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Monthly Health Education Seminar 健康講座

Speaker: Ms. Diana But (Registered Physiotherapist)

講者：畢慧敏註冊物理治療師

25/6/2008(Wed), 7:00pm-8:30pm, Central Clinic



Against “Sub-health” Status (Back & Neck Series)

Do your back and neck always easily fatigued or even feels sore, but your doctor said that you are normal after all the examinations? If this happens to you, your back and neck may be at “Sub-health” status already.

Sub-health is a grey period between healthy conditions and unhealthy conditions, which is a newly-developed concept. Prevention is always better than cure, it can be achieved in 2 ways: one is regular check-up to reveal any problem before the pain emerge, and another is to do preventive measures once you feel any discomfort. Experts already point out that around 70% of our population is classified as “Sub-health”. So why don't you join us? This talk will explain what is the sign and symptom of “Sub-health” specify at back and neck regions, and teach you exercises to prevent and cure your spine from “Sub-health” to “Health”.

Language: Cantonese

對抗“亞健康”狀態（頸背篇）

你是否常會覺得頸背容易疲倦，甚至酸痛，醫生作了各種檢查往往下的結論是沒有病，不用治療？如答案是“是”的話，你很可能已達到了“亞健康”狀態了。

“亞健康”狀態是介乎於健康狀態與疾病狀態之間的一種灰色狀態，是最近提出來的新概念。我們治病強調防患於未然，不是等疾病發生了再去治療，在它發生以前就該進行預防性治療。這包括從兩方面的重視，一是病人沒有不舒服的表現，但經過檢查後發現有問題要進行治療，或者稱為預防性治療或保健。另一種情況是經過各種檢查後，結果都是正常的，但病人卻仍然感覺到有些不舒服，實際上這已經是疾病的先兆了，這個時候也需要預防性治療或保健。有專家指出，估計整體人群中約有 15% 的人是健康人群，另外 15% 是非健康人群，其餘 70% 的人屬於亞健康人群。在這次講座中，物理治療師會針對頸背的“亞健康”狀態講解，教導大家怎樣進行預防性的保健運動，讓脊骨恢復到健康狀態。

語言：中文

Free admission. For enquiries, please contact us at 25372083.

座位有限，請早預約。

Seats are limited, please reserve yours early.

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