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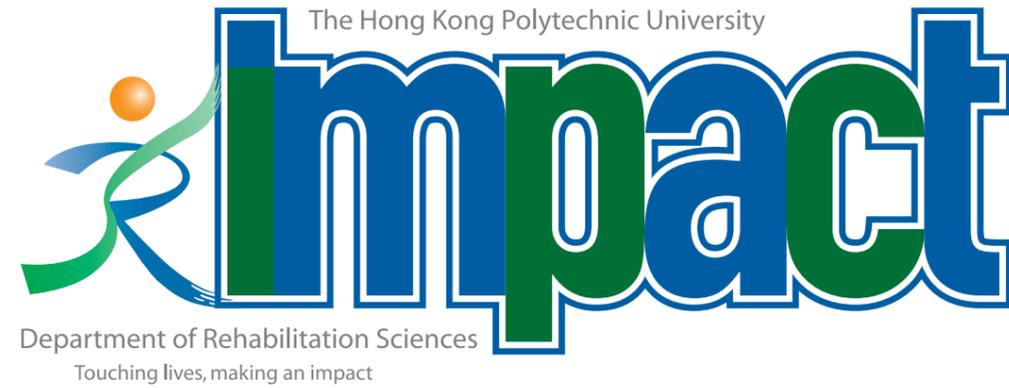
The Department of Rehabilitation Sciences (RS) has been providing high-quality internationally benchmarked entry-level education to occupational therapists and physiotherapists for 30 years. Our graduates are competent professionals serving clients in Hong Kong, Mainland China, and many other countries. We also offer excellent opportunities to practitioners and researchers to pursue further education from a disciplinary-specific or multidisciplinary perspective in rehabilitation sciences. In order to achieve its mission of providing high-quality education and mediating professional development, our Department still has a lot to do in the future. Your support is vital to facilitate this process!

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WINTER / 2012

Cover Story

Movement for Health:

World Physiotherapy Day 2012

HONG KONG

Dr Grace Szeto (Associate Professor), Dr Roy Cheung (Assistant Professor) and Dr Shirley Ngai (Assistant Professor)

World Physiotherapy Day every 8 September! A remarkable day for our profession!

To celebrate the big day this year, the Department of Rehabilitation Sciences at Hong Kong Polytechnic University, the Hong Kong Physiotherapy Association, and the Hong Kong Society for Rehabilitation co-organized an event themed

“Movement for Health” to publicize the message of promoting health through regular walking.

Walking has long been regarded as a safe and effective exercise to promote cardiovascular fitness for people from all walks of life. Regular physical activity is a key preventive measure for many non-communicable diseases, such as diabetes, heart



“Ready, set, GO!” Prof. Maurice Yap, our faculty dean, and Prof. Gabriel Ng officiated at the 1-km campus walk

Also in this issue:



Come and Join the Departmental Seminars
p.5



What can Physiotherapy Do for Football Teams?
p.6-7

diseases, and stroke. To highlight and emphasize the importance of "Movement" and exercise, we provided free health check-up stations; introductory workshops on race walking and Nordic walking run by experienced coaches; warm-up stretches led by our department staff; a fascinating 10-style "Fit-mind Dance" class by colleagues from the Hong Kong Physiotherapy Association; and, particularly, a sharing session with a patient on his experience of regular brisk walking as self-management for his chronic conditions.

Movement for Health! Of course, the main activity of the day was the "1-km campus walk" to promote the benefits of walking! We were honoured to have Prof. Maurice Yap, our faculty dean, and Prof. Gabriel Ng, our head of department, leading participants in the 1-km walk around our PolyU campus. The response was overwhelming and very positive: approximately 500 participants joined and completed the walk!

It was most impressive to see the PT students from Years 1 to 3 in the undergraduate programme and MPT students working side-by-side to carry out health assessments for the participants, as well as joining in the exercise demonstration and the 1-km walk. This year we have a double cohort of Year 1 students, and this was a good opportunity for them to experience first-hand the enthusiasm and keen spirit of the Physiotherapy profession. Altogether, over 300 students participated in the event, and our teaching staff also showed strong teamwork, with many academic staff and clinical associates helping out to organize and participate throughout the event.

