

**HKPU estimated CPD points for courses on Physio Network and Physio Plus**

**Last update: 21 April 2024**

<b>Physio Network - Masterclass</b>							
<b>No.</b>	<b>Topic</b>	<b>Instructor</b>	<b>Core/non-core</b>	<b>Primary specialty</b>	<b>Secondary specialty</b>	<b>CPD points</b>	<b>CPD code</b>
1	Clinical reasoning in rehab	Sam Blanchard	C	MSK	Sports Physiotherapy	2	PC1240006
2	Exercise and pain: exploring a complex relationship	Ben Cormack	C	MSK		2	PC1240007
3	Groin pain in athletes: unraveling the mystery	Dr Andrea Mosler	C	MSK	Sports Physiotherapy	2	PC1240008
4	Restoring load capacity in the injured runner	Dr Rich Willy	C	MSK	Sports Physiotherapy	2	PC1240009
5	Femoroacetabular Impingement Syndrome (FAIS)	Dr Joanne Kemp	C	MSK		2	PC1240010
6	Managing lower limb tendinopathy	Dr Seth O'Neill	C	MSK		3	PC1240011
7	The sporting shoulder	Dr Rod Whiteley	C	MSK	Sports Physiotherapy	3	PC1240012
8	Assessing and managing radicular pain	Tom Jesson	C	MSK		2	PC1240013
9	Pain, movement and play: common sense for complex problems	Todd Hargrove	C	Others		3	PC1240014
10	Telehealth in the 21st Century; embracing the future of healthcare	Connor Gleadhill	C	Others	Community Rehabilitation	2	PC1240015
11	Optimal loading for Achilles tendon rupture and tendinopathy	Dr Karin Grävare Silbernagel	C	MSK		3	PC1240016
12	Recognising and managing rheumatology	Jack March	C	MSK		2	PC1240017
13	Sensorimotor Rehabilitation of the Neck	Chris Worsfold	C	MSK		2	PC1240018
14	Pelvic Pain: A Clinical Course from Pain to Pleasure	Dr Sandy Hilton	C	Others	Women's Health	2	PC1240019
15	Optimal loading of muscle injuries	Dr Nicol van Dyk	C	MSK		3	PC1240020
16	Pain: A guide for clinicians	Dr Morten Høgh	C	Others		2	PC1240021
17	Patellofemoral pain	Claire Patella	C	MSK		2	PC1240022
18	The Sporting Hand and Wrist	Dr Ian Gatt	C	MSK	Sports Physiotherapy	3	PC1240023

19	Blood Flow Restriction Training	Dr Luke Hughes	C	MSK		3	PC1240024
20	Return to Play	Dr Amy Arundale	C	MSK	Sports Physiotherapy	3	PC1240025
21	Bone Stress Injuries	Dr Stuart Warden	C	MSK		3	PC1240026
22	Clinical reasoning in pain management	Paul Lagerman	C	Others		3	PC1240027
23	Exercise Prescription in Sports Rehab	Dr Teddy Willsey	C	MSK	Sports Physiotherapy	3	PC1240028
24	Prescribing physical activity	MD PhD Jane Thornton	C	Others	Primary Care	2	PC1240029
25	Know Pain: A Practical Guide to Persistent Pain Therapy	Mike Stewart	C	Others		2	PC1240030
26	Evaluation and treatment of shoulder pain	Jared Powell	C	MSK		3	PC1240031
27	Physical management of headache	Dr Toby Hall	C	MSK		3	PC1240032
28	Ankle sprain: etiology, diagnosis and rehabilitation	Dr Chris Bleakley	C	MSK		3	PC1240033
29	Reframing exercise during and after pregnancy	Gráinne Donnelly & Emma Brockwell	C	Others	Women's Health	3	PC1240034
30	Diagnosing and managing plantar heel pain	Dr Henrik Riel	C	MSK		3	PC1240035
31	Manual therapy in the 21st century	Dr Mark Bishop	C	MSK	Manipulative Therapy	2	PC1240036
32	Injury prevention: theory into practice	Dr Travis Pollen	C	MSK	Sports Physiotherapy	2	PC1240037
33	Exercise prescription for aging adults	Dr Mariana Wingood	C	Geriatric		2	PC1240038
34	Assessing and managing growth related injuries	Sam Blanchard	C	MSK + Paediatric	Sports Physiotherapy + Adolescent Care	2	PC1240039
35	The elbow demystified	Dr Val Jones	C	MSK		4	PC1240040
36	Assessing, managing & rehabilitating ACL injuries	Dr Hege Grindem	C	MSK		2	PC1240041
37	A framework for optimising the patient interview & clinical outcomes	Dr Tim Mitchell	C	MSK		3	PC1240042
38	Concussion: Assessment and Treatment	Mike Studer	C	Neurological		2	PC1240043
39	Frozen Shoulder–Unravelling the Enigma	Dr Angela Cadogan	C	MSK		4	PC1240044
40	Iliotibial Band Pain: practical strategies for treating runners	Dr Rich Willy	C	MSK	Sports Physiotherapy	3	PC1240045
41	Low back pain, movement, and posture... how do they relate?	Dr Kevin Wernli	C	MSK		2	PC1240046

