS)

Percutaneous Tibial Nerve Stimulation (PTNS) has emerged as a recommended treatment option for women who have not responded adequately to antimuscarinic medications [11], as per the guidelines of the European Association of Urology. Efficacy studies, including systematic reviews, have highlighted significant improvements in key parameters such as voiding frequency per day, incontinence episodes per day, and maximum cystometric capacity [12]. While additional findings indicate enhancements in mean voiding volume and reductions in nocturia and urgency episodes, some parameters like urinary incontinence episodes, post-void residual volume, and maximum cystometric capacity did not show significant changes [13]. The reported side effects of PTNS are minimal, with the most common being minor needle site bleeding and bruising. The treatment protocol involves specific parameters such as an electric current frequency of 20 Hz, pulse width of 200 μ s, intensity under 10 mA (resulting in a tingling sensation for the patient), a duration of 30 minutes per session with a total of 12 sessions, and the possibility of observing great toe flexion or toes fanning during treatment. Notably, both PTNS and TTNS exhibit sustained effects for the initial 6 months post-treatment; however, beyond this period, the benefits may gradually decline [14].

Electroacupuncture

Electroacupuncture has emerged as a promising treatment option for Overactive Bladder (OAB), with efficacy comparable to Percutaneous Tibial Nerve Stimulation (PTNS). Meta-analyses [15] indicate that electroacupuncture is on par with medications such as tolterodine tartrate and solifenacin in several key areas, including reducing the episodes of micturition over a 24-hour period, increasing the voided volume, and lowering the OAB symptom scores. Furthermore, studies suggest that combining

(Continued on Page 4)

electroacupuncture with conventional drug therapies tends to yield more favourable outcomes than drug therapy alone ^[16], highlighting its potential as a valuable component in OAB management.

Both PTNS and electroacupuncture are effective treatments for OAB, offering distinct benefits. PTNS is particularly recommended for patients who have failed conventional medication, while electroacupuncture provides a non-invasive alternative with similar efficacy. Both methods can lead to significant improvements in symptoms, response to prior treatments, and considerations of invasiveness and side effects. Further research is needed to explore long-term outcomes and optimize treatment protocols for both modalities.

OAB Treatment Protocol at Kwong Wah Hospital

Overview

At Kwong Wah Hospital, the treatment protocol for Overactive Bladder (OAB) is structured and comprehensive, involving several key steps. (Fig. 3) Patients with OAB are referred by urogynaecologists for physiotherapy management and an educational talk is provided to help them understand their condition better. The physiotherapy management includes continence sessions where patients receive training on bladder

management and pelvic floor exercises. Following these sessions, patients undergo electroacupuncture treatment for OAB, which consists of 12 sessions scheduled once a week. (Fig. 4) After the initial treatment period, patients are scheduled for monthly review and booster sessions for the next six months to ensure continued care and support.

Outcome Measures

The assessment of overactive bladder (OAB) symptoms can be effectively conducted using the Overactive Bladder Symptom Score (OABSS), which measures the severity of these symptoms. Additionally, the Incontinence Questionnaire-Urinary Incontinence Short Form (ICIQ-UI SF) serves as a valuable tool for evaluating the quality of life in individuals experiencing urinary incontinence. Furthermore, a comprehensive evaluation may include additional metrics such as voiding frequency, maximum and minimum voiding volume, nocturia frequency, and the frequency of incontinence episodes per week. These combined measures provide a thorough understanding of the impact of OAB on patients' daily lives.

Results

The program commenced in September 2023, with a total of 14 cases completed the initial 3 months of electroacupuncture treatment sessions. Preliminary results indicated significant improvements across all outcome measures.

