

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

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## Monthly Health Education Seminars

## 每月健康講座

### Introduction to BodyTalk

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 so that the body can change towards a better health. BodyTalk is a simple, safe and effective approach in healthcare and health promotion. It is efficacious in many physical and psychological diseases.

**Speaker:** Mr. Kerry Fung (Registered Physiotherapist and Certified BodyTalk Practitioner)  
**Date:** 21<sup>st</sup> July, 2005 (Thursday)  
**Time:** 7:00-8:30pm  
**Venue:** International Spa and Beauty College (ISBC)  
10th Floor Silver Fortune Plaza, No.1 Wellington Street,  
Central, Hong Kong.

**Language:** English (Cantonese Translation)

For enquiries and reservation, please contact us at 25372083 or call ISBC at 25268818.

Seats are limited, please reserve yours early. Free admission

### 鼠鍵之患—辦公室人員的公敵

#### 重複性勞損疾病的定義

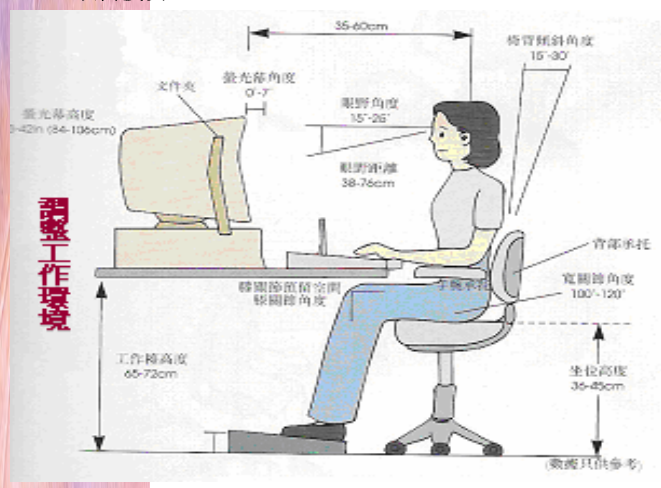
- 重複或維持某一姿勢太久
- 每一重複動作都會導致軟組織輕微損傷
- 重複次數不多，身體的自癒機制使損傷修補，沒有痛楚或病徵
- 若重複次數太多或太久，損傷累積，導致身體無法忍受，出現一系列病徵

#### 重複性勞損疾病的成因

- 過量的重複性動作
- 過度用力緊握物件
- 長時間在固定的姿勢下工作
- 長時間注視文件或螢光幕
- 不正確姿勢
- 欠理想的工作環境
- 體能欠佳
- 工作緊張及壓力大

#### 預防方法

- 每小時抽五分鐘做伸展運動
- 調整工作環境
- 改善姿勢



### 身心傳信簡介

身心傳信是一種源於對人體自我康復的概念，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合保健治療方法，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。身心傳信是一種簡單、安全而有效的保健和治療方法，對很多身心疾患都有顯著的療效。

**講者:** 馮偉業(註冊物理治療師及合格身心傳信治療師)

**日期:** 二零零五年七月二十一日(星期四)

**時間:** 晚上七時至八時半

**地點:** 國際水療及美容學院, 中環威靈頓街一號荊威廣場十樓

**語言:** 英語 (中文翻譯)

**報名及查詢請聯絡我們(電話 25372083)或致電 25268818。**

**座位有限, 請早預約。費用全免**

### News Flash

#### The BodyTalk Level I&II

Mr. Kerry Fung will be co-teaching a BodyTalk course (Modules 1 and 2) with Dr. Kerry D'Ambrogio.

**Date:** July 29-31 2005 (Fri-Sun) 10:00a.m.-18:00p.m.

August 1&2 2005 (Mon & Tue) 19:00p.m.-22:00p.m.

**Venue:** The International Spa and Beauty College (ISBC)

**Fee:** HK\$ 8,880.00

#### Orthopaedic Manual Therapy Symposium

Mr. Kerry Fung appeared as one of the guest presenters for the Orthopaedic Manual Therapy Symposium organized by the **School of Chinese Medicine of the Chinese University of Hong Kong** on Sunday 26 June, 2005. He was the only physiotherapist and practitioner with a western healthcare background among other Chinese medicine practitioners and professors at the symposium. He delivered a lecture on The Differences and Similarities between Eastern and Western Manual Therapy and demonstrated to the audience some manual therapy and manipulation techniques commonly used in western approaches.

### 快訊

#### 身心傳信

馮偉業物理治療師與由美國來的鄧博哲物理治療師一同教授一個「身心傳信」第一及第二單元課程。

**日期:** 七月廿九日至三十一日(星期五至日)上午十時至下午六時  
八月一日及二日(星期一和星期二)下午七時至下午十時

**地點:** 國際水療及美容學院(ISBC)

**費用:** 港幣 8,880 元正

#### 骨傷手法交流會

馮偉業物理治療師於六月廿六日出席了香港中文大學中醫學院主辦的骨傷手法交流會，作為眾多中醫學教授和泰斗當中唯一一個物理治療師和擁有西方醫療背景的講者，他在會上發表了名為「東西方手法的異同」的講座和即席示範了一些西方體系的手法和關節舒整治療法。