World Physiotherapy Day is an annual event celebrated by physiotherapy communities around the world. The event organized for September 8, 2012 was officially registered and reported on the website of the World Congress of Physical Therapy (WCPT). We and our professional association hope to continue to celebrate World Physiotherapy Day annually to promote solidarity in the Physiotherapy profession in Hong Kong.



Everyone doing Fit-mind Dance together



The health check-up stations managed by PT students were crowded with "fans" throughout the day



Around 500 participants joined in World Physiotherapy Day and enjoyed the 1-km campus walk

New STAFF joining our big RS family



Mr Cheng Wing Kei

Mr Cheng Wing Kei received his Bachelor's degree in Physiotherapy from the Hong Kong Polytechnic University, a Master's degree in Sport Sciences from the University of Hong Kong and a second Master's degree in Applied Psychology from the City University of Hong Kong. Prior to joining the department, Mr Cheng had already gained extensive clinical experience in public hospitals, non-government organizations, and private practices in different specialties, including paediatrics and elderly services, and community rehabilitation.



Mr Eddie Hai

Mr Eddie Hai obtained his bachelor's degree in Occupational Therapy from the Hong Kong Polytechnic University and his Master of Health Science in Gerontology from the University of New England. Before joining PolyU, he served in the Hospital Authority for more than 15 years. He has wide-ranging clinical experience in the acute and rehab settings, including medical and neurology, geriatrics, neurosurgery, staff occupational disease and primary care, etc.

He is particularly interested in environmental and technological adaptation for severely physical disabled patients, such as sufferers of motor neuron disease.



Mr Peterson Chui

Mr Peterson Chui obtained a bachelor's degree in Occupational Therapy from Cumberland College of Health Sciences at The University of Sydney, and an MSc in Rehabilitation of People with Development Disabilities from The Hong Kong Polytechnic University. Prior to joining PolyU, he served the public for over 10 years in Neurology, Neurosurgery, Orthopaedic, Orthogeriatric, Geriatric and Medical units, surgery, paediatric, pulmonary and palliative care in the Hospital Authority. Mr. Chui also served the community in his own private practice for another seven years. He has extensive experience in occupational therapy, especially in the management of stroke and musculoskeletal dysfunctions. Moreover, Mr. Chui has a special interest in therapeutic training for persons with specific learning difficulties. He has developed a special training program for students in primary and secondary school and noted with promising results.



Ms Grace Lung

Ms Grace Lung earned her Bachelor of Science in Occupational Therapy and her Master of Philosophy from the Hong Kong Polytechnic University. Prior to joining PolyU, she worked in various clinical settings, non-government organizations, special schools and the PolyU Rehabilitation Clinic in Hong Kong. She has over than 10 years' clinical experience in Paediatric Occupational Therapy, specializing in children with developmental delay, learning difficulties, autistic spectrum disorders, attention deficit and hyperactive disorder and other developmental disabilities. She has received professional training in various areas of paediatric intervention, including with Sensory Integration International in the US, advanced level therapeutic listening, and M.O.R.E. Oral Motor Assessment; she is also a certified administrator of Sensory Integration and Praxis Tests.



Ms Joy Lau

Ms Joy Lau obtained a Bachelor's degree in Occupational Therapy and an MPhil in Rehabilitation Sciences from the Hong Kong Polytechnic University. Prior to joining PolyU, she worked in non-government organizations and public hospitals gaining extensive experience in various specialties, including home-based rehabilitation, paediatrics, A&E, and surgery. Her interests are scar management and paediatric rehabilitation.



Dr Benson Lau

After the completion of his undergraduate degree in Occupational Therapy, Dr Benson Lau further pursued postgraduate studies at the University of Hong Kong. During the research training, he found that he was particularly interested in the biological basis of behaviour, which later became his major research theme. Later, Dr Lau continued his research on behavioral neuroscience as a postdoctoral fellow in the Department of Anatomy at HKU.

His research elucidates the importance of neuroplasticity in emotions and related behaviours. Dr Lau uses animal models which simulate certain emotional and behavioural symptoms to explore the neurological basis and the mechanisms underlying treatment methods. His work has shown that intact adult neurogenesis (production of new neurons in the adult brain) is required for male rats to display normal emotional and sexual behaviour, and that the new neurons may be important in mediating the therapeutic effect of psychotropic agents. These pre-clinical findings will help to define new potential therapeutic targets and to provide a scientific basis for current treatment methods.