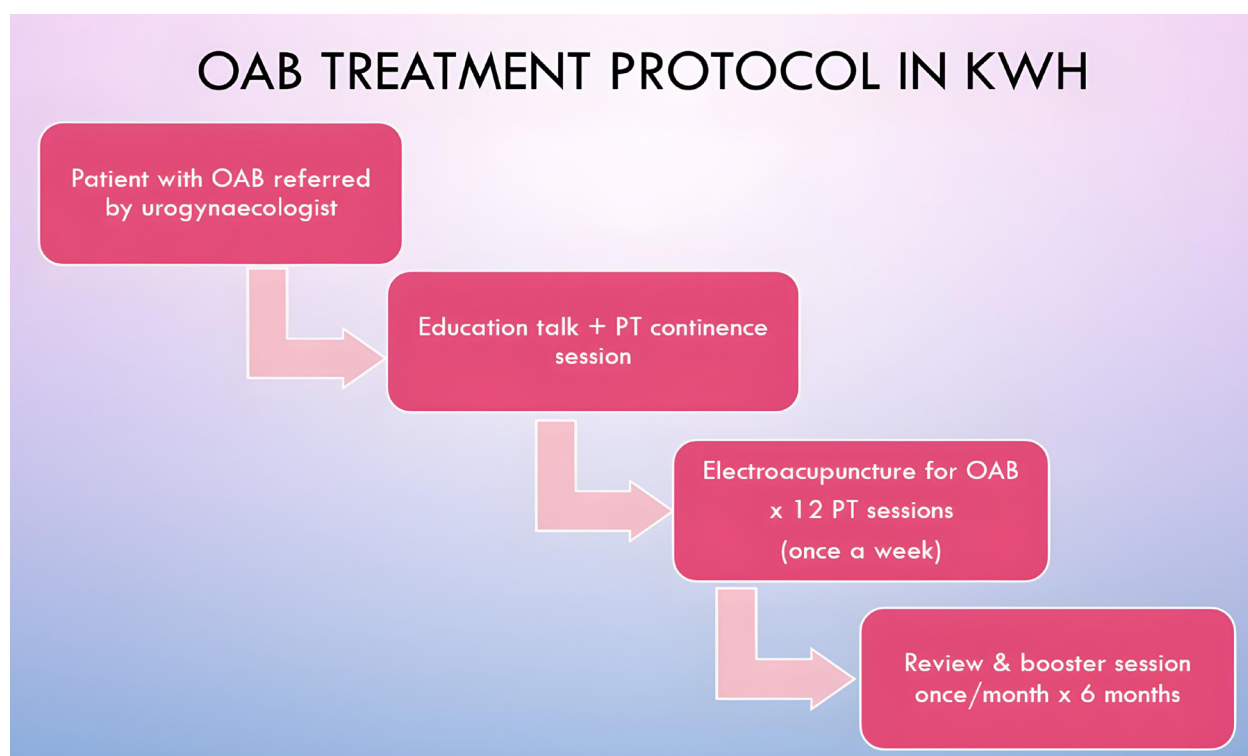


Fig.3 OAB treatment protocol in KWH

(Continued on Page 5)



Fig.4 The application of Electroacupuncture for OAB

Conclusions

Treatment strategies for OAB encompass a range of options, including conservative management, medication, surgery, and neuromodulation.

Both PTNS and electroacupuncture have shown positive outcomes in alleviating OAB symptoms. The local experience with electroacupuncture has been promising, but further investigations are necessary to explore methods for sustaining long-term effects and to recruit a larger sample of subjects for comprehensive analysis.

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An Interview with Ms. Eva Yee Wah CHUN

Venue : Online

Interviewee : Ms. Eva Yee Wah CHUN, Registered Physiotherapist, CUHK Medical Center

Interviewers : Mr. Brian Tsun Yan WONG, Year 3 Physiotherapy student, Saint Francis University
Mr. Jack Ka Lok CHAN, Year 3 Physiotherapy student, Saint Francis University

Q1

Why did you choose physiotherapy to study?

A1

In secondary school, I discovered that office work didn't suit me; it felt monotonous and lacked the dynamic interactions I craved. Volunteering with the Interact Club in my secondary school life at an elderly home opened my eyes to the profound impact of interpersonal connections. This experience ignited my passion for working closely with people, particularly in a way that would allow me to make a tangible difference in their lives.

As I considered a career in healthcare, I admired the dedication of nurses but realized that the nature of their work, especially the overnight shifts, didn't align with my lifestyle. Additionally, I was not particularly comfortable with dealing with blood and bodily fluids, which are integral parts of nursing duties. This aspect of healthcare, which often involves close contact with such elements, made me reconsider my options within the field.

During this period of exploration, I came across rehabilitation through TV programs. The rehabilitation work immediately resonated with me as it was a perfect blend of my interests and it should be a challenging work. Physiotherapy, in particular, emphasized rehabilitation and patient interaction, focusing on improving mobility and quality of life through exercises and manual therapy.

I was drawn to the idea of helping individuals recovering from injuries or manage chronic conditions by working directly with them, providing personalized care. The thought of encouraging and guiding a patient through their recovery journey was incredibly appealing, as it allowed for meaningful interactions and the opportunity to witness firsthand the improvements in their health and well-being.

My exam results played a crucial role in solidifying my decision. They aligned well with the requirements for studying physiotherapy, reinforcing my belief that this was the right path for me. The academic demands of the program were challenging yet exciting, as they promised a future where I could engage with patients in a way that was both professionally and personally fulfilling.



Top left to right: Mr. Brian Tsun Yan WONG & Dr. Arnold Yu Lok WONG
Bottom left to right: Mr. Jack Ka Lok CHAN & Ms. Eva Yee Wah CHUN

Q2

Do you find the working environment differs significantly between public and private hospitals?

A2

Yes, indeed. The environments in public and private hospitals differ significantly, each offering unique advantages and challenges. Public hospitals are incredibly busy and dynamic, handling a wide array of serious cases. This fast-paced setting provides invaluable experience and training for newcomers, exposing them to a broad spectrum of medical conditions. From emergency situations to critical cases in the ICU, healthcare professionals in public hospitals face diverse challenges that enhance their clinical skills and decision-making abilities.

In public hospitals, the emphasis is often on managing high patient volumes efficiently. This setting requires healthcare workers to prioritize tasks and make quick, informed decisions. Handling such a variety of conditions ensures that staff gain comprehensive experience, which is crucial for their professional development. However, this also means that healthcare workers must be adept at thorough documentation and mentoring junior staff, ensuring that the team functions smoothly and that patient care standards are maintained.

On the other hand, private hospitals offer a contrasting environment. In these settings, healthcare professionals have the privilege of spending more quality time with each patient. This allows for a focus on individual care with higher expectations for personalized treatment plans. The reduced patient load means that staff can delve deeper into each case, providing tailored interventions and building

(Continued on Page 7)

stronger relationships with their patients. This one-on-one attention often leads to higher patient satisfaction and can be incredibly rewarding for healthcare practitioners.

Additionally, private hospitals often have more resources and flexibility in allocating time and staff to specific cases. This can result in less stress and a more relaxed work environment for healthcare professionals. With fewer cases to manage, practitioners can take the time to ensure that their documentation is detailed and accurate, and they can focus on continuous learning and professional growth. This setting also allows for more opportunities to mentor and develop junior staff, as there is more time available to guide and support them.

In terms of career development, working in a private hospital can be advantageous for those who prefer a more controlled and focused work environment. It allows professionals to refine their skills in a specific area of interest, offering them the opportunity to become specialists in their field. However, private hospitals often come with higher expectations from patients and management, requiring staff to maintain a high level of professionalism and expertise.

