

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

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Monthly Health Education Seminars

Osteoporosis - Not a senile disease

Osteoporosis has been affecting a large population in society and the tendency has ever been increasing. Many think that it is a disease affecting the older population only, but indeed it is not. Why this happens to us? Who will be affected? Is it related to menopause of women? Does it affect men? How can it be treated, and more importantly, be prevented? The answers will be revealed in this seminar. Don't miss it.

Speaker: Mr. Kerry Fung, Registered Physiotherapist
Date: 30th November, 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.

每月健康講座

不是老人病 -- 骨質疏鬆

近年來骨質疏鬆的個案有持續上升的趨勢，很多人以為骨質疏鬆只是一種老人病，其實不然！那我們為甚麼會有骨質疏鬆呢？誰會受影響呢？它是否與女性的更年期有關呢？男士又會否生這個病呢？我們可以怎樣治療，和更重要的，預防它呢？這些問題的答案，我們會在這個講座中為你解答，萬勿錯過。

講者：馮偉業物理治療師
日期：二零零五年十一月三十日（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：廣東話
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

腰膝足痛的禍根--高跟鞋

High Heel Shoe Related Diseases

自我檢查

- 盆骨前傾、髂前上棘 (ASIS)
- 脊椎弧度
- 步行或站立時膝部有否接觸？
- 膝蓋位置
- L 形腳
- 內直縱足弓
- 橫縱足弓
- 腳趾變形或紅腫
- 硬結
- 壓痛點
- 足跟位置

脊椎

- 盆骨前傾
- 腰椎弧度增加
- 腰部肌肉緊張
- 腰骨氏關節僵硬
- 寒背

膝蓋側擺
前膝痛

小腿

- 小腿肌肉緊張、痠痛
- 靜脈曲張

足踝扭傷

趾骨痛

- 神經瘤
- 壓力性骨折

趾部

- 錘狀趾
- 爪形足
- 拇趾外翻、拇趾腳骨增生
- 偏平足

足跟部

- 後跟腱炎
- 足底筋膜炎
- 跟骨增生

預防

- 保持良好姿勢
- 工作間要有適量伸展運動
- 良好的運動習慣
- 避免在固定工作位置停留時間
- 帶備一對舒適鞋上班以便更換

整全健康道·至善身心靈

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

News Flash 快訊

熱暖推介

天氣轉冷，有沒有想過送一份溫暖的感恩節/聖誕節禮物給親友？本診所將於十一月十五日至十二月三十日間提供暖墊九折優惠。暖墊不但可保暖，也有舒緩肌肉緊張痛楚的作用呢！

Warm Promotion

Have you ever think of buying a Warm Thanksgiving /Christmas Gift for your relatives and friends? From 15 November to 31 December 2005, there would be 10% discount for all Hot Pads. Besides keeping you warm, you can also use it for Heat Therapy to relief muscle tension, aches and pains.