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## Monthly Health Education Seminar 健康講座



### 高跟鞋危機

### High Heels Hazard – how to cope with high heel?

28/08/2008 (Thursday) 7:00PM-8:30PM

主講: 畢慧敏註冊物理治療師 Speaker: Ms. Diana But, PT

語言: 中文 Language: Cantonese

雖然您願意忍受穿高跟鞋的種種不適, 但您很有可能低估了高跟鞋對您雙腳所做成的危害! 除了整日穿著高跟鞋令雙腳酸痛無比外, 長期穿著高跟鞋還可以引致: 雞眼及硬皮, 倒甲 / 內生甲, 拇趾外翻 / 囊腫, 神經瘤, 以及跟腱縮短等等病症。

身為職業女性, 您很可能被迫與高跟鞋為伴, 但至少您可以挑選一對遺害沒那般嚴重的高跟鞋, 以及多做腳部運動以減低足部問題形成的機會。來我們的講座, 學習如何好好對待自己雙腳吧。

Despite what you're willing to tolerate, you may be underestimating the damage that high heels can cause, beyond just having sore feet at the end of the day. Common foot problems from wearing high heels are: Corns and calluses, Toenail problems, Hammertoe, Bunions, Neuromas, and Shorten Achilles tendon.

If you just can't get rid of high heel, at least you can choose a better high heel and limit the occurrence of those foot problems by changing your heel habits and exercises. Join our talk and learn how to be good to your feet!

**地點:** 中環德輔道中 20 號德成大廈 508 室

費用全免。報名及查詢請電 25372083。座位有限, 請早預約。

**Venue:** Rm 508 Takshing Hse., 20 Des Voeux Rd. Central

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

**Seats are limited, please reserve yours early.**