

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

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Newsletter Vol. 12, DEC 2005

## Monthly Health Education Seminars

### Don't neglect ankle sprain!

It is seemed that ankle sprain is a minor injury and can be recovered without treatment. However, it is not the case if not handle properly. Some may have sprain repeatedly resulting in chronic pain and instability. This seminar will explore with you the causes, immediate handling, and rehabilitation programs of ankle sprain, so that you can recover early and prevent re-injury.

Speaker: Mr Ray To, Registered Physiotherapist  
Date: 20th December, 2005 (Tuesday)  
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.

### Osteoporosis

Osteoporosis means that bone becomes brittle and easy to break. During childhood and teenage years, new bone is formed faster than old bone is removed. As a result, bones grow in size and density. This continues until the age of 30, bone resorption starts to exceed bone formation. Osteoporosis develops when bone loss occurs more rapidly. It is mostly likely to occur at spine, hip and wrist.

#### Prevention

- Eat a balanced diet and maintain healthy body weights
- Get enough calcium and vitamin D
- Exercise regularly and maintain good postures
- Have your bone density checked

#### Exercise

Bones are shaped slowly by the forces they withstand. The more active we are, the stronger our bones will be. If we exercise with the right intensity, frequency, and duration, we will have benefits like increasing bone mass, maximizing bone reserve and reducing bone loss. It also increases muscle strength, coordination, flexibility, and balance, thus reducing the tendency to falls

#### Bone Exercise

- Weight Bearing Exercises: jogging, running, dancing and tai chi
- Weight Training: gymnastics on apparatus, muscle training
- Stretching Exercises: stretching exercise, yoga
- Postural Exercises: Keeping good posture, correct wrong posture
- Outdoor Activities: exercise + develop vitamin D

### Bone Density Check Offer

Osteoporosis is a "silent" disease, it may progress undetected until a fracture occurs, early diagnosis can make a difference in client's life. In conjunction with this seminar, we would like to encourage our clients to have **Bone Mineral Density Measurement** for early recognition and prevention of the disease. From 1 December 2005 to 31 December 2005, client can have a special offer for Bone Density Check at Precious Blood Hospital or a designated laboratory.

For Details, please contact us at 2537 2083.

### News Flash 快訊

#### 1. Institute of Holistic Healthcare

整全保健學院

Email: [info@iholistic.org](mailto:info@iholistic.org)

Web site: [www.iholistic.org](http://www.iholistic.org)

We have established a non-profit making education branch of our clinic named Institute of Holistic Healthcare. We aim at providing quality healthcare courses to physiotherapists, healthcare providers, and the general public. We tend to set the price of the courses only to cover the expenses to run the course and essential maintenance so that more people can benefit from the programs while maintaining a small class for better quality teaching and supervision in practical.

我們成立了一個屬於非牟利的學習部門-整全保健學院。我們的目的主要是為物理治療師、醫護人員及一般公眾提供優質的保健課程。我們希望將收費調整至課程營運成本，通過小班教授，使更多人能受惠於監督下實踐的優質教育。

#### 2. Chinese Orthopaedic Massage

中醫骨傷推拿文憑

Mr. Kerry Fung will be one of the lecturers of Chinese Orthopaedic Massage course organized by School of Chinese Medicine, The Chinese University of Hong Kong. 馮偉業物理治療師將會作為香港中文大學中醫學院主辦「中醫骨傷推拿文憑」課程之其中一名主講老師。

## 每月健康講座

### 怎能忽視“拗柴”呢!

足踝扭傷俗稱“拗柴”。這足患看似很簡單，會不藥而癒，但若處理不當的話，後果就絕不簡單了。有些患者甚至重複扭傷，導致足踝長期疼痛及不穩。這講座會令你更認識“拗柴”的成因、處理及醫治方法，使你能及早康復，避免風濕舊患。

講者：陶智超註冊物理治療師  
日期：二零零五年十二月二十日（星期二）  
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  
費用全免。報名及查詢請聯絡我們(電話 25372083)。座位有限，請早預約。

### 骨質疏鬆

骨質疏鬆症是指骨骼的密度下降，不能再承擔人體的體重，從而變得脆弱。隨著年紀的增長，人體的骨質亦會增加，在 30 歲前達到最高峰，之後便會逐漸減少。當骨質流失速度比形成速度快，骨質密度便會減低，更易患上骨質疏鬆症。骨質流失主要是見於脊椎骨、臀部及腕部。

#### 預防方法

- 均衡喝水和維持適當的體重
- 吸收適量鈣質和維他命 D
- 進行適量運動和保持良好姿勢
- 作骨密度檢查

#### 運動

骨骼是在承受壓力下慢慢形成。經常運動可給予骨骼壓力，刺激它生長。並使血液流通，增加骨的養份，增加有利骨形成的荷爾蒙。所以我們愈是活躍，骨骼愈變得堅強。相反地，不做運動，骨骼缺乏所需的壓力，做骨比破骨慢，骨質便會流失。

#### 護骨運動

- 負重運動：步行、跑步、舞蹈、太極等
- 重力訓練：器械運動，肌肉力量訓練
- 伸展運動：伸展動作、瑜珈
- 姿勢運動：保持良好姿勢、糾正姿勢錯誤
- 戶外運動：運動 + 製造維他命 D

### 骨質疏鬆檢查優惠

一般骨質疏鬆患者都會沒有任何病徵，越早發現能改變患者的一生。承接此講座，我們希望鼓勵顧客接受**骨密度檢查**。由十二月一日至十二月三十一日，顧客於寶血醫院或指定化驗所即享骨質疏鬆檢查優惠。有關詳情，請致電 2537 2083 向我們查詢。

The coming courses are as follows,

#### Muscle Energy Technique for the Lower Quadrant

Saturday 7 January, 2006 – Tuesday 10 January, 2006

#### Muscle Energy Technique for the Upper Quadrant

Thursday 12 January, 2006 – Sunday 15 January, 2006

#### 中醫骨傷推拿文憑

日期：2006 年 1 月中旬

時間：逢星期日(09:00-13:00;14:00-18:00)

地點：沙田中文大學崇基學院

整全健康道·至善身心靈

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