

## **7. Alvin CHOW - Medical Care – Physiotherapist**

I always love sports

So I chose to study physiotherapy in university

I liked it a lot after studying it thus I entered the industry

The main job duty is to help athletes and patients to do physiotherapy

Patients will usually make an appointment first

Every day, I have a fixed timetable of work

But it depends on the booking time of the patients

The time is arranged by myself

To a certain extent, it is quite flexible

But there is also a fixed working time

You have to start with a bachelor's degree in physiotherapy

Since the courses about physiotherapy can be very broad

You can choose to study different courses according to your interests after graduation

Then you can focus on a specialised area

Self-satisfaction comes from, for example, when an athlete obtains good result

From another aspect

If a person cannot move

It will also be a huge sense of satisfaction if you can help him/her move again

It is about helping people after all

We do have pressure sometimes if the patients cannot recover

Or an athlete cannot recover in time for the competition on the next day

It makes me feel so stressful

When the athlete wants to join the competition but I don't want him to

The only solution is to communicate more with the coaches and the patients

Let him know his condition and understand what he needs

In order to compromise the best way to resolve the problem

Since there isn't only one answer or decision

We have to communicate more to solve it

Development (of this industry) in Hong Kong is becoming better

There are more courses about physiotherapy

When I was in university, only The Hong Kong Polytechnic University offered this kind of programme

Now there are more local courses about physiotherapy

As well as students coming back from overseas

I believe the quality will be enhanced

As competition is getting keener

And the general public are more aware of physiotherapy

The demand also increases

I think that the development opportunity is good

Most of my patients are elite athletes

I will need to cater their needs 24/7

There would not be a day without work

I might need to visit the athletes even at the weekend

However, we can coordinate the time ourselves

It won't affect so much

Because of getting to know the athletes

Their attitude towards life and competition inspires me

I realise that it would make my work more interesting

To be surrounded by so many people with passion

If you want to become a physiotherapist

The most important criteria is to enjoy helping people

The satisfaction does not necessarily come from earning money

If your satisfaction comes from earning money, it will be more difficult

Then you might not be able to be happy easily

If your happiness comes from helping people

I think this job is very suitable for you