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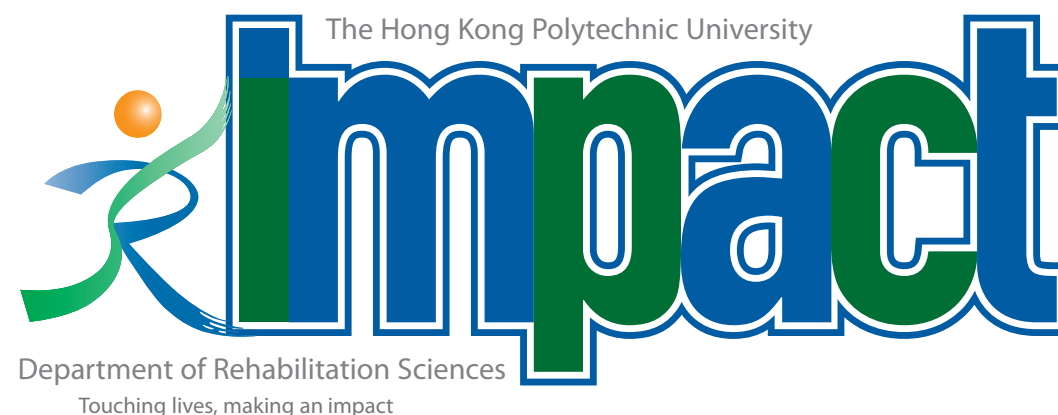
The Department of Rehabilitation Sciences (RS) has been providing high-quality internationally benchmarked entry-level education to occupational therapists and physiotherapists for 30 years. Our graduates are competent professionals serving clients in Hong Kong, Mainland China, and many other countries. 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 / 2010

## Cover Story

# Snapshots of the 7<sup>th</sup> PPCR

The Organizing Committee of the 7<sup>th</sup> PPCR

The Pan-Pacific Conference on Rehabilitation (PPCR), first launched in 1998, has become one of the region's best-known academic events in the discipline of rehabilitation. The 7<sup>th</sup> PPCR, held over October 23 - 24, 2010, has again provided a platform for health care professionals, scholars and researchers to exchange views and present their latest research findings.

With its main theme on "Mind, Brain and Body", the conference was jointly organized with The Hong Kong College of Family Physicians and supported by 12 health care organizations. The two-day event attracted more than 400 participants from Australia, Japan, Malaysia, Pakistan, Singapore, Taiwan, the Philippines, USA, Hong Kong and the Chinese mainland.

Facing the threat of the Megi typhoon, the Organizing Committee, comprising Prof Hector Tsang, Prof Chetwyn Chan, Prof Alice Jones, Dr Marco Pang, Dr William Tsang, Dr Nicola Mok and Michelle Leung, prepared a number of contingency measures in case the typhoon struck.

Luckily, the sun shone for us during these two days. On October 23, 2010, Mr Matthew Cheung, Secretary for Labour and Welfare, Bureau of the Government of the Hong Kong Special Administrative Region, Prof Philip Chan, Deputy President of The Hong Kong Polytechnic University, and Mr Douglas So, Director of the Hong Kong Jockey Club Charity Trust Fund officiated at the opening ceremony. Three renowned scholars delivered keynote presentations: Prof Leeanne Carey from La Trobe University, Prof Victor Sierpina from The University of Texas Medical Branch and Dr Peter Wayne from Harvard Medical School. At the focus symposium on "Health and

Wellness", Prof Poon Chung-kwong, Prof Dahong Zhuo, Dr Rainbow Ho, Ms Mabel Chau and Mr Edwin Lau shared their experiences of leading a healthy life.

At the 7<sup>th</sup> PPCR's 2010 Graduate Student Conference on Rehabilitation, about 100 students from different countries discussed their education systems at undergraduate and postgraduate levels as well as academic/research career pathways at the student sharing sessions. Two Sports Medicine and Rehabilitation Therapy (SMART) sessions on ACL and shoulder injury diagnosis and management were well



Ribbon Cutting Ceremony (from left to right): Ms Grace Yu, Prof Jocelyn Agcaoili, Dr Celia Tan, Mr Samuel Chan, Prof Hector Tsang, Dr Mayur Danny Gohel, Mr Douglas So, Mr Matthew Cheung, Prof Philip Chan, Prof Alice Jones, Prof Zhuo Dahong, Dr Tsauo Jau-Yih and Prof Linda Huang

attended by medical students, physiotherapy students and other conference delegates.