Mr Raymond Lo

Mr Raymond Lo obtained his Professional Diploma in Physiotherapy from the Hong Kong Polytechnic University and a Master's degree in Public Health from the Chinese University of Hong Kong. Prior to joining PolyU, he worked as a physiotherapist in public hospitals for 25 years and covered different specialties, including emergency medicine, intensive care, medicine and geriatrics, orthopaedic and traumatology, neurology, surgery and infirmary. His professional interest is in the field of neuro-rehabilitation, especially for stroke conditions. He served as the Chairman of the Neurology Specialty Group of the Hong Kong Physiotherapy Association for 10 years and he is also the Founding Fellow of the Hong Kong College of Physiotherapy.



Dr Billy So

Dr Billy So is a registered physiotherapist in Hong Kong. He finished his bachelor's degree in Physiotherapy at the Hong Kong Polytechnic University and completed his MSc and PhD in the Department of Orthopaedics and Traumatology, Faculty of Medicine, at the Chinese University of Hong Kong. Prior to joining the department, he was a lecturer at the Chinese University of Hong Kong, coordinating and teaching a postgraduate programme on musculoskeletal medicine and rehabilitation. His research interest is applying ergonomic principles in preventing work-related musculoskeletal disorders, and his PhD thesis was awarded the Best Occupational Safety and Health Project Award 2011 by the Occupational Safety and Health Council.

Staff Activities

Come and Join the Departmental Seminars

Irene Wong (PhD student/department seminar organizer)

Departmental seminars have long served as an effective communication platform for our staff and students, alumni and medical professionals. This academic year we continue to invite faculty members and academic staff, particularly energetic young scholars, to share their vision and outstanding work in different areas of rehabilitation. On 1 November, we were delighted to have one of our new Assistant Professors, Dr Roy Cheung, as our first speaker, giving a presentation on running research. Dr Cheung has just completed postdoctoral fellowship training at the Department of Physical Medicine and Rehabilitation at Harvard Medical School.

The topic of his presentation was "What I talk about when I talk about running research", a title adapted from the memoir of Murakami Haruki. In his presentation, Dr Cheung, who specializes in sports biomechanics and

running injuries, shared his past and present research as well as his future research directions. His "research adventure" encourages young scientists and clinical researchers to stay passionate about their work. In addition, he extended a warm invitation to all interested parties to contribute to R&D and take our profession marching forward.

Thanks for the support of the departmental staff, postgraduate research students, and the audience; we had a very good response, with a full house of about 40 participants attending the seminar. The interactions and discussions in the Q&A session provided a great opportunity for sharing and exchange of ideas between researchers and clinicians. Your support is always crucial, so we are really looking forward to seeing all of you in the coming meetings!



Dr Roy Cheung's seminar got a Full House

What CAN Physiotherapy DO for Football Teams ?

Fiona Fan (Project Assistant)

The Rehabilitation Clinic provides local and overseas sports physiotherapy for professional and amateur athletic teams in football, rugby, swimming, and various other sports. In 2011-2012, the clinic collaborated with the Hong Kong Citizen Football Team to offer an extensive physiotherapy programme. The aim was to lower the team's injury rate and injury recurrence, and to speed up recovery from injury by providing a series of tailored services. The programme's other emphasis was student attachment, to give them exposure to sports physiotherapy.

The programme started in July 2011 with a pre-season screening assessment for 25 1st Division players from the Citizen Football Team. The assessment evaluated their physical fitness and condition of various capacities, such as joint stability, flexibility, core stability, speed, agility, aerobic capacity, power, and strength. Sports vision assessment was also conducted by the Optometry Clinic.



Laboratory and field screening tests

both acute and chronic injuries. This service allowed the players to return safely as soon as possible after injuries. Professional advice was also given to prevent recurrence of injuries.

Providing high-quality and custom-designed services throughout the season, the programme successfully achieved its goal. The number of non-contact



On-field student attachment



Field conditioning training

After a series of tests, a thorough analysis was conducted to identify the players' weaknesses, and thus their potential injuries and time-outs. Sports trainers from the clinic then designed a custom exercise programme to improve strength, muscular endurance, and balance. Conditioning drills for explosive power, agility, and co-ordination were also incorporated into the team's regular training sessions. Through these training sessions with

professional advices on injury prevention, players were able to enhance their competitive ability and athletic performance in the season.