42	The Mindfulness Revolution: Current Evidence and Practical Applications for Pain and Stress Management	Shrey Vazir	C	Mental Health		2	PC1240047
43	Hamstring strain injury: Translating research into practice	Dr Matthew Bourne	C	MSK		3	PC1240048
44	Assessment and Treatment of Cervicogenic Dizziness	Dr Julia Treleaven	C	MSK		2	PC1240049
45	Gluteal Tendinopathy: More than Just a Pain in the Butt!	Dr Henry Wajswelner	C	MSK		2	PC1240050
46	Navigating Ethical Issues in a world of Ethical Mess	Dr Katie O'Shea	N	Others		1.5	PN1240051
47	Treating the unstable shoulder	Anju Jaggi	C	MSK		2	PC1240052
48	Non-surgical Management of ACL Tears	Dr Kieran Richardson	C	MSK		2	PC1240053
49	The practice-changing principles of strength & conditioning for physios	Claire Minshull	C	MSK		2	PC1240054
50	The missing link in patient engagement: Behavioural economics and psychologically-informed techniques	Mike Studer	C	Others		2	PC1240055
51	Vestibular Dysfunction: From Assessment to Rehabilitation	Vanessa Simpson	C	Neurological		2	PC1240056
52	Hip Osteoarthritis: Optimising your Assessment and Treatment	Dr Joanne Kemp	C	MSK		2	PC1240057
53	Spine-related leg pain: from root causes to treatment strategies	Charlie Clements	C	MSK		3	PC1240058
54	Mastering Adolescent Knee Pain: A comprehensive guide to Patellofemoral pain and joint instability	Claire Patella	C	MSK + Paediatric	Paediatric Orthopaedics	2	PC1240059
55	Nutrition 101 for Physiotherapists	Ben Steele-Turner	N	Others		1	PN1240060
56	Anterior Thigh Injuries: From Assessment to Rehab	Adam Johnson	C	MSK	Sports Physiotherapy	3	PC1240061
57	Treating tactical personnel	Prof. Rob Orr	C	MSK	Work rehabilitation	3	PC1240062

58	Mastering Groin Pain: From Injury to Return-to-Play	Dr Stacey Hardin	C	MSK	Sports Physiotherapy	2	PC1240063
59	Assessment and Rehabilitation of Low Back Pain in Youth Athletes	Angela Jackson	C	MSK + Paediatric	Sports Physiotherapy + Adolescent Care	3	PC1240064

<b>Physio Network - Practicals</b>							
<b>No.</b>	<b>Topic</b>	<b>Instructor</b>	<b>Core/non-core</b>	<b>Primary specialty</b>	<b>Secondary specialty</b>	<b>CPD points</b>	<b>CPD code</b>
1	Assessment of Hip Pain	Dr Joanne Kemp	C	MSK		2	PC1240065
2	Assessment of Elbow Pain	Dr Leanne Bisset	C	MSK		2	PC1240066
3	Management of Elbow Pain	Dr Leanne Bisset	C	MSK		2	PC1240067
4	Assessment of Athletic Back Pain	Kellie Wilkie	C	MSK		2	PC1240068
5	Management of Athletic Back Pain	Kellie Wilkie	C	MSK		2	PC1240069
6	Assessment of Cervicogenic Dizziness	Dr Julia Treleaven	C	MSK		2	PC1240070
7	Management of Hip Pain	Dr Joanne Kemp	C	MSK		2	PC1240071
8	ACL Early Stage Rehab	Dr Tim McGrath	C	MSK		2	PC1240072
9	Management of Cervicogenic Dizziness	Dr Julia Treleaven	C	MSK		2	PC1240073
10	ACL Mid-Late Stage Rehab	Dr Tim McGrath	C	MSK		2	PC1240074
11	Assessment of Ankle Sprains	David Hillard	C	MSK		2	PC1240075
12	Assessment of Groin Pain	Dr Andrea Mosler	C	MSK		2	PC1240076
13	Management of Ankle Sprains	David Hillard	C	MSK		2	PC1240077
14	Management of Groin Pain	Dr Andrea Mosler	C	MSK		2	PC1240078
15	Assessment of Shoulder Instability in Contact Sport	Hamish Macauley	C	MSK		2	PC1240079
16	Management of Shoulder Instability in Contact Sport	Hamish Macauley	C	MSK		2	PC1240080
17	Assessment of Achilles Tendinopathy	Dr Ebonie Rio	C	MSK		1	PC1240081