Therefore, choosing between a public and private hospital setting depends on individual career goals and personal preferences. Both environments offer valuable experiences and opportunities for growth. Public hospitals provide a broad, fast-paced training ground, while private hospitals offer a more personalized and focused approach to patient care. Each setting contributes uniquely to the development of healthcare professionals, shaping their skills and perspectives in different but complementary ways.

Q3

Are you born to be a leader because you have taken up leadership roles since you were a student?

A3

Leadership is a quality that develops over time through experience and reflection. It's not an innate trait but a skill honed by learning from others and through personal growth. I've had the privilege of observing mentors like Professor Herman Lau, whose guidance has been instrumental in shaping my understanding of effective leadership. He emphasized the importance of consistency and being a role model, teaching me that leadership is not just about possessing skills but also about embodying heart and integrity.

Throughout my journey, I've embraced various leadership roles, from serving as a class representative to leading specialty groups. These experiences taught me valuable lessons about responsibility, communication, and the impact of leading by example. Leadership requires a balance of confidence and humility—knowing when to take charge and when to step back and listen.

Being humble is crucial for a leader. It involves recognizing that you don't have all the answers and being open to learning from those around you. This humility fosters an environment where team members feel valued and heard, encouraging them to contribute their ideas and solutions. Listening more than you speak allows you to understand different perspectives and make informed decisions that benefit the entire team.

Moreover, leadership is about continuous learning. The best leaders are those who view every challenge as an opportunity to learn and grow. By working closely with others, you gain insights into different approaches and strategies, broadening your understanding and improving your ability to lead effectively. It's important to remain curious and proactive, seeking out new knowledge and experiences that enhance your leadership capabilities.

I encourage students to seize leadership opportunities during their university years. These roles build essential teamwork skills and resilience, preparing them for future challenges. University is a time for exploration and self-discovery, and taking on leadership positions can significantly enrich this experience.

In leadership, integrity is paramount. It involves being honest, transparent, and trustworthy, ensuring that your actions align with your values and promises. Integrity builds trust within a team, creating a cohesive and supportive environment where everyone works towards common goals.

Q4

Knowing you have experience of working in Singapore, how do you compare your experiences there and in Hong Kong?

A4

Working in Singapore was a unique and enriching experience for me. The healthcare system there places a strong emphasis on delivering high-quality care, which was evident in the structured and efficient way services were provided. One of the most notable aspects was the more manageable workload, which was a stark contrast to my experiences in Hong Kong. In Singapore, the healthcare system continually recruits physiotherapists, allowing for a better distribution of cases. This approach enables professionals to focus more on patient-centered care, ensuring that each patient receives the attention and personalized treatment they need.

Although I eventually returned to Hong Kong for personal reasons, my time in Singapore left a lasting impression. The structured environment and emphasis on quality care were aspects I truly appreciated. The collaborative atmosphere among healthcare professionals fostered a sense of teamwork and mutual respect, which contributed to both personal and professional growth.

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One of the significant differences between working in Singapore and Hong Kong is the workload and salary. In Singapore, the workload is approximately half of what it is in Hong Kong, which allows physiotherapists to maintain a better work-life balance and reduce burnout. This lighter workload provides more time for reflection, continuous learning, and improving patient care techniques.

However, it's important to note that the salary in Singapore is generally lower compared to Hong Kong. This discrepancy can be a crucial factor for many professionals when considering where to work. Despite this, the benefits of a balanced workload and high-quality work environment in Singapore can offset the lower salary for those who prioritize professional satisfaction and quality of life.

The experience in Singapore taught me the value of a supportive work environment and the importance of having the resources necessary to deliver optimal patient care. These factors are essential for fostering a fulfilling and sustainable career in healthcare.

Singapore's commitment to physiotherapy is also evident in its celebration of World Physiotherapy Day. This event raises awareness about the vital role physiotherapists play in healthcare and encourages community engagement and education. Such initiatives highlight the importance of physiotherapy and promote a deeper understanding of its benefits among the general public.

Q5

What is your view on direct access and future development in Hong Kong? How do you see the changes in physiotherapy development in Hong Kong?

A5

While advancements in AI and telemedicine are transforming healthcare, they cannot replace the nuanced understanding and empathy a human therapist provides. Technologies like robotics and stem cell therapy are promising and can enhance our capabilities, offering new avenues for treatment and rehabilitation. However, the human touch remains irreplaceable. A therapist's ability to connect with patients on a personal level, understand their unique needs, and adapt treatment accordingly is crucial for effective care.

In both Singapore and Hong Kong, there is a growing recognition of the need for continuous professional development. It is essential for physiotherapists to engage in lifelong learning, staying updated with the latest research and advancements in the field. Reading widely and critically allows therapists to enhance their skills and apply new knowledge to improve patient outcomes.

Moreover, self-reflection is a key component of professional growth. Physiotherapists must review their practices regularly, not to judge themselves harshly, but to identify areas for improvement and celebrate successes. This

reflective practice fosters a culture of excellence and innovation, enabling therapists to make significant leaps in their professional journey.

Q6

How can PT students and junior PTs prepare themselves to be future leaders?

A6

For physiotherapy students and juniors, engaging in volunteer work and attending conferences is crucial for broadening their horizons and enhancing their skills. These activities provide invaluable opportunities to apply theoretical knowledge in real-world settings, fostering both personal and professional growth.

Volunteering allows students to gain hands-on experience, develop empathy, and understand the diverse needs of patients. By participating in community health programs or supporting rehabilitation centers, students can observe and learn from experienced professionals while contributing to meaningful initiatives. This exposure helps them build confidence and competence in their practice.

Attending conferences is another vital aspect of professional development. These events offer a platform for networking with experts, learning about the latest research and advancements in physiotherapy, and gaining insights into innovative treatment techniques. Engaging with peers and mentors at conferences can inspire new ideas and approaches, encouraging students to think critically and creatively.

