

Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所

Central Clinic: 2537 2083 Mongkok Clinic: 2831 8233 E-mail: physio@kerryfung.com Website: <http://www.kerryfung.com>

Newsletter Vol. 3, March 2005

Monthly Health Education Seminars

Tension Headache

- The time bomb of city lifestyle

Headache is common. It is so common that some people may have it all the time, severely affecting their life and work. However, many headaches were associated with mental stress and muscle spasm. This seminar will explore with you the cause and characteristics of Tension Headache, physiotherapy intervention to relief them and how people could help themselves. Besides routinely taking pain-killing tablets, there are other ways for a better relief.

Speaker: Mr. Kerry Fung, Physiotherapist

Date: Thursday, 31 March, 2005.

Time: 7:00 – 8:30 pm

Venue: Central Clinic (Room 508 Takshing House, 20 Des Voeux Road Central, Hong Kong)

Language: Cantonese

Free of Charge. For enquiries, please call us at 2537 2083.

Seats are limited, please reserve yours early.

每月健康講座

張力性頭痛

- 都市人的計時炸彈

很多人都試過頭痛，甚至慣性出現，嚴重影響生活和工作。但原來許多患者的頭痛，是由於壓力引起的神經緊張和肌肉痙攣有關的。本講座會和大家探討一下張力性頭痛的成因和特徵，物理治療中舒緩和治療頭痛的方法和自我保健，讓你在慣性服用止痛藥以外，尋求一個更為治本的良方。

主講：馮偉業物理治療師

日期：二零零五年三月三十一日（星期四）

時間：晚上七時至八時半

地點：中環診所

（香港中環德輔道中 20 號德成大廈 508 室）

語文：廣東話

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。

義務臨場物理治療服務

我們於今年二月一日開始，為香港浸會大學體育系及校隊運動員提供義務診療服務，並贊助所有消耗用品的費用。此服務每逢星期二下午七時半至九時半於香港浸會大學逸夫校園彼鄰的聯校運動中心進行。

第一階段服務將會到四月份學期終結為止，並將於下學期開課後繼續。學生可於逢星期二親身到聯校運動中心預約服務，或聯絡聯校運動中心職員安排。

Voluntary on-field sports physiotherapy service

We are glad to announce that voluntary sports physiotherapy service for PE Students and Team Athletes of the Hong Kong Baptist University (HKBU) has been started from 1 February. Our physiotherapists and trainees will attend to students free of charge on every Tuesday from 7:30 - 9:30 pm at the Joint Sports Centre (JSC) off the HKBU Shaw Campus. We shall also sponsor the cost for all consumable items for the service at this stage. The initial stage of the service will be held weekly until the end of this semester in April. Services will resume during term time. Students can make appointments in person at the JSC on Tuesdays or contact JSC staff.

Special Offer for elderly Card Holders (Mongkok Clinic Only)

We are now providing a discount of 40% to clients who are elderly card Holders at our Mongkok Clinic. Please contact us for details.



長者優惠

(只在旺角診所提供)

現在持有長者咭的人士可於旺角診所享有六折診金優惠。詳情請向本診所職員查詢。

活動報告

多謝大家勇躍參與「每月健康講座」。由於得到大家支持，使講座十分成功。我們會繼續舉辦講座，希望更多人能夠得益，得到更多健康資訊，保持身心健康。

陶智超物理治療師為元朗協康會主講的「基本親子按摩班」也在二零零五年二月十九日及二月二十六日完成。內容以小兒按摩為主，甚得參與的家長歡迎。

Activities Report

Thank you for your participation in our “Monthly Health Education Seminars”. Without your kind support, our seminars would not have such success. We hope that more people could enjoy and learn from the seminar and stay healthy physically, mentally and spiritually.

Mr. Ray To acted as the speaker of the “Basic Massage Course for Parents” for Heep Hong Society Yuen Long Branch on 19 & 26 February 2005. The theme of the course was on Massage for Children. It was very well received by parents participated in the program.

Health is a continuum of physical, mental & spiritual well being.

