

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

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Monthly Health Education Seminars

“Children's Back Care”

The incidence of back pain has increased in recent years. There is a trend that back pain is affecting the younger generation much more than before. If postural problems or scoliosis could be found out and treated early, their detrimental effects could be minimised and back problems could be prevented in time. During this seminar, our physiotherapist will teach you how to be aware of back problems commonly encountered affecting children and how to perform an assessment for the back of your kids.

Speaker: Mr. Kerry Fung, Registered Physiotherapist

Date: 28th September, 2005 (Wednesday)

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.

肩周炎—結了冰的肩膊

肩周炎

- ⊗ 又稱「五十肩」或「冰凍肩」
- ⊗ 「肩關節疼痛」或「活動幅度受限制」的臨床症狀的合稱
- ⊗ 大多數發病期約為五十歲
- ⊗ 以女性患者佔大多數
- ⊗ 由於疼痛及活動受阻，影響日常生活的操作，如穿衣、梳頭、洗澡、提重物等

病徵

第一階段：急性期，主要徵狀是疼痛

第二階段：亞急性期

- ⊗ 痛楚略為減輕
- ⊗ 軟組織開始纖維化及硬化，肩關節活動欠缺靈活

第三階段：明顯活動障礙期

- ⊗ 紅腫等徵狀已減退，軟組織嚴重纖維化及硬化
- ⊗ 肩關節已失去大部分的活動能力，不能向前、後、側提起及內外旋
- ⊗ 猶如冰雪僵硬般，此階段的肩周炎稱為“冰肩”

成因

- ⊗ 急性創傷如扭傷、拉傷及脫臼
- ⊗ 慢性軟組織勞損如筋膜炎、關節囊炎及黏液囊
- ⊗ 不正確姿勢如寒背、圓膊
- ⊗ 頸椎病變
- ⊗ 外科手術後遺症
- ⊗ 疤痕黏連
- ⊗ 淋巴液阻塞

治療方法

包括手法治療、關節活動法、物理性電療、運動治療、針灸治療、淋巴引流法及脊椎治療。



每月健康講座

親子背部護理

近年來，背痛的發生率日益增加，患者亦有年輕化的趨勢，但如果能及時發現及治療一些姿勢或脊柱側彎等問題，便可以將它們對孩子的影響減低和預防背部疾患。在這個講座中，物理治療師會教導你認識常見的影響孩子的脊椎問題，並會指導你如何為你的子女進行簡單的脊骨檢查，讓你能防患於未然。

講者：馮偉業物理治療師

日期：二零零五年九月二十八日（星期三）

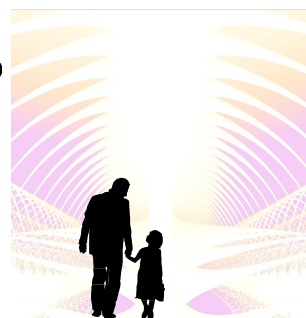
時間：晚上七時至八時半

地點：中環德輔道中 20 號德成大廈 508 室

語言：中文

報名及查詢請聯絡我們（電話 25372083）。

座位有限，請早預約。費用全免



“Frozen” Shoulder

Definition of frozen shoulder

- ⊕ Is a syndrome with loss of motion, stiffness, and pain of shoulder
- ⊕ Mainly occurs at women in fifty year of age
- ⊕ Clinical and medical unknown causes
- ⊕ Affect activities of daily living, such as combing, bathing & carrying objects

Phases of frozen shoulder and its signs and symptoms

- ⊕ Inflammation phase: pain dominant
- ⊕ Sub-acute phase: pain reduce, stiffness increase
- ⊕ Organization phase: significant stiffness
- ⊕ Loss of motion: Hand behind back, abduction & flexion
- ⊕ Muscle spasm

Possible causes

- ⊕ Acute injury
- ⊕ Overuse injury
- ⊕ Incorrect posture
- ⊕ Neck/cervical dysfunction
- ⊕ Post-surgical complications
- ⊕ Lymphatic congestion
- ⊕ Scar and fascia adhesion



Physiotherapy intervention

Manual therapy, joint mobilization, electrophysical therapy, exercise therapy, acupuncture, lymphatic drainage therapy, spinal therapy and manipulation.

News Flash 快訊

Mr. Kerry Fung will attend the BodyTalk Conference and help teaching a course in the United States between 2 - 13 September, 2005. During Mr. Fung's leave, Mr. Ray To will continue to take care of our clients. Mr. Fung will resume consultation service on 14 September, 2005.

馮偉業物理治療師將於九月二日至十三日期間到美國出席身心傳信會議和協助任教課程，期間陶智超物理治療師將會繼續為各位提供服務。馮偉業物理治療師將於九月十四日恢復應診。

Mr. Kerry Fung was interviewed by RTHK Radio 2 on 18 August, 2005. He talked about Physiotherapy, BodyTalk and things about himself during the interview. If you are interested to listen to the interview, please check out the web site of RTHK at <http://www.rthk.org.hk/rthk/radio2/kingofthekings/20050818.html> or visit our web site.

馮偉業物理治療師於八月十八日接受了香港電台第二台的萬王之王節目訪問，談及了物理治療、身心傳信和有關他自己的事情，有興趣重溫該段訪問的朋友，可以瀏覽 <http://www.rthk.org.hk/rthk/radio2/kingofthekings/20050818.html> 香港電台的節目重溫網頁或瀏覽我們的網頁。

整全健康道·至善身心靈

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