



Cancellation Policy

取消或更改預約的政策

Effective from 01/10/2006

由二零零六年十月一日生效

Our business works on an appointment basis. Dedicated time has to be reserved on the practitioner's schedule for each appointment made; therefore, an opportunity cost is attached to each appointment made. Any alteration or cancellation of appointments has to be made at least one working day in advance or else we have to, reluctantly, charge you fees in order to meet with the loss in the opportunity cost. Once an appointment is confirmed, any cancellation (including no show) or change of date on the same working day as the proposed consultation session will be charged according to the following schedule:

■ **50% of the usual consultation fee (being the same amount of the fee for the last consultation session) if a "confirmed appointment" is cancelled or changed for the second consecutive time and thereafter.**

The above compensation is due for payment at the time the cancellation or alteration is made. We hope that you understand our hardship and that the above policy has to be reluctantly in force. Please excuse us and accept our apologies for any inconvenience caused.

我們的業務是以預約方式運作，故此我們要為每一個預約在治療師的時間表上預留時段以提供服務，因而每個預約的時段都會涉及機會成本。如閣下需要取消或更改預約的時間，必須於最少一個工作天前通知我們。預約一經確定，對於任何於預約時間的當日作出的取消(包括缺席)或更改日期，我們不得已要依據下列準則收取費用：

■ **連續第二次或以上取消或更改已確定的預約，將每次收取一般的診療費(相當於上一次診療的收費)的 50%**

上述收費將於預約取消或更改當日生效。

希望閣下體恤我們的難處，上述政策實屬非不得已。對於由此而對閣下造成的不便，我們謹此鄭重致歉。

News 動向

Mr. Kerry Fung is invited to be a guest speaker for the in-house professional development for therapists for the Spastic Association of Hong Kong. He is going to present a talk titled "Introduction to Myofascial Release" on 23 September 2006.

香港痙攣協會邀請馮偉業物理治療師為專業培訓客席講者。他將於九月二十三日主講「軟組織鬆弛法簡介」。

Mr. Kerry Fung is going to further study on Functional Fascial Taping in Singapore between 20 September to 23 September 2006. Mr. Fung will resume consultation service on 25 September 2006.

馮偉業物理治療師將於九月二十日至九月二十三日期間到新加坡進修功能性包紮學。馮偉業物理治療師將於九月二十五日恢復應診。

Monthly Health Education Seminars

每月健康講座

Clinical Reasoning Forum

臨床辨證論壇

27 September 2006

7:00pm-8:45pm

Moderator: Kerry Fung, BHSc, PT

Panel Members: Arran Leung, PhD, PT;

C Y Tsang, MAppSc, PT; Ho Sik Hon,

BSc(Hons), PT

Targeted for physiotherapists, this forum will be conducted in a case-study manner. Besides listening to experts in the field to present their clinical reasoning and philosophies behind, participants can also get involved in the open discussion to share their experience in professional development.

這個論壇是為物理治療師而設的，透過個案研討，參加者除了可以聽到專家小組的成員論述各自的臨床推理及背後的哲學外，更可以置身其中，參與討論，分享經驗。

Venue: Central Clinic 中環診所

Medium of Talk: Cantonese/ English 廣東話/英語

Free Admission. For reservation, please call 2537

2083. 費用全免。報名及查詢請電2537 2083。

Health Information

健康資訊

Simple Stress Relieving Methods

你有壓力我有壓力 如何解決??

壓力及緊張的症狀

➢ 心跳及呼吸急促、精神難以集中、胸式呼吸、失眠、暴躁、缺乏耐力、肌肉緊張

壓力所引致的疾病

➢ 身心病、心悸、胸痛、胃痛、偏頭痛、肩頸腰痛、神經痛症、胃潰瘍、神經衰弱、抑鬱、冠狀動脈心臟病

減壓方法

腹式呼吸

- 把手放在小腹
- 心裏數吸和呼
- 留意呼吸是小腹而非胸部，將急促的呼吸變慢，心裏只想著呼吸和小腹

漸進式鬆弛法

- 有系統地從頭面開始直至下肢
- 收緊面部肌肉，維持 3-5 秒後放鬆
- 感覺放鬆及收緊的狀態
- 握著拳頭和屈曲手臂
- 挺起背部、蹬直膝部、屈伸小腿

穴位按壓

- 風池穴(改善睡眠);三陰交(調理經絡);內關(紓心悸鬱悶);太陽穴(亦可作體骨調息治療)

伸展運動

Institute of Holistic Healthcare

Web site: www.iholistic.org

Upcoming Courses Schedule in NOV by Dr. Kerry D'Ambrogio, D.O.M., A.P., P.T. from U.S.A.!

Dr. Kerry D'Ambrogio, D.O.M., A.P., P.T. is an internationally recognized lecturer, author, physical therapist and board certified acupuncture physician. You may also find information about him at www.TSIttherapy.com.

Positional Release Therapy

Lecture: Fri 10/11/2006

Lower Quadrant:

Sat 11/11/2006 – Sun 12/11/2006

Upper Quadrant:

Sat 18/11/2006 – Sun 19/11/2006

The most severe tender point is treated by placing the person's body or body part into a position of greatest comfort, thereby relieving the tender point, pain, joint hypomobility, fascial tension, and protective muscle spasm. This technique alleviates both articular and soft tissue dysfunctions in the body, thus restoring proper pain-free movement. This technique is useful in the treatment of both spinal and peripheral orthopedic problems. You will see immediate changes in the patient's pain level and functional ability. **This is mostly a hands-on workshop course. We do provide a manual and reference sheets for you to take home for future study.** The focus of this course is to teach techniques that are unique to PRT regarding evaluation, prioritizing findings and treatment of muscle guarding.

Fascial Release Level I

Mon 13/11/2006 - Fri 17/11/2006

Fascial Release will help normalize muscle tone, decrease pain, decrease swelling and increase soft tissue and joint mobility. The student will learn to alleviate various types of fascial dysfunctions in the body and restore pain-free functional movement. **This course will focus on techniques to help alleviate scar tissue in the cranium, spine, ribs, pelvis, sacrum and upper and lower extremities.** Immediate results will be seen with your patients. Participants will develop a solid foundation that will be immediately applicable to any clinical setting or patient population. The focus of this course is to teach techniques that are unique to FRT regarding evaluation, prioritizing findings and treatment of fascial restrictions.

Early Bird Discount Before 1/10/2006 !

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

整全健康道 至善身心靈