The free scientific sessions comprised 4 workshop presentations, 48 oral presentations and 34 poster presentations with 6 prizes given out to the best papers and posters. Three pre- and post-conference short courses also received good responses.

Also in this issue:



Clinical Pilates at the Rehabilitation Clinic p.2



First Congress of the Asia Physical Therapy Student Association p.3



The conference concluded with flying colours and the Organizing Committee is grateful to the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, RGC Postgraduate Student Conference Grant and K.C. Wong Education Foundation and other sponsors for their support. We would also like to thank all the supporting organizations, speakers and delegates. Without their



Prof Philip Chan (left) presents the souvenir to Prof Leeanne Carey (right)

participation, the conference would not have been so successful. Having organized the PPCR seven times, our department has decided to push the conference into the Asia-

Pacific region. Beginning with the 8<sup>th</sup> PPCR, other countries and Hong Kong will take turns to lead the conference, in order to epitomize the spirit of this regional conference. To identify which country is the most prepared to host the next PPCR, we organized a bidding session for interested institutes to present their plans to a panel. After lengthy and detailed deliberation, the panel decided the Philippines as the most appropriate host for the next PPCR. We are look forward to seeing you all in the Philippines at the next PPCR in November 2012!



Prof Philip Chan (left) presents the souvenir to Dr Peter Wayne (right)

## RS Clinic

# Clinical Pilates at the Rehabilitation Clinic

Michael Wong (Associate Director, Rehabilitation Clinic)

When talking about Pilates, people usually think of it as a yoga exercise. In fact, Pilates is a physical fitness system developed in Germany by Joseph Hubertus Pilates in the early 20th century. Pilates first introduced resistance training with the aid of a bed attached to springs in order to improve the health and fitness conditions of hospital patients. He further enhanced this concept of rehabilitation by combining both Eastern and Western philosophies of therapies and exercises in this unique system of training.

Pilates has become hugely popular over the past two decades and continues to develop. The latest concept of Pilates focuses on trunk muscle training for stability and whole body movement with freedom and coordination. The balance of strength and flexibility of muscles together with the postural alignment of the body is always emphasized during training.

In the early 1990s, physiotherapists began to incorporate Pilates training equipment into patient rehabilitation. This is known as Clinical Pilates. Apart from enhancing the effectiveness of traditional rehabilitation treatment, Clinical Pilates helps prevent everyday injuries.

The service of Clinical Pilates was started at the Rehabilitation Clinic in 2009. After a personalized assessment by the physiotherapist, a Pilates training course will be custom designed to better fit an individual's needs. Throughout the training period, the client will be closely supervised by the physiotherapist to enhance training effectiveness and ensure safety conditions.

Clinical Pilates is proven to be an effective diagnostic and rehabilitation tool for injury and performance enhancement. It helps:

- \* correct posture and body alignment
- \* improve body awareness
- \* develop coordination of trunk and limbs
- \* build up balance between flexibility and strength

Since Pilates training is targeted to an individual's health conditions, clients with any form of joint pain or injuries and those with postural problems will benefit. For further information about this service, please visit the Rehabilitation Clinic website at [www.rehabclinic.org](http://www.rehabclinic.org).



A client practising Pilates training under the supervision of a physiotherapist



## Student's Activities

# First Congress of the Asia Physical Therapy Student Association

Polly Chung (MPhil student)

In 2008, a group of enthusiastic teachers and students from National Taiwan University (NTU) initiated the idea of establishing a physical therapy student association among Asian countries, aiming to broaden students' international perspectives and competitiveness, and promote regional co-operation and interaction among Asian physical therapy students. A preparatory conference for the establishment of APTSA was held at NTU in July, 2009. Student representatives from four Asian countries and regions - Korea, Japan, Taiwan and Hong Kong - participated and drafted the APTSA constitution.

This July, APTSA was formally established at the 1st APTSA Congress and Sports Injury Symposium held at NTU with student representatives from nine Asian countries and regions joining the event.

