



SAHK
香港耀能協會

Institute of Rehabilitation Practice

(Jointly organized with the *Hong Kong Physiotherapy Association*)



AQUATIC BALANCE TRAINING FOR HEALTHY AND FRAIL ELDERLY

Free Public Lecture (Course code: AE-19A-03)

Introduction:

Population ageing is widespread across the world. It is most advanced in the most highly developed countries. Approximately 30% of people over the age of 65 living in the community fall each year. 10%-20% of falls result in injury, hospitalization and/or death. Some evidence supports the effectiveness of aquatic treatment to improve balance for aged population.

Content:

- Discuss the effect of aquatic physiotherapy in balance for healthy and frail elderly population.
- Some common methods for balance training in the pool.
- Application of waterproof surface electromyography.

Speaker: Dr Billy. C.L SO

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APA Level 3 Aquatics Physiotherapy Certificate
Convenor, Work Group on Aquatic Physiotherapy,
The Hong Kong Physiotherapy Association*

Date & Time: 19 Jan 2019 (Sat)
9:30 a.m. - 12:30 p.m.

On-line Registration: <https://irp.sahk1963.org.hk>

Venue: G/F, Tung Wong House, Tai Hang Estate,
Shek Kip Mei, Kowloon
Continuing Rehabilitation Centre, SAHK

Target Participants: Physiotherapists

Language: Cantonese (Supplementary English)

Accreditation: CPD-PT: 3 points



Course Fee:

FREE

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FIRST-SERVED)**