



Monthly Health Education Seminars 每月健康講座

Collapsed Foot Arch — Flat Foot

下塌了的足弓 - 扁平足

26 October 2006

7:00pm-8:30pm

This seminar will let you know more about the causes and symptoms of flat foot and its associated dysfunctions. Physiotherapist will teach you a set of therapeutic exercises and how to choose a well-fitted foot orthosis which can help relieving you problems.

Speaker: Mr. Ray To
(Registered Physiotherapist)
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.

透過是次講座，你會更了解扁平足的成因及其病徵。治療師會親自教導治療扁平足的運動，亦會指導如何正確地選擇適合你的鞋墊。

講者: 陶智超註冊物理治療師
地點: 中環德輔道中 20 號
德成大廈 508 室
語言: 中文
費用全免。報名及查詢請電 25372083。
座位有限，請早預約。

News 動向

Mr. Kerry Fung will be unavailable for consultation during the following periods:

1. When he attends further education program with the Osteopathic College of Ontario between 30 Sep and 2 Oct.
2. When he is on an official tour with the Hong Kong St John Ambulance Association in Shanghai & Eastern China between 15 and 18 October 2006.
3. When he is out of town on vacation between 29 Oct and 2 Nov, 2006.

馮偉業物理治療師將於下列時段暫停診療服務:

1. 9月30日至10月2日 (參加整骨醫學持續進修課程)
2. 10月15日至18日 (隨聖約翰救傷會出席於上海及華東的急救學術交流)
3. 10月29日至11月2日 (離港休假)

Health Information 健康資訊

Myofascial Release

Role of Fascia

- Support and stabilize organs, muscles, joints, vessels and nerves
- Acts as shock absorber
- Provide fluid lubrication between adjacent tissue
- Transport medium for cellular elements of tissue, blood and lymph
- Deep fascia enhances venous and lymphatic circulation
- Fat storage in superficial fascia conserves heat

Causes of Fascial Tension

- Physical trauma
- Inflammation and infection
- Structural imbalance
- Muscle imbalance
- Burns and scalds
- Osseous (bony) restriction
- Muscle guarding and protective spasm
- Surgery (scars)
- Facilitated segment of the spinal cord
- Mental stress (Psychological and emotional factors)

Sequelae of fascial trauma

- Breaking of parallel collagen fibres
- Inflammatory and repair process
- Laying down of new collagen fibres, in chaotic manner, three dimensionally
- Matrix (ground substance) change from soluble "sol" state to gelatinous "gel" state
- Adhesions and cross-linkages
- Physical dysfunction

Fascial Release

Type of Fascial Release Treatments

- Myofascial Release (MFR)
- Fascial Release Technique (FRT)
- Craniosacral Therapy (CST)
- Visceral Manipulation (VM)

Release Reaction

- Heat, crescendo and decrescendo of heat
- Vibration, Pulsation
- Deep breathing
- Gradual or sudden "release", softening & lengthening
- Paresthesia (tingling)
- Shaking, sense of movement and repelling force
- Inherent tissue movement
- Emotional reactions

Effects of Fascial Release

- Relax hypertonic muscles
- Reduce fascial tension
- Decrease local edema
- Improve circulation
- Decrease joint hypomobility
- Decrease pain
- Facilitate neuromuscular reorganization

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 dysfunction, the body and more pain, functional movement. The course will cover in depth 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.