



Workshop 1

Exercise Prescription for Sleep Disordered Breathing



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Dr. Lee obtained his fellowship in Otorhinolaryngology in 2012. He developed his specialist interest in sialendoscopy, rhinology and skull base surgery. For sleep medicine and surgery, he undertook attachment in the Medical College of Wisconsin and the Chang Gung Memorial Hospital. He was the pioneer in Asia to use the Encore Suspension System for hyoid suspension. Currently, he leads the sleep disordered breathing service in Yan Chai Hospital. He works closely with physicians, surgeons, orthodontists and physiotherapists to provide a full-range of patient care.



Ms. Brigitte K.Y. FUNG

Senior Physiotherapist

Ms. Brigitte FUNG is the Senior Physiotherapist at Kwong Wah Hospital. She was awarded the Master of Exercise and Nutrition Science in Chester University. She is also a Certified Lymphatic Drainage Therapist, Orofacial Myofunctional Therapist and Butekyo Practitioner. She is accredited for the use of acupuncture in her daily practice. She is the recipient of the Hong Kong Physiotherapy Association's 2013 Golden Jubilee Award for her contribution to the profession. In 2016, she was awarded the AAMS Rising Star Researcher Award by the Academy of Applied Myofunctional Sciences for her contribution to evidence based practice in Orofacial Myofunctional Therapy.

Sleep disordered breathing (SDB) is characterized by the disturbance of airflow during sleep secondary to airway collapse. It spans a whole spectrum from simple snoring to severe obstructive sleep apnoea. It leads to unrefreshing sleep and oxygen desaturation to a varying degree. It increases the risk and burden of metabolic diseases, namely hypertension, cardiovascular disease, stroke and diabetes. Management includes behavioural intervention, positive airway pressure therapy and surgery. In recent years, myofunctional therapy has been added to the armamentarium. Through a series of exercises that the patient practises every day, orofacial and tongue muscles are trained to improve their strength and tone. Evidence supports that this improves the symptoms and reduces the severity of SDB, in addition to many other benefits.

Family physicians are often central to the management of metabolic diseases. They have an indispensable role in the early recognition of SDB and monitoring of a patient's compliance to and the effect of their treatment.

In this session, we will take you through the basis of SDB. There will be a practical session on the risk assessment of patients. We will introduce the principles and measurement used in myofunctional. Participants can try some basic exercises following our live demonstrations.

Please prepare the followings for the hands-on session:

1) hand sanitizer, (2) measuring tape, (3) a chopstick, (4) a spoon, (5) a cup of water to dip the chopstick and spoon, (6) another cup of water to drink, (7) some crackers.