

## Central Commissioned Training Program for Physiotherapists 2025/26 - Clinical Gait Analysis and Rehabilitation in Physiotherapy organized by Institute of Advanced Allied Health Studies

Nature	Pre-symposium Workshop	Symposium
Date	16 Jan 2026 (Friday)	17 Jan 2026 (Saturday)
Time	<u>Identical sessions</u> Group A: 09:00 – 12:15 Group B: 13:45 – 17:00	08:45 – 17:30
Venue	Integrated Rehabilitation Centre, 2/F, Tower A, Hong Kong Children's Hospital, 1 Shing Cheong Road, Kowloon Bay	Lecture Theatre, M/F, Hospital Authority Building, 147B Argyle Street, Kowloon

**Aim:** To enhance the service quality by developing the best possible intervention for restoring optimal movement and function with Gait Analysis in Physiotherapy service.

### Objective/ Intended Learning Outcome:

- Understand the role of gait analysis as a fundamental aspect of physical therapist practice
- Identify and define the phases, objectives and critical events of the gait cycle
- Describe the normal kinematics and kinetics of the ankle, knee, hip and pelvis during gait
- Identify gait deviations that contribute to common patient complaints
- Describe typical compensatory strategies in various patient populations
- Develop observational gait analysis skills
- Perform a gait analysis using video methods and commercially available applications
- Develop sound intervention programs that address the root cause of gait related impairments

**Program Design:** Lecture & Workshop

**Target Participant:** **Pre-symposium Workshops:** HA Physiotherapists at all ranks who have also been nominated to join the symposium  
**Symposium:** HA Physiotherapists at all ranks

**Class Capacity:** **Pre-symposium Workshops:** 25 per group  
**Symposium:** 150

**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

### **Pre-symposium Workshop (\*Identical content for am and pm sessions)**

<b>AM session</b>	<b>Topic</b>	<b>Speakers / Facilitators</b>
09:00 – 09:05	Introduction	Ms. Catherine CHEUNG
09:05 – 09:35	Gait kinematics / kinetics	
09:35 – 10:35	Gait analysis, 3D motion capture system combined with force plates and electromyography	Dr. Juha HIJMANS
10:35 – 10:45	Break	
10:45 – 12:15	Interpretation and treatment	Dr. Juha HIJMANS

<b>PM session</b>	<b>Topic</b>	<b>Speakers / Facilitators</b>
13:45 – 13:50	Introduction	Mr. Raymond CHEUNG
13:50 – 14:20	Gait kinematics / kinetics	
14:20 – 15:20	Gait analysis, 3D motion capture system combined with force plates and electromyography	Dr. Juha HIJMANS
15:20 – 15:30	Break	
15:30 – 17:00	Interpretation and treatment	Dr. Juha HIJMANS

### **Symposium**

<b>Time</b>	<b>Topic</b>	<b>Speakers / Facilitators</b>
08:45 – 08:50	Opening remarks	Ms. Isa LAM
08:50 – 09:20	Terminology and determinants of gait	
09:20 – 10:20	Quantification of gait and applied biomechanics	Dr. Juha HIJMANS
10:20 – 10:25	Break	
10:25 – 11:25	Case studies	Dr. Juha HIJMANS
11:25 – 11:35	Sharing on the service provision in the TMH Gait Lab	Ms. Coco KOO
11:35 – 11:45	Normal gait parameters in HK Chinese children study	Ms. Angel TUNG
11:45 – 12:00	Q&A session	
12:00 – 13:00	Lunch	
13:00 – 13:45	Gait analysis – Paediatric condition	Prof. Nerita CHAN
13:45 – 13:50	Q&A session	
13:50 – 13:55	Break	
13:55 – 14:25	Properties, functions and optimization of AFOs	
14:25 – 14:55	Rollover corrections	
14:55 – 15:40	EMG theory & interpretation	Dr. Juha HIJMANS
15:40 – 15:50	Break	
15:50 – 16:45	Case studies	
16:45 – 17:15	Local spasticity treatment	Dr. Juha HIJMANS
17:15 – 17:30	Q&A session	

**Enrolment:**

- Please send the nomination form via Department Manager to IAAHS by email ([iaahs@ha.org.hk](mailto:iaahs@ha.org.hk)), quoting “*Program Announcement – Central Commissioned Training Program for Physiotherapists 2025/26 - Clinical Gait Analysis and Rehabilitation in Physiotherapy (Ref 043, 036)*” **on or before 31 Dec 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/](https://hateams.home/knowledge/group/IAAHS/Program_AH/) **or** through e-Learning Centre [http://elc.home/myelc/login\\_pop.aspx](http://elc.home/myelc/login_pop.aspx) **on or after 9 Jan 2026**.

**Important Notes:**

- Participants are required to **strictly adhere** to **CICO’s guideline on Infection Control Precautions 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).