During the course of the season, on-field physiotherapy support was provided by physiotherapists from the clinic. Physiotherapy students were also



On-field physiotherapy support

recruited from the Department of RS. Their participation allowed them to gain unique insights into sports physiotherapy and gave them hands-on experience in immediate management for sports injuries.

The clinic also offered post-injury physiotherapy consultations and treatments in order to provide better management for

injuries was significantly reduced compared to the previous season of 2010-2011. For example, shoulder and pelvis injuries decreased by 100%, which was a remarkable success. The incidences of ankle and hamstring strains were also reduced by 38% and 70%, respectively. Furthermore, the average rate of non-contact injury decreased markedly from 1.84 to 0.96 injuries per player throughout the season.

Good physical condition is the pre-requisite for any sport. Physiotherapy can help to enhance athletic performance by identifying physical weaknesses, prescribing exercise to prevent injuries, delivering rehabilitation for proper care of injuries, etc. The Rehabilitation Clinic worked hand-in-hand with the Citizen Football Team to provide a planned and structured injury prevention and rehabilitation programme to help its players stay in good condition this past season. Starting from September 2012, the clinic has been collaborating with the Hong Kong Rangers Football Club for the new 2012-2013 season and we are looking forward to another success in the coming year.

Student's Activities

My Ha"PP"y University Life

Jacky Ho Cheuk Yip (Year 2 Physiotherapy Student)

Besides successful studies in "P"hysiotherapy, being one of the "P"olyU student ambassadors really adds spice to my ha"PP"y university life.

This year, 21 students from different departments were selected to be student ambassadors (SA) representing PolyU in various outreach activities, ranging from leisurely cycling with our honourable president, to formally helping at the 18th Congregation for Honorary Doctorates, to promoting our university to members of the public, especially secondary students. And I am so happy to have had a chance to enter this big family to serve PolyU more and in many different posts. Starting last summer, we have been involved in a huge amount of preparatory work for various events throughout the year. I really enjoy these valuable experiences and I have become more confident and competent in various respects. Let me share with you some of these memorable moments.

Cycling with our president was one of the most enjoyable experiences. He is really nice and easy-going and he shared many funny and eye-opening stories about his studies in the US. We also openly shared our opinions about PolyU with him. It was really a fabulous experience to have a face-to-face chat with our principal!



Magic performance at the SA inauguration ceremony

We also had a great night at the SA scheme inauguration ceremony in September, where I performed a magic show expressing our passion and dedication to serving PolyU. Of course, there are many other ambassadorial functions that teach us a great deal more, such as sharing with UGC members MC at various events, helping at info days and congregations, organizing school talks etc.

What I always think is that university students should not only attach great significance to academic achievement; more importantly, we should also try our best to work on our whole-person development. There are opportunities everywhere. There are always things to learn. The key question is whether you are brave enough to accept this challenge or not. Don't worry that you cannot handle so many things in your university life – you are always better than you think! I have started my ha"PP"y university life. How about you?



What a marvellous experience to take a cycling trip with our president

My LIFE in Physiotherapy

Tsang Tsz Wai, Ray (Year 3 Physiotherapy Student)

Studying Physiotherapy is very challenging. I am not only focusing on Physiotherapy; I also need to know many other medical aspects in order to understand patients and their needs. The more I know, the better the treatment I can provide to my patients. Through clinical placements I can apply the knowledge and skills I have learned at university. Being able to apply what I have learned motivates me to study harder. Although the study programme is very hard, it is rewarding to be able to improve my patients' condition.

In August 2012, with the help of Dr Grace Szeto, I had the opportunity to go to Qinghai (China) to provide physiotherapy services to disabled children and training to the local staff. It was so wonderful to help children in China. I helped to train them and helped them to improve their development. I was reluctant to leave them on the last day.

I was awarded the Innovation and Technology Scholarship Award, which sponsored an overseas placement in the US. It was a wonderful experience to learn more about Physiotherapy in the US. This scholarship also provided clinical attachment in local hospitals, and so I had opportunities to observe different kinds of operation and appreciate the work of different hospital professions, such



The Innovation and Technology Scholarship Award Scheme award presentation ceremony

as cardiac and neurological diagnostic teams, speech therapy, occupational therapy, etc.