Being proactive in seeking opportunities to assist others is essential. By joining activities organized by university physiotherapy student societies or the Hong Kong Physiotherapy Association, students can connect with a community of like-minded individuals who share their passion for the field. These organizations often host workshops, seminars, and outreach programs that provide additional learning experiences and foster a sense of camaraderie among participants.

Adaptability and resilience are key qualities for developing into future leaders in the field. The dynamic nature of healthcare requires physiotherapists to respond effectively to changing circumstances and challenges. By cultivating these traits, students can navigate complex situations with poise and confidence. Embracing challenges as learning opportunities rather than obstacles enables them to grow and thrive in their careers.

Moreover, reflective practice plays a significant role in personal development. By regularly evaluating their experiences and identifying areas for improvement, students can enhance their skills and approach their work with a growth mindset. This self-awareness is crucial for continuous improvement and achieving excellence in practice.

Assessing Weight of Expert Evidence

Mr. Bronco BUT
Honorary Legal Advisor of HKPA

Mr Tsoi referred me to C (by his father and litigation friend F) to North Cumbria University Hospitals NHS Trust in which Green J set out the “principles and considerations apply to the assessment of expert evidence” in the case before him:

“25. In the present case I have received evidence from four experts, two on each side. It seems to me that in the light of the case law the following principles and considerations apply to the assessment of such expert evidence in a case such as the present:

- (i) Where a body of appropriate expert opinion considers that an act or omission alleged to be negligent is reasonable a court will attach substantial weight to that opinion.
- (ii) This is so even if there is another body of appropriate opinion which condemns the same act or omission as negligent.
- (iii) The court in making this assessment must not however delegate the task of deciding the issue to the expert. It is ultimately an issue that the court, taking account of that expert evidence, must decide for itself.
- (iv) In making an assessment of whether to accept an expert’s opinion the court should take into account of a variety of factors including (but not limited to): whether the evidence is tendered in good faith; whether the expert is ‘responsible’, ‘competent’ and/or ‘respectable’; and whether the opinion is reasonable and logical.
- (v) Good faith
- (vi) Responsible/competent/respectable. In *Bolitho* Lord Brown Wilkinson cited each of these three adjectives as relevant to the exercise of assessment of an expert opinion. The judge appeared to treat these as relevant to whether the opinion was ‘logical’. It seems to be that whilst they may be relevant to whether an opinion is ‘logical’ they may not be determinative of that issue. A highly responsible and competent expert of the highest degree of respectability may, nonetheless, proffer a conclusion that a court does not accept, ultimately, as ‘logical’. ‘Competence’ is a matter that flows from qualification and experience. In the context of allegations of clinical negligence in an NHS setting particular weight may be accorded to an expert with a lengthy experience

in the NHS. This does not mean to say that an expert with a lesser level of NHS experience necessarily lacks the same degree of competence; but I do accept that lengthy experience within the NHS is a matter of significance. By the same token an expert who retired 10 years ago and whose retirement is spent expressing expert opinions may turn out to be far removed from the fray and much more likely to form an opinion divorced from the current practical reality. ‘Respectability’ is also a matter to be taken into account. Its absence might be a rare occurrence, but many judges and litigators have come across so called experts who can ‘talk the talk’ but who veer towards the eccentric or unacceptable end of the spectrum. Regrettably there are, in many fields of law, individuals who profess expertise but who, on true analysis, must be categorized as ‘fringe’. A ‘responsible’ expert is one who does not adopt an extreme position, who will make the necessary concessions and who adheres to the spirit as well as the words of his professional declaration (see CPR35 and the PD and Protocol).

- (vii) Logic/reasonableness: By far and away the most important consideration is the logic of the expert opinion tendered. A judge should not simply accept an expert opinion; it should be tested both against other evidence tendered during the course of a trial, and, against its internal consistency There are two other points which arise in this case which I would mention. First, a matter of some importance is whether the expert opinion reflects the evidence that has emerged in the course of the trial. Secondly, a further issue arising in the present case emerges from the trenchant criticisms made of the defendant’s two experts due to the incomplete and sometimes inaccurate nature of the summaries of the relevant facts (and in particular the Clinical Notes) that were contained within their reports. Having said this, the task of the court is to see beyond stylistic blemishes and to concentrate upon the pith and substance of the expert opinion and to then evaluate its content against the evidence as a whole and thereby to assess its logic. If on analysis of the report as a whole the opinion conveyed is from a person of real experience, exhibiting competence and respectability, and it is consistent with the surrounding evidence, and of course internally logical, this is opinion which a judge should attach considerable weight to.” (my emphasis)

Osteoporosis Talk Collaborated with CUHK Medical Centre

Date : 5 October 2024
Venue : CUHK Medical Centre
Physiotherapist : Mr. Alexander WOO

Our president Mr. Alexander WOO shared the role of exercise in the management of osteoporosis, in the Osteoporosis Talk collaborated with CUHK Medical Centre on 5 Oct 2024.



COSA Osteoporosis Community Screening Program

Date : 6 October 2024
Venue : Sik Sik Yuen
Physiotherapists : Mr. Will WONG, Ms. Joan IP

The Department of Pharmacology and Pharmacy of HKU, collaborated with the Osteoporosis Society of Hong Kong (OSHK), organised the COSA Osteoporosis Community Screening Program. This program aims to raise public awareness in osteoporosis, prevent osteoporotic fractures and early identification of high-risk patients using local resources, so as to achieve timely diagnosis and treatment. Mr. Will WONG, the Promotion and Public Relations Subcommittee Member of the Hong Kong Physiotherapy Association, conducted an educational workshop to provide valuable insights on osteoporosis prevention and management. We hope that we can contribute to promote community health and foster proactive measures against osteoporosis.



