



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

## CALL FOR ABSTRACT!

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

### Deadlines:

**Abstract submission: March 15, 2023**

**Early bird registration for the conference: April 15, 2023**

Co-organiser



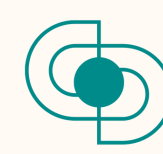
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School of Nursing and Health Studies

物理治療學系  
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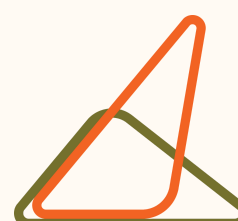
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## Speaker Profile



### **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***



## 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***

# 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