I would like to thank Dr Gladys Cheing, Dr William Tsang, and Dr Ella Yeung for nominating me for various scholarships.



Placement in Xining Children's Home

The Dr Jenny Chung Most Promising Graduate AWARD

Lam Chi Yan (Occupational Therapy 2012 Graduated Student)

It is my honour to receive the Dr Jenny Chung Most Promising Graduate Award 2011/2012 in memory of Dr Jenny Chung's dedication to clinical education and the promotion of Occupational Therapy.

I would like to express a few words of gratitude for this great teacher who has been a big influence in my life. Dr Jenny Chung was an enthusiastic teacher and an expert in the geriatric field of Occupational Therapy. She devoted so much of her time to passing on her clinical knowledge and experience to us, and always stayed behind after lessons to share stories of her professional life with students.

Besides being my teacher, Dr Jenny Chung was also my personal tutor. Good teachers not only help students with their studies, but also mould their overall personality. Jenny did everything she could to coach me and wished only that I do well in life. My most vivid memory is of a conversation in her office. At that time I was confused about my career path. Jenny saw I was in a quandary and so she invited me to have a talk in her office.

By strongly encouraging me to follow my dream, she gave me a better vision of my future. I promised her that from that moment onwards I would study harder in the hope of becoming a professional occupational therapist.

Since graduating, I have worked in Tai Po Hospital medical and geriatric ward. Most of my patients have neurological problems. My duty

is to maximize their independence and to enhance their quality of life. During my first week at work, I took on the case of a young female stroke patient. She was depressed because she could not hold a spoon to feed herself. She kept asking why she had to make the effort to work on her hand function. At that moment she wanted to give up, but I told her what Jenny had said: "Give a man a fish and you have fed him for today. Teach a man to fish and you have fed him for a lifetime". Eventually, she understood the effort



Lam Chi Yan (right) receives the award from Mr Chung (left), father of the late Dr Jenny Chung

was all for her own sake, and I was happy to see that she engaged more in her training and improved. Finally, she was able to hold her spoon again upon discharge.

My life is a journey and Jenny's words have been a guiding light throughout. I would like to show my sincere gratitude for the help and patience she gave me. Thank you, Jenny.

News

PolyU Long Service Awards

- 30 Years:
Ms Christina Ho
- 20 Years:
Dr Stephanie Au-Yeung
Prof Chetwyn Chan
Dr William Tsang
Dr Simon Yeung
- 15 Years:
Ms Ceilia Cheng
Mr Cheung Yat Man
Dr Joseph Ng
Prof Hector Tsang



Ms Christina Ho (6th from left), Dr William Tsang (7th from left), Prof Hector Tsang (5th from right), and Dr Joseph Ng (4th from right) receiving the congratulations of Prof Tong, President (6th from right), Prof Gabriel Ng, Head of Department (7th from right), and other colleagues

WELCOME to Our NEW Colleagues

- Dr Benson Lau**, Assistant Professor
Mr Eddie Hai, Clinical Associate

We wish to bid FAREWELL to

- Mr Edward Ho**, Technician

Impact

Editors' Corner

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Visitors

- 5 Nov 2012: Visit by Queensland University of Technology, Australia
- 19 Dec 2012: Visit by Tongji University
- 19 Nov 2012: Visit by Dr Ruby Lee, Occupational Therapy Board Chairperson
- 31 Dec 2012: Visit by the University of Illinois
- 18 Jan 2013: Visit by 番禺療養院

Activities & Ceremonies

6 Oct 2012
Info Day



17-18 Nov 2012
The 8th Pan-Pacific Conference on Rehabilitation



Prof. Gabriel Ng (4th from left), Dr Kenneth Fong (3rd from left), Dr Marco Pang (2nd from right), Ms. Michelle Leung (3rd from right), and the other guests kick-start the 8th Pan-Pacific Conference on Rehabilitation in Manila, the Philippines

13 Dec 2012
Press Briefing on Novel Treatment for Stroke Patients



Dr Kenneth Fong explains his research into new treatment for stroke patients