

Enhanced Rehabilitation on Spine
- STarT Back Approach and Psychologically Informed Physiotherapy
organized by Specialty Group on Musculoskeletal Service, COC – Grade (PT)
and Institute of Advanced Allied Health Studies

Date:	9 July 2025 (Wednesday)
Time:	09:00 – 17:00
Venue:	Room G08, Block M, Kowloon Hospital 147A Argyle Street, Kowloon

Aim: To update and consolidate knowledge and skills of physiotherapists on Stratified Care Model for management of Low Back Pain (LBP)

Objective/ Intended Learning Outcome:

- To enhance knowledge on orthopedics and physiotherapy management of LBP
- To update clinical management, care models and practice guidelines for LBP
- To demonstrate and practice on exercise prescriptions, modifications and progressions with clinical rationales for LBP

Program Design: **Lecture & Workshop**

Target Participant: HA Resident Physiotherapists with 3 years of experience

Class Capacity: **60**

Language Medium: **English supplemented with Cantonese**

CPD Points: **TBC**

Award: **Certificate of Attendance**

Program Requirement: Participants are required to complete at least 80 % attendance of overall program

Program Rundown

Time	Topic	Speakers / Facilitators
09:00 - 09:10	Registration and Introduction	Mr. Andy Yu, CMC SPT
09:10 - 09:40	Updates of evidence, guidelines and audits of physiotherapy management of LBP	Dr. Jamie Lau & Ms. Winny Lee
09:40 - 10:20	Stratified care model for LBP management and assessment tools	
10:20 - 10:30	Break	
10:30 - 11:30	Posture, movement patterns and motor control of spine	Dr. Jamie Lau & Ms. Winny Lee
11:30 – 12:30	Psychosocial issues of emotions, cognition and behaviour relating to chronic back pain	
12:30 - 13:30	Lunch	
13:30 - 14:30	Management of chronic back pain - communications skills	Dr. Jamie Lau & Ms. Winny Lee
14:30 – 15:30	Management of distress, pain and suffering	
15:30 – 16:20	Providing information and facilitating behavioural change	
16:20 - 16:50	Case study	
16:50 - 17:00	Q&A and wrap-up	

Enrolment:

Please send the nomination form via Department Manager to IAAHS by email (iaahs@ha.org.hk), quoting “*Program Announcement – Enhanced Rehabilitation on Spine - STarT Back Approach and Psychologically Informed Physiotherapy (Ref 043, 036)*” **on or before 11 Jun 2025**.

- Enrollment result would **NOT** be notified individually. It should be checked before program commencement via HA IAAHS intranet https://hateams.home/knowledge/group/IAAHS/Program_AH/ or through e-Learning Centre http://elc.home/myelc/login_pop.aspx **on or after 25 Jun 2025**.

Important Notes:

- Participants are required to **strictly adhere** to the **Infection Control Measures for Training Activities** (see [link](#)) when attending the program (for both individual or group registration).

For enquiry, please contact Ms. Joan IP, TO(AH) at 2300 8450 (program) or Ms. Kary HUI at 2300 7525 (registration).