5th Hong Kong Transplant and Dialysis Games

Date : 10-13 October 2024
Venue : Tseung Kwan O Sports Ground
Physiotherapist : Ms. Cora CHEUNG

Ms. Cora CHEUNG, our Vice-Chairperson of Sports and Exercise Specialty Group, led a team of physiotherapist colleagues and physiotherapists studying Professional Certificate in Sports Physiotherapy, to support and provide on-field physiotherapy for the 5th Hong Kong Transplant and Dialysis Games from 10 to 13 October 2024.



Relay Competition in 5th Hong Kong Transplant and Dialysis Games

Date : 13 October 2024
Venue : Tseung Kwan O Sports Ground
Physiotherapy student members : Mr. FAN Ka Tung, Mr. TAM Ho Kan, Ms. CHEUNG Chi Ching and Ms. CHAN Pui Chi

Our student members Mr. FAN Ka Tung, Mr. TAM Ho Kan, Ms. CHEUNG Chi Ching and Ms. CHAN Pui Chi won the champion of the relay competition in the 5th Hong Kong Transplant and Dialysis Games on 13 Oct 2024.



Medical Protection Society (MPS) Hong Kong 70th Anniversary Celebration

Date : 14 October 2024

Venue : Hong Kong Football Club

Physiotherapists : Mr. Alexander WOO and Ms. Sara POON

Our President Mr. Alexander WOO and Ms. Sara POON attended the Medical Protection Society (MPS) Hong Kong 70th Anniversary Celebration on 14th October 2024. Since last year, the HKPA has collaborated with MPS, all life members of the HKPA can enjoy a 15% discount on the MPS membership fee.



Online Interview by the Canadian Alliance of Physiotherapy Regulators

Date : 15 October 2024

Venue : Zoom

Physiotherapist : Mr. Alexander WOO

Our President Mr. Alexander WOO had an interview on 15 Oct 2024 by the Canadian Alliance of Physiotherapy Regulators. Mr. WOO shared insights about Hong Kong's physiotherapy training context, and discussed factors that impact on the success of internationally educated physiotherapists seeking licensure in Canada. Hope this interview will help to hasten the process of registration in Canada for Hong Kong Physiotherapists.



Interview with HOY TV 77 on Myasthenia Gravis

Date : 15 October 2024
Venue : Cable TV Tower
Physiotherapist : Mr. Alexander WOO

Mr. Alexander WOO, our President, attended the interview about how physiotherapy helps patients with Myasthenia Gravis on HOY TV 77. The programme was broadcasted on 15 Oct 2024.



<https://youtu.be/7-ZaKulExwM?si=gyPzATeJsr9i9zcn>



<https://youtu.be/MeXY890q2IE?si=aR7eRrJw9qP873vI>



Interview with Now ViuTV on Lymphoedema

Date : 25 October 2024
Venue : Queen Mary Hospital
Physiotherapist : Ms. Mandy LEUNG

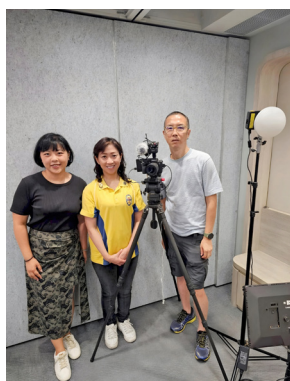
Ms. Mandy LEUNG, our Vice-Chairperson of Women's Health Specialty Group, demonstrated the bandaging technique and exercises for control and relief of discomfort and lymphoedema on Now ViuTV. The programme was broadcasted on 25th October 2024.



https://viu.tv/encore/medicine-online/medicine-online438yue-ngaam-ji-hau?utm_source=webshare&utm_medium=referral&utm_campaign=native



<https://www.youtube.com/watch?v=RITfyOrHnZM>



HKPA Conference 2024

Date : 26 October 2024

Venue : Nina Hotel Tsuen Wan West

Physiotherapists : Mr. Alexander WOO, Dr. Freddy LAM, Dr. Shirley NGAI, Ms. Charis PANG, Ms. Sara POON, Ms. Anna Bella SUEN, Mr. Raymond TSANG, Mr. Sam WAN and Dr. Arnold WONG

The Hong Kong Physiotherapy Association Conference 2024 was successfully held at the Nina Hotel Tsuen Wan West on 26th October 2024. We extend our gratitude to our co-organizer, the Department of Rehabilitation Science at the Hong Kong Polytechnic University, as well as our sponsoring companies and organizing committees for their invaluable support.

We were honored to welcome our distinguished guests, including Dr. PANG Fei-Chau (Commissioner for Primary Healthcare), Dr. Hon. David LAM (Councillor, LegCo, HKSAR) and Dr. Shirley Ngai (representative of the co-organizer, the Department of Rehabilitation Science at the Hong Kong Polytechnic University), along with several esteemed speakers.

We are also delighted to have all the abstract submissions and value your contributions. Congratulations to the awardees for the best oral presentations, posters, and rapid 5 presentations!

Thank you to all the members who participated in the event. It would not have been possible without the support from all of you. We look forward to seeing you at the HKPA events in the future.



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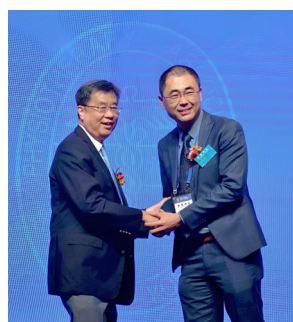
HKPA Dinner 2024

Date : 26 October 2024

Venue : Nina Hotel Tsuen Wan West

Physiotherapists : Mr. Alexander WOO, Dr. Freddy LAM, Dr. Shirley NGAI, Ms. Charis PANG, Ms. Sara POON, Ms. Anna Bella SUEN, Mr. Raymond TSANG, Mr. Sam WAN, Dr. Arnold WONG

The HKPA Dinner 2024 was successfully held on 26th October 2024. We extend our heartfelt gratitude for your support and participation. We hope you enjoyed the evening and look forward to seeing you again next time!