Thanks to the support of the department and my supervisor Professor Gabriel Ng, I had the opportunity to attend the APTSA Congress as the Hong Kong representative. At the Congress, we exchanged information about the physical therapy education systems in our respective countries and

finalized the APTSA constitution after many hours of discussion. The 1st APTSA executive committee was elected and Mr Kazuya Yoshimura from Japan was elected as the President.

A sports injury symposium was held after the Congress. Dr Huei-Ming Chai and Dr Hsing-Kuo Wang from NTU and students from National Yang-Ming University and National Cheng Kung gave great workshops and talks on various topics in sports physiotherapy. We also had the chance to practice the elastic taping technique and diagnostic ultrasonography in orthopaedic physical therapy.

It was my pleasure to work with physical therapy students from different countries and contribute to our profession. In addition to gaining knowledge, I also made many new friends. I hope more students can join the activities of APTSA in the future, which I am sure will be a meaningful and valuable experience for them.



Meeting physiotherapist students from Asia



The APTSA family after a welcoming dinner



## Preferred Graduate Development Programme

Richard Wong (Year 3 Physiotherapy student)

The Preferred Graduate Development Programme (PGDP) is a summer internship programme organized by the Student Affairs Office (SAO) and actively supported by the Department of Rehabilitation Sciences (RS). During the summer, we had a total of 16 physiotherapy students with internships in various cities in China. The aim of PGDP is to provide students with opportunities to take on responsible roles working in health care institutions and to encourage them to reflect on their experiences.

Our PGDP experience was truly memorable! We were provided with valuable opportunities to take care of patients in China. Some of us encountered patients with severe burn injuries due to a work accident in Guangzhou, while others assisted in the recovery of amputees in Sichuan after a devastating earthquake.



Physiotherapy student providing training for an amputee child at Deyang

Another group was able to help children with neurological disorders under the guidance of a dedicated physiotherapist. Students were also permitted to visit operating rooms during their internships in Qingdao and witness how surgeons assist in the recovery of their patients with sophisticated operations.

In addition to the professional exposure, we also earned the friendship of the staff and students from China. We became more proficient in Putonghua as we always discussed and exchanged our views with the healthcare professionals using Putonghua. During our stay in China, we travelled to some famous spots and stunning natural reserve

areas, and were impressed by the modern development in China. Participating in PGDP was such a wonderful experience for all of us to broaden our horizons - it was no doubt the highlight of the summer!

Liz Leung (Year 3 Occupational Therapy student)

professionals, they still worked very hard to give their best to the children. Even though they are not the birth mothers of the children, they always treated them as their own and were always keen to learn any new skills and knowledge from us. We all could feel their passion for the children.

I would really like to visit Xinjiang again. The people there are always optimistic and happy. They are not rich but they are willing to share their joy with others. I really love working in this warm environment.

Last summer, I joined a Preferred Graduate Development Programme (PGDP) in Xinjiang with a group of occupational therapy and physiotherapy students. This placement was supported by the Goodrock Foundation. We spent four weeks working at different orphanages in two cities, Urumqi and Shihezi. The orphanages provide foster care, special education and rehabilitation services to orphans and children with disabilities, such as a mental handicap, cerebral palsy, autism and developmental delay. Some of the children suffered from severe conditions that we had never encountered before.



Occupational therapy students working with a child in Xinjiang

In this PGDP placement, occupational therapy and physiotherapy students worked closely together. We conducted developmental assessments, play groups, training sessions for children and sharing seminars for teachers and therapists in the orphanages. Under the guidance of two experienced therapists, Ms Winnie Huang and Ms Becky Tsang, we all learnt a lot in the clinical presentation and treatment techniques of different developmental diseases.

Although most of the teachers, therapists and foster mothers in the orphanages were not trained as rehabilitation



Happy together - PT and OT students enjoying the beach at the beautiful Qingdao

## Special Message

### A tribute to Professor Gary Kielhofner, DrPH, OTR/L, FAOTA

Kenneth Fong (Assistant Professor)

