

Organized by



東華學院  
TUNG WAH COLLEGE

School of Medical and Health Sciences  
BSc (Honours) in Physiotherapy

Co-organized by



## Clinical Pilates Update

### Learning Objective & Contents:

1. To enhance the knowledge and clinical skills of physiotherapist in application of Pilates concept on management of low back pain and common lower limb condition;
2. To teach mat Pilates with use of progression and regression in different clinical conditions and
3. To demonstrate the use of Pilates props, including reformer, wunda chair and ladder barrel.

### The workshop will include :

1. Theory on Pilates principle and clinical application in back and lower extremity rehabilitation with clinical reasoning;
2. Mat Pilates, emphasis in design and correction of exercise, selection of tools and home application strategy in managing common clinical conditions and
3. Demonstrate the use of reformer, wunda chair and ladder barrel for back rehab conditions.

Date	16 August 2025 (Saturday)
Time	2:00 p.m. – 5:30 p.m.
Instructors	<p><b>Ms. Leona YAN</b></p> <p>Ms. YAN works in hospital setting since graduation. She holds a Professional Diploma from the Hong Kong Polytechnic University, a Master in Exercise and Nutrition Science from the University of Liverpool, a Certificate in Orthopaedic Manual Therapy from Curtin University of Technology and a Diploma in Acupuncture from Sun Yat-Sen University. Besides, she received training in Myofascial Release and Craniosacral Therapy in the United States.</p> <p>In 2002, Leona started attending courses in Pilates held by BioKinetic Exercise Technique. In 2007, she co-authored a Pilates book that was published to promote the exercise to the public. She was frequently invited as a guest speaker to provide professional training courses on Pilates for physiotherapists. Since 2017, she has incorporated the Pilates training into her clinical education for physiotherapy students, imparts her knowledge and experience to the next generation of physiotherapists.</p> <p><b>Ms. Lavinia WONG</b></p> <p>Ms. WONG has tremendous clinical experience in community rehabilitation for people with chronic pain. She is now the Senior Clinical Associate in Tung Wah College physiotherapy program. She received her Clinical Pilates training from DMA, Australia since 2000. And she was the chief author of the Pilates handbook “專業Pilates輕鬆學” which was published in 2007. Her passion in Pilates extend her clinical teaching from undergraduate training to overseas professional and even integration the skills into different clinical practice.</p>
Venue	Room 701, 7/F, Tung Wah College King's Park Campus (Ma Kam Chan Memorial Building, 31 Wylie Road, Homantin, Kowloon)
Target Participants	Registered Physiotherapists
Course Fee	HK\$1,000 for HKPU member HK\$1,200 for non-HKPU member #Each participant will receive teaching materials and a mini exercise ball.
Capacity	25
CPD Points/Code	4
Online Registration & Payment	<p>Registration Link: <a href="https://www.twc.edu.hk/limesurvey/index.php/224777">https://www.twc.edu.hk/limesurvey/index.php/224777</a></p> <p>Payment link will be sent after registration. * Deadline: <u>30 June 2025 (Monday)</u></p>
Enquiry	Ms. Azlan CHAN (Email: <a href="mailto:azlanchan@twc.edu.hk">azlanchan@twc.edu.hk</a> , Tel: 3725-6121)

