





# MUSCULOSKELETAL REHABILITATION FOR HK HEALTHCARE PROFESSIONALS

## INTRODUCTION OF THE REHABILITATION MEDICINE CERTIFICATE COURSE

← Featured Speakers →

Mr. Ray Lee | Dr. Chan Hoi Chung Samuel | Mr. Thomas Law | Dr. Man Tsui

**Come and Join us**

 Nurses, medical doctors, physiotherapists, speech therapists, occupational therapists, sports instructors, personal trainers, PE teachers 

### Time

Tue 28/8, 4/9, 11/9, 18/9      Thur 30/8, 6/9, 13/9,  
.....  
7pm-10pm

### Venue

Suite 2105-2106, 21/F, Rightful Centre, 12 Tak Hing Street, Jordan, Kowloon

Apply on/ before 31/7

**EARLY BIRD DISCOUNT \$ 1750**

**Course Fee- \$ 1950**

Early bird discount can be used in conjunction with GAA members discount

**GAA MEMBER 15% OFF**

Hosting Organizations



If you are interested in joining us, please contact

5515 9132  2730 0036 



健瑞仕全人健康聯盟



# Topics



- Epidemiology and clinical features of commonly seen musculoskeletal diseases in Hong Kong Medical Doctors  
3 hrs
- Pain relief methods Physiotherapist  
9 hrs
- Basic manual soft tissue release skills (eg. Fascial release, positional release, lymphatic drainage skills and muscle energy)
- Core muscles conditioning skills
- Use of Kinesio-tape in pain relief
- Effective self-management DIY
- Selection of suitable protective devices Occupational  
Therapist  
3 hrs
- How to improve ergonomics in order to facilitate recovery and minimize the chance of recurrent injuries?
- Investigations (Including imaging) Medical Doctors  
1.5 hrs
- Commonly prescribed medications
- How to use foot orthotics in helping patients with chronic neck pain, low back pain and knee pain? Prosthetics and  
Orthotics  
1.5 hrs
- Chinese Medical and Manual Therapy Chinese Medicine  
Practitioner  
3 hrs
- Exam 15 minutes

## About Speakers...



### Mr. Ray Lee 李浩威物理治療師

註冊物理治療師 (澳洲、香港及新西蘭)  
 臨床運動專家 (美國運動醫學學院)  
 高級私人體適能教練(亞洲運動及體適能專業學院)  
 普拉提(席地)及健身球教練 (亞洲運動及體適能專業學院)  
 澳洲兒童體適能教練  
 澳洲關節炎及糖尿病太極拳教練  
 身心語言程式高級執行師(美國身心語言程式協會)



### Dr. Chan Hoi Chung Samuel 陳海聰醫生

香港大學內外全科醫學士  
 香港中文大學骨關節醫學及復康理學碩士  
 香港中文大學內分泌及糖尿治理理學碩士  
 香港中文大學心臟科學碩士 (進階心臟科組別)



### Mr. Thomas Law

香港理工大學義肢矯形學(榮譽)理學士  
 美國奧克拉荷馬州立大學足病醫學院修畢足科矯形課程  
 愛爾蘭修畢脊柱側彎矯形腰背架進階課程  
 美國印地安納州RMPI足科矯形學院修畢足科矯形(進階)課程  
 多年業餘世界長跑運動員，實戰經驗豐富



### Dr. Man Tsui 徐志文博士

Registered Occupational Therapist  
 Bachelor of Science (Hons) in Occupational Therapy(HKPolyU)  
 Master of Medical Sciences (HKU)  
 Doctor of Philosophy (HKPolyU)



### Mr. Sung Chung Kei 宋振基中醫師

Registered Chinese Medicine Practitioner  
 Bachelor of Chinese Medicine, HKU  
 Master of Chinese Medicine (Acup&Mox), HKU  
 曾任東華三院中醫臨床教研中心醫師，主理針灸及內科





# Musculoskeletal Rehabilitation

is an active and comprehensive program for treating patients with chronic and recurrent musculoskeletal pain, tendinosis, various deconditioning conditions and degenerative joint diseases.

Our rehabilitation courses provide comprehensive and all-rounded practical training including medical, physiotherapy, occupational therapy, traditional Chinese medicine, prosthesis and orthotics services. We intend to train up frontline healthcare professionals to be more competent in delivering evidence-based and practical Musculoskeletal rehabilitation services for adult patients including elderlies. We focus on improving patients' functional limitations consequent to certain musculoskeletal conditions.

This Musculoskeletal Rehabilitation program is one of our **Seven Rehabilitation Modules**, namely neurological rehabilitation, musculoskeletal rehabilitation, cardiopulmonary rehabilitation, paediatric rehabilitation, geriatric rehabilitation, sports rehabilitation and mental rehabilitation. Each module consists of seven sessions and each session lasts for three hours. The entire rehabilitation medicine certificate course thus lasts for (21 hours \* 7) 147 hours.



## Modules Content

JUN 2018	Neurological Rehabilitation
AUG 2018	Musculoskeletal Rehabilitation
OCT 2018	Cardiopulmonary Rehabilitation
DEC 2018	Pediatric Rehabilitation
FEB 2019	Geriatric Rehabilitation
APR 2019	Sports Rehabilitation
JUN 2019	Mental Rehabilitation

Including MCQ exam for each module  
Every Tue and Thur 7pm - 10pm

## Special features of the course

- Taught by different well experienced health professionals (eg. Medical doctors, physiotherapists, occupational therapists, speech therapists, psychologists, etc). Transdisciplinary health care approach will be emphasized.
- Nurses will be awarded CNE points (CPD points for physiotherapists, occupational therapists, and speech therapists are pending)
- Theoretical and practical components are both included. There will be discussions on case studies and practical workshops in each module.
- Detailed lecture notes (mainly in English) will be distributed.
- Participants can choose to attend any one of the modules or all modules.
- Participants who finish all seven modules and pass all the examinations will be issued an "Advanced Certificate in Rehabilitation Professionals".