Our beloved international occupational therapy scholar Prof Gary Kielhofner passed away peacefully on 2nd September 2010 in the presence of his wife, Prof Renee Taylor. Prof Kielhofner had been serving the OT profession for over 30 years. He was the Professor and Wade/Meyer Chair, Department of Occupational Therapy, College of Health and Human Development of Occupational Therapy, and Professor of Public Health, at the University of Illinois of Chicago, and a fellow of the American Occupational Therapy Association, a member of the Academy of Research of the American Occupational Therapy Foundation. He was named the "Father of MOHO - Model of Human Occupation" as he has advanced the field of occupational therapy by developing this well-known model of the profession in the '80s, and in the three decades since MOHO was first formulated, countless occupational therapists throughout the world have used the model to guide their practice. Four books have been published on MOHO since then. The fourth edition of Model of Human Occupation went to press in 2008



Prof Gary Kielhofner

over three decades after work on the model first began. Prof Kielhofner was a friend to the Department of Rehabilitation Sciences. He and his wife were invited to be our honourable guests to describe for us their visions of developing primary



Prof Gary Kielhofner and his wife Prof Renee Taylor were delivering a workshop at the Hong Kong Polytechnic University on 29th January 2010



Prof Gary Kielhofner (middle) and his wife Prof Renee Taylor with the organizing committee at the Hong Kong Occupational Therapy Symposium 2010, 30th January 2010

health care particularly in the area of psychosocial practice. This took place during the Hong Kong Occupational Therapy Symposium 2010, which was held on 30th January 2010 at the Hong Kong Polytechnic University. This was a joint function between the Hong Kong Occupational Therapy Association and RS. He also helped us to deliver a one-day pre-conference workshop on "Achieving True Client-Centred Practice" on 29th January 2010. Although his passing comes as sad news, his steadfast spirit and professional excellence will not end but continue with the spirit and vision of MOHO to inspire the occupational therapy profession and research in the future.



RS Activities

VISITORS

Visit by the victims of Sichuan Earthquake



12 Aug 2010

Visit by Universiti Teknologi MARA, Malaysia



23 Jun 2010

Visit by Curtin University, Australia



15 Sep & 01 Nov 2010

Visit by Therapists from China



20 Jul & 23 Aug 2010

Visit by Dr Andrei Krassioukov, Associate Director, Rehabilitation Research, International Collaboration on Repair Discoveries (ICORD)



15 Sep 2010

News

Activities and Ceremonies

18 Sep 2010  
Graduation ceremony of Macao Polytechnic Institute



23 & 24 Oct 2010  
The 7<sup>th</sup> Pan-Pacific Conference on Rehabilitation



Group photo after the conference dinner



Focus Symposium on 24 Oct (from left to right): Prof Chetwyn Chan, Prof Alice Jones, Miss Mabel Chau, Prof Zhuo Dahong, Prof Poon Chung-kiwong, Dr Rainbow Ho, Mr Edwin Lau, Prof Hector Tsang

29 Oct 2010  
Press conference on children dysfunction in sensory processing



Dr Andrew Siu (right) is explaining the project about children dysfunction in sensory processing

6 & 7 Nov, 2010  
Central & Western Health Festival, Sheung Wan Sport Centre



Many visitors come to our booth to receive free health assessments and professional advice

Congratulations

General Research Fund

**Prof Jufang He** (HK\$1.1 million)  
Project: Corticofugal modulation of deviance stimulus detection in the thalamic reticular nucleus

**Prof Chetwyn Chan** (HK\$788,800)  
Project: Role of working memory in enhancing generalization learning in post-stroke patients

**Dr David Man** (HK\$256,078)  
Project: Vocational rehabilitation system for problem solving in persons with traumatic brain injury: a randomized controlled trial

Health and Health Service Research Fund

**Prof Hector Tsang** (HK\$986,312)  
Project: Vocational and clinical outcomes of Integrated Supported Employment (ISE) plus Cognitive Remediation Training (CRT) for people with schizophrenia

**Dr Dora Poon** (HK\$795,000)  
Project: Effectiveness of a Collaborative Exercise Program in Enhancing Fitness, Cognition and Function of Normal Elders and Elders with MCI or Mild Grade Dementia

**Dr Shamay Ng** (HK\$764,100)  
Project: A randomized controlled clinical trial of balance training program with cutaneous electrical stimulation to improve balance performance in patients with sub-acute stroke

Welcome to our new colleague:

Mr Tsui Chi Man, Clinical Instructor  
Ms Carmen Leung, Executive Officer

PROMOTION

We would like to congratulate the following staff for their promotion:  
**Prof Hector Tsang** promoted to Professor

Impact

Editors' Corner

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