The HKPA Pre-Conference and Post-Conference Workshops

Date : 25 & 27 October 2024

Venue : HKPA Premises and The Hong Kong Polytechnic University

Physiotherapists : Mr. Alexander WOO, Dr. Freddy LAM, Dr. Shirley NGAI, Ms. Charis PANG, Ms. Sara POON, Ms. Anna Bella SUEN, Mr. Raymond TSANG, Mr. Sam WAN, Dr. Arnold WONG

The HKPA pre-conference and post-conference workshops were successfully conducted on 25th & 27th October, 2024. We sincerely thank you for our members' support and participation. We look forward to seeing all of you at the HKPA events in the future!



Organizing Committee for the Multi-Specialty Medical Mega Conference (MMMC) 2025

Date : 29 October 2024
Venue : Chariot Club
Physiotherapist : Mr. Alexander WOO

Our President Mr. Alexander WOO joined the meeting organizing committee for the Multi-Specialty Medical Mega Conference (MMMC) 2025 for the first time on 29th October 2024. During the meeting, there was a bidding process for the conference sessions. Hong Kong Physiotherapy Association (HKPA) is pleased to announce that we will collaborate with the Hong Kong Association of Private Practice Optometrists and the Hong Kong Occupational Therapy Association to present in one of the sessions. We look forward to the occasion!



HKMU 35th Anniversary Banquet

Date : 1 November 2024
Venue : Hong Kong Convention and Exhibition Centre
Physiotherapist : Mr. Alexander WOO

The Hong Kong Physiotherapy Association (HKPA) was honored to be invited to attend the 35th Anniversary Banquet of Hong Kong Metropolitan University (HKMU) on 1st November 2024. We appreciate the invitation and hope that the Physiotherapy program at HKMU continues to cultivate talent and provide support for our profession.



70th Anniversary Dinner of the Mental Health Association of Hong Kong

Date : 1 November 2024
Venue : Golden Lilies International Banquet Hall, Kowloon Bay
Physiotherapist : Mr. Raymond TSANG

Our Vice President Mr. Raymond TSANG attended the 70th Anniversary Dinner of the Mental Health Association of Hong Kong on behalf of the HKPA.



Hong Kong Orthopaedic Association 44th Annual Congress

Date : 2 November 2024
Venue : Hong Kong Convention and Exhibition Centre
Physiotherapist : Mr. Alexander WOO

The Hong Kong Physiotherapy Association (HKPA) was honored to be invited to participate in the 44th HKOA Annual Congress meeting organised by the Hong Kong Orthopaedic Association (HKOA), which took place on November 2, 2024. The theme of this year's congress is "Reaching Beyond: Summit on Upper Limb Pathologies".

During this congress, distinguished speakers from around the world shared their expertise, presented cutting-edge research and engaged in thought-provoking discussions. We extended our gratitude to the HKOA for the invitation.



56th Hong Kong Healthy Children Competition

Date : 23 June 2024 & 3 November 2024
Venue : Queen Elizabeth Hospital & Tsuen Wan Plaza
Physiotherapist : Ms. Carman LEUNG, Public Relation Officer of Paediatric Specialty Group

An event of "56th Hong Kong Healthy Children Competition" 「第56屆全港兒童健康比賽」 ceremony was finished successfully on 3 Nov 2024. As supporting organization of BGCA and Hong Kong Paediatric Foundation, HKPA Paediatric Specialty Group was responsible for the first round of competition. Ms. Carman LEUNG, our Public Relation Officer of Paediatric Specialty Group, was invited to be one of the judges.

Our Paediatric Specialty Group conducted the first round of Child Fitness Screening Test at Queen Elizabeth Hospital on 23 Jun 2024. 200 children aged 3-12 received fitness test with the help of 16 paediatric physiotherapists and 26 physiotherapy student helpers.



Hong Kong Joint Council for People with Disabilities Annual General Meeting and 60th Anniversary

Date : 8 November 2024

Venue : Hotel ICON

Physiotherapists : Mr. Alexander WOO and Mr. Francis CHAN

Our President Mr. Alexander WOO and our Professional Development Subcommittee Member Mr. Francis CHAN attended the annual general meeting and 60th Anniversary of Hong Kong Joint Council for People with Disabilities. It is a great opportunity to meet representatives from different supporting organizations. Let us work together to support and enhance the quality of life of people with disabilities in Hong Kong.



Production of an Educational Video Focused on Exercises for Individuals with Diabetes

Date : 9 November 2024

Physiotherapist : HKPA Cardiopulmonary Specialty Group

The Hong Kong Physiotherapy Association (HKPA) Cardiopulmonary Specialty Group (CPSG) is pleased to announce its collaboration with the Association of Hong Kong Diabetes Nurses (AHKDN) to produce an educational video focused on exercises for individuals with diabetes. Thanks Mr. Jeffrey MAN and Mr. Aiden MA, Physiotherapist, for their participation in the video shoot on November 9, 2024. This video aims to enhance public awareness and encourage individuals with diabetes to engage in regular exercise. We look forward to sharing the finalized content with you. Stay tuned for updates!



