



## NEWSLETTER

### Monthly Health Education Seminars 每月健康講座

#### Sport Injuries- The Athletes' Perspective

organized by Red Belt Club, Ngai Mo Alliance Taekwondo

#### 從運動員的觀點看 運動創傷的防治

毅武聯盟跆拳道紅毅會主辦



Exercise performance is the ultimate goal of many athletes. However, when we push our body to the limit, injuries may be inevitable. How can we maximize the performance potential while staying healthy to enjoy the pleasure of sports? This seminar can give you a clue.

運動爭勝，是許多運動員的最終目標。然而，當我們將體能推向極限時，身體也往往不免受到傷害。到底怎樣才可以在發揮最佳表演的同時，保持健康和享受運動的樂趣呢？這個講座將會給您啓示！

#### SPEAKER: Mr. Kerry Fung, PT

講者：馮偉業物理治療師

Date: 15 Jun, 2006 (Thursday)  
日期：2006年6月15日(星期四)  
Time: 19:30 – 21:30  
時間：下午七時半至下午九時半  
Venue: Central JPC Club House  
地點：中環荷里活道中區少年警訊會所  
Medium of Talk: Cantonese  
語言：廣東話

Free Admission. For reservation, please call us at 2537 2083. 費用全免。報名及查詢請電2537 2083。

### News 動向

#### Mr. Oscar Chan

Registered Physiotherapist (HK)

BSc (Hons) in Physiotherapy

#### 陳嘉渝物理治療師

註冊物理治療師(香港)

香港理工大學物理治療(榮譽)理學士

We are glad to inform you that Mr. Oscar Chan joins our professional physiotherapy services from 22nd May 2006.

我們很高興通知大家，陳嘉渝物理治療師於本年五月二十二日加入本公司，為大家提供專業物理治療服務。

### Health Information 健康資訊

#### ICB Heat Moulding Orthotics ICB 矯正鞋墊



Our bodies are called upon to walk predominately on hard unyielding surfaces...for which we were never designed; rather than soft accommodating surfaces, such as grass, sand and soil.

When the surface does not 'give away' the structure of our foot collapses or rolls in (pronate) flattening the arch in order to make contact with the ground. Combining this inwards rolling with **bad biomechanical alignment** can result in wear and tear to our body, also many other conditions can result such as knee, hip and back pain.

Realignment of the lower limbs to the Neutral Calcaneal Stance Position (NCSP) with FOOT ORTHOSES, ensures correct foot function and in turn relieves painful biomechanical complaints including:

- Bunions & Corns
- Plantar Fasciitis & Heel Spurs
- Metatarsalgia/ Morton's Neuroma
- Achilles Tendonitis
- Shin Splints
- Tibial Stress Syndrome
- Achilles Tendonitis
- Patello Femoral Pain
- Ilio-Tibial Band Syndrome
- Tired Aching Legs
- Hip Pain
- Osteo-Arthritis
- Severs Disease
- Osgood Schlatters
- Growing Pains

Starting from May 2006, we have acquired a new product - ICB Heat Moulding Orthotics from ICB Medical, Australia.

It has been designed to a specification which exhibits the best features of rigid functional orthoses derived from a collection of biomechanically balanced positive casts. They are manufactured from 100% EVA and are able to be fully customized. They are restricted to the professional market only as correct application and fitting by use of heat moulding is required.

One pair of ICB Heat Moulding Orthotics is HK\$980 (consultation fee will be charged separately). As this service requires our physiotherapists' professional assessment, an appointment is needed. From 1st JUN 2006 to 31st AUG 2006, client can have a special offer (20% discount) for this orthosis! For details, please contact us at 2537 2083.

腳掌會因應行走時地面的狀況而調整，若是軟的地面，例如沙地與軟土地面，地面會隨腳形而變化。但若走在堅硬平坦地面，一如我們日常生活中所面對的情況一樣，腳掌內側便要旋前下陷，才能與地面接觸，從而導致足弓下陷、足跟外翻、膝關節內旋等生物力學問題。

堅硬的地面底與重力是造成腳掌過度旋前的兩個最大的因素，這會引起身體的生物力學結構基部(例如雙腳)損傷，造成身體結構的代償作用(例如膝痛、髖關節痛、背痛)。

將下肢重新排列到正確的角度可舒解多種生物力學造成的困擾，包括：

- 大腳趾囊腫和雞眼
- 足底筋膜炎(跟骨骨刺)
- 蹠骨痛
- 小腿酸痛
- 膝蓋骨與髌骨的疼痛(膝痛)
- 跟腱炎
- 脛骨壓迫症(脛骨刺痛)
- 腰背痛
- 髌股束症(外髌關節及膝痛)
- 骨關節炎

我們於本年五月起由澳洲 ICB Heat Moulding Orthotics 引入此新式的矯正鞋墊，可按照顧客之需求而量腳打造。

ICB 矯正鞋墊以 100%的 EVA 製造，具備長效結構記憶，可保持不變形，特殊的防滑表面，提供更佳的支撐力。在專業的加熱塑形後，顧客便能擁有一對度身訂造的矯正鞋墊。

一對 ICB 矯正鞋墊需要港幣\$980(診金另計)。由於此服務需要我們物理治療師的專業評估及檢查，顧客敬請預約。由本年六月至八月，顧客訂購此產品更可享受八折優惠。有關詳情，請致電 2537 2083 向我們查詢。

