

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

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## Monthly Health Education Seminars

### *The enemy of office workers - Mouse and Keyboard*

Office workers often suffer from neck and back pain. Apart from these, other parts of the body will also be affected if they use mouse and keyboard repeatedly without rest and proper exercises. This will severely affect their working ability and even sleeping quality. In fact, this is called Repetitive Strain Injury (RSI). Serious consequences may happen if treatment and prevention are delayed. This seminar will explain to you the causes and symptoms of RSI. Physiotherapist will also talk about its treatments and prevention. A set of exercises in the workplace will be demonstrated.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 30th June, 2005 (Thursday)

Time: 7:00-8:30pm

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

Language: Cantonese

Free admission

For enquiries, please contact us at 25372083

Seats are limited, please reserve yours early.

## The Mirror OF The Mind -

### *Introduction to Psychosomatic Dysfunctions*

A psychosomatic dysfunction is a disease which involves both mind and body. Particularly means "Physical disease which is thought to be caused, or made worse, by mental factors"

## The Western Perspective of Psychosomatic Dysfunctions

Stress Reactions – General Adaptation Syndrome, (Selye)

### ■ Alarm Stage (Flight and Fight Reactions)

Increase production of hormones by the medullar part of the adrenal gland (adrenaline, cortisol) to mobilize physical energy needed to combat the stress. When the stress is extremely acute, it takes the form of inflammation. If reaction is strong enough to overcome the stress, one can regain balance and returns to normal homeostatic condition.

### ■ Resistance Stage (Adaptation Stage)

One tries to deal with the stress by producing and activating corticosteroid hormones (cortisol, DHEA) in the adrenal gland that work as anti-inflammatory agents, results in consumption of one's energy reserves and hypertrophy of adrenal gland. The second phase can continue for a long period of time, gradually weakening the person.

### ■ Exhaustion Stage (Burn-out)

Depletion is so high that one loses the ability to adapt to the stress. Lead to a number of symptoms, which are sometimes difficult to define. One has exhausted its energy reserves trying to contain the stress and starts to self-destruct. The typical symptom of the exhaustion phase is chronic fatigue.

## The Chinese Perspective of Psychosomatic Dysfunctions

The Causative Factors (Etiology) of Diseases in Chinese Medicine include exogenous, endogenous factors and miscellaneous factors where the endogenous factors are the excess of emotions of a person.

The Seven Emotional Factors described in Chinese literatures includes Joy (喜), Anger (怒), Worry (憂), Melancholy (思), Grief (悲), Fear (恐) and Fright (驚), which will give rise to problems of different organs (zang fu) of the body, leading to physical problems.

## 每月健康講座

### *「鼠鍵之患」- 辦公室人員的公敵*

辦公室人員很多時都患有頸背痛，如重複使用滑鼠和鍵盤太久，更有可能感到上肢腫痛，影響工作能力，嚴重者甚至痛得難以入睡。

不說不知，原來這已患上重複性或慢性勞損疾病了。如沒有正確的預防及治療，甚至延誤就醫，結果就難以想像了。

本講座會為大家探討重複性勞損的成因及其病徵。物理治療師更會講解治療和預防方法及親身示範一系列辦公室運動。

講者: 陶智超物理治療師

日期: 二零零五年六月三十日 (星期四)

時間: 晚上七時至八時半

地點: 香港中環德輔道中 20 號德成大廈 508 室

語言: 廣東話

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。

## News Flash - BodyTalk Course

Mr. Kerry Fung will be co-teaching a BodyTalk course (Modules 1 and 2) with Dr. Kerry D'Ambrogio from July 29 - August 2, 2005 at the International Spa and Beauty College (ISBC) in Central.

BodyTalk is a holistic healthcare approach that was based on the intrinsic healing capability of the human body and derived from the philosophy and techniques of Traditional Chinese Medicine, Western Applied Kinesiology, Indian Yoga, Quantum Physics and Psychology. It aims at finding out the priority of the needs of the body and the parts of the body-mind complex that requires communication and balance and to enhance it with a simple stimulation technique so that the body can change towards a better health.

A free Preview Evening will be held on Thursday 21 July, 2005 at ISBC at 7 pm. Mr. Fung will introduce the audience to the basic principles of BodyTalk and other techniques. For details of the Preview and the Course, please contact ISBC at 25268818. People referred by us can obtain a 30% discount in the fee of the courses.

## 快訊 - 身心傳信課程

馮偉業物理治療師將與由美國來的鄧博哲物理治療師(Dr. Kerry D'Ambrogio)於七月廿九日至八月二日期間在國際水療及美容學院 (ISBC)一同教授一個「身心傳信」第一級及第二級課程。

身心傳信是一種源於對人體自我康復的信念，應用中醫學、西方應用運動學、印度瑜珈、量子物理學及心理學等哲理及技巧的整全保健治療方法，它是透過找出身體上需要優先注意和協調的部位，再利用簡單的刺激方法，使身心靈的溝通和協調得以改善，從而達到保健和治療的目的。

馮先生將於七月廿一日晚上七時，於 ISBC 舉行一個免費的簡介會，講述身心傳信治療的基本原理和一些其他的手法治療方法。詳情致電 25268818 與 ISBC 聯絡。馮偉業物理治療師事務所轉介的學員可享有有關課程學費七折優惠。

## Management of Psychosomatic Dysfunctions

- Active Coping – Identifying the stressor & Management of Stress
- Relaxation – diaphragmatic breathing, exercises, etc.
- Psychotherapy – Counselling, rational emotive therapy, etc.
- Body Therapies – BodyTalk, Craniosacral Therapy (Somatic Emotional Release), etc.
- Energy Therapies – Acupuncture, Reiki, etc.