Paediatric Specialty Group: Paediatric Brain Tumour - an Overview of Medical and Physiotherapy Management (via Zoom)

Date : 11 November 2024
Venue : Zoom Platform
Speakers : Dr. Dennis KU (Consultant, HKCH), Ms. Joyce LAI (PT, HKCH), Ms. Becky TSANG (PT, HKCH)

Specialized in treating paediatric clients with brain tumour at HKCH, Dr Dennis KU presented the overview of diagnosis, updated treatment options and outcomes for this patient group, while physiotherapists Ms. Joyce LAI and Ms. Becky TSANG shared about the physiotherapy assessment, treatment and their experiences in helping this group of clients. About 120 participants joined this 2-hour online seminar. Overall positive feedback has been received from the participants.



Joint Conference of Hong Kong Health Care Professional Organization

Date : 14 November 2024
Venue : The Pharmaceutical Society of Hong Kong
Physiotherapist : Mr. Alexander WOO

Our President Mr. Alexander WOO attended the meeting of the Joint Conference of Hong Kong Health Care Professional Organizations on November 14, 2024. During the meeting, a new cohort of Convener (Mr. Bacon NG) and Deputy Conveners were elected. Additionally, the Hong Kong Academy of Accredited Dietitians (HKAAD) and the Chiropractic Doctors' Association of Hong Kong (CDAHK) were endorsed by the executive committee members to join.

Representatives from the HKPA in the Joint Conference of Hong Kong Health Care Professional Organizations included Mr. Alexander WOO, Dr. Arnold WONG and Dr. Shirley NGAI. Congratulations to Dr. Arnold WONG (Physiotherapist) on his election as a Deputy Convener. Let's work together to serve our profession and strive for a better future!



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* = 該會現任主席

名譽會員: 鄭耀深

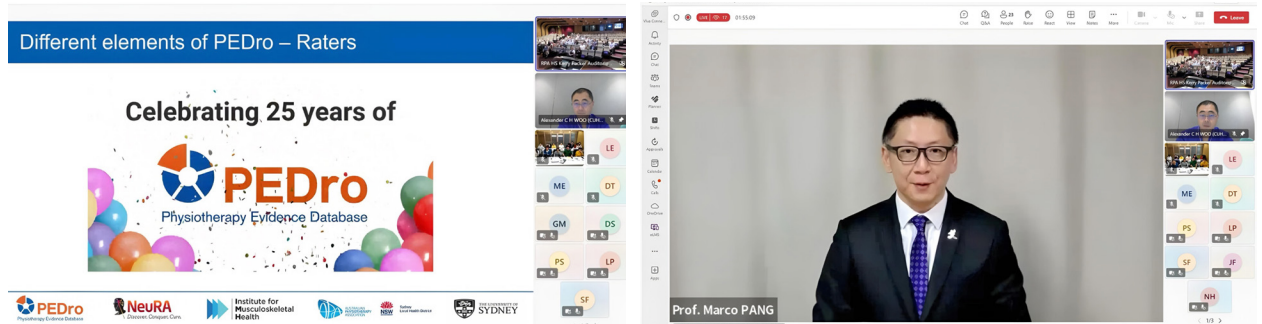
25th Anniversary of Physiotherapy Evidence Database (PEDro)

Date : 15 November 2024

Venue : Online

Physiotherapist : Mr. Alexander WOO

Our President Mr. WOO was invited to attend the 25th Anniversary of PEDro, where Prof. Marco PANG, Chair of the World Physiotherapy Asia Western Pacific Region, delivered a congratulatory speech.



Mr. WOO attended the online anniversary meeting.

Prof. PANG delivered a congratulatory speech at the anniversary meeting.

Oxfam Trail-walker 2024 On-field Sports Physiotherapy

Date : 15-17 November 2024

Venue : Gilwell Campsite & Tai Mo Shan Country Park

Physiotherapist : Sports and Exercise Specialty Group (SESG)

The Oxfam Trail Walker (OTW) is one of the largest fundraising sports events in Hong Kong. This year, the Hong Kong Physiotherapy Association (HKPA) Sports and Exercise Specialty Group (SESG) has once again been invited by the organizer, Oxfam Hong Kong, to provide on-field sports-specific physiotherapy services for walkers.

We extend our sincere gratitude to all on-field sports physiotherapy volunteers for their dedication in delivering round-the-clock sports physiotherapy services at various checkpoints. We would also like to express our heartfelt appreciation to SESG for their exceptional organization and coordination efforts.

Congratulations to the winners, and salute to all the athletes!



PolyU RS Year 1 Student Pledge Ceremony

Date : 19 November 2024
Venue : The Hong Kong Polytechnic University
Physiotherapist : Mr. Alexander WOO

Mr. Alexander WOO, HKPA President, attended the Rehabilitation Science (RS) Year 1 Student Pledge Ceremony at Hong Kong Polytechnic University on November 19, 2024. This ceremony is intended for the first-year students to pledge their commitment to the student code of conduct for the physiotherapy profession.

The Hong Kong Physiotherapy Association (HKPA) was invited to attend the ceremony and introduce the physiotherapy profession. On behalf of the HKPA, Alex shared insights into career prospects and the current state of the physiotherapy market. We hope that the students will continue to strive for excellence and make valuable contributions to our profession.



Annual General Meeting and Council Meeting of the Federation of Medical Societies of Hong Kong

Date : 21 November 2024
Venue : Duke of Windsor Social Service Building
Physiotherapist : Dr. Arnold WONG

Our International Affairs and Publications Subcommittee Member Dr. WONG, on behalf of Hong Kong Physiotherapy Association, attended the Annual General Meeting and Council Meeting of the Federation of Medical Societies of Hong Kong.



Federation of Medical Societies of Hong Kong Annual General Meeting

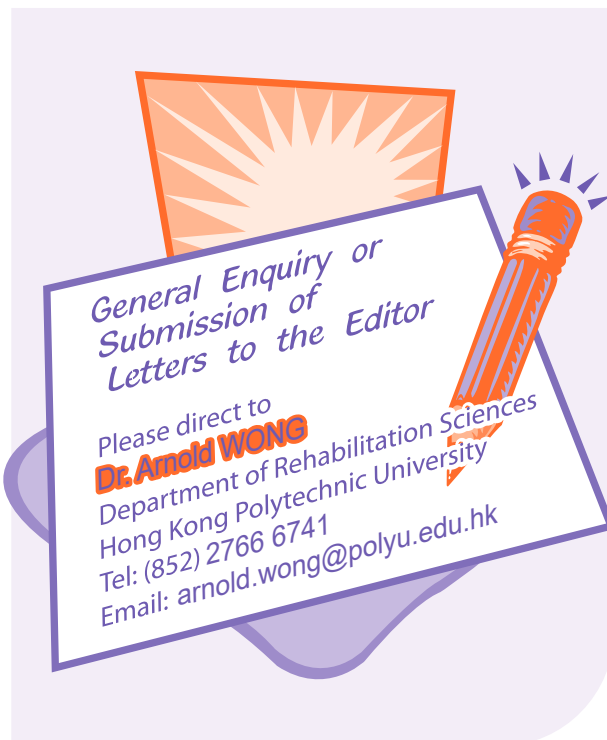
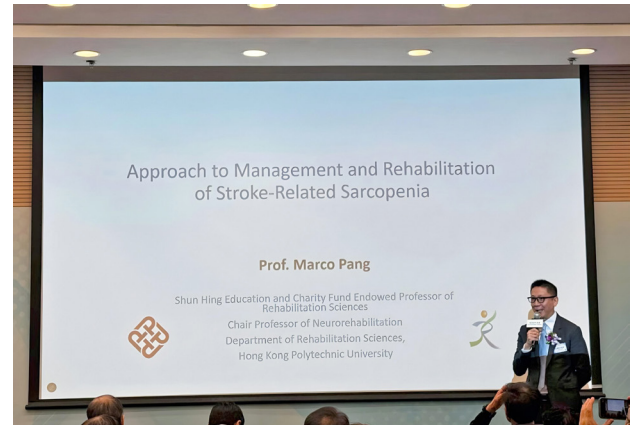


Ms. CHENG (President of the Hong Kong Occupational Therapy Association) and Dr. WONG

31st Annual Congress of Gerontology

Date : 30 November 2024
Venue : The Hong Kong Polytechnic University
Physiotherapist : Mr. Francis CHAN

On behalf of the Hong Kong Physiotherapy Association (HKPA), our Executive Committee member Mr. Francis CHAN (Professional Development Subcommittee member) attended the 31st Annual Congress of Gerontology organized by the Hong Kong Association of Gerontology on November 30, 2024. Professor Macro PANG served as the speaker for the plenary session titled "Approach to Management and Rehabilitation of Stroke-Related Sarcopenia."



CPD News

*Enquiry of CPD News and Activities
Please Visit*

<https://www.hongkongpa.com.hk/members/professional/>



Diploma in Acupuncture and Moxibustion (Physiotherapy) 2025 Spring

物理治療春季針灸學文憑課程2025 (VE250312)

Course Characteristics:

特色

師資優良：

(陳國正中醫師本身同時是物理治療師，教授以中西結合，並針對物理治療師臨床常見病例作重點教授)。本課程早在 2006 年已經被認可為培訓物理治療師之針灸文憑課程，是本地培訓物理治療師針灸最早課程。

課程內容：

- (1) 課程內容會以正宗針灸知識及技術為基礎，使學員掌握以中西結合之醫術；課程亦會講解如何把所學的針灸知識以合法例規管要求，在物理治療各種適應症
- (2) 課程之內容及學時均參照物理治療學會針灸認可資格之要求
- (3) 本課程以全面、實用及豐富臨床為主要特色。

好處

本課程之講師均擁有二十年之針灸及中西結合治療經驗物理治療師及中醫師教授。

- (1) 由於內容以正宗針灸為基礎，學員不但能掌握中西結合之治療，完成本課程更有助將來進修針灸學碩士；
- (2) 確保修畢課程之物理治療師能以正宗針灸技術運用於臨床上
- (3) 專題講解如何運用 manual therapy 或針灸治療 Bell's palsy, trigger finger, stroke, parkinsonism, 婦科病(如經痛) 及各種痛症等等

內容：

第一部份：

- 1) 中醫學基礎課程
- 2) 中醫診斷學課程
- 3) 針灸學課程
- 4) 取穴學

第二部份臨床：

針灸手法學；臨床實習；常見物理治療病案及專題講座

- 1) 針灸手法學 (各式補瀉手法；頭針及耳針操作；拔罐操作；刮痧操作；取穴思路)
- 2) 臨床實習 (獨立運用針灸方法處理真實病人)
- 3) 常見物理治療病案及專題講座
常見物理治療病案 (Stroke, Bell's Palsy, Trigger finger, back and neck pain, peripheral joint pain, trigeminal nerve pain, cerebral palsy, frozen shoulder)

講師：

陳國正

註冊中醫
註冊物理治療師
中國認可針灸師

英國威爾斯大學痛症醫學碩士
香港大學醫學院針灸學碩士
香港大學中醫學院中醫全科學士
香港中文大學中西結合醫學學區研究所專業顧問 (名譽)
香港理工大學物理治療專業文憑
東華三院痛症及復康名譽顧問

全期學費：\$23,000

*31/01/2025 前報名可減 \$1000

名額：35 額滿即止

對象：對針灸有興趣之人士及物理治療師

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CPD 15 Points Pending

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以上上課日期、時間、地點及講師可能有所更改，將另行通知。

除了本學院取消課程外，其他情況概不退回已繳學費。

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請參照
報名表格
及須知



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English Advisor

- Mr. Maurice HON

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