



Monthly Health Education Seminars
每月健康講座

Health Information
健康資訊

Collapsed Foot Arch — Flat Foot

Causes of Pes Planus - Excess subtalar joint pronation occurs as the tibia internally rotates and adducts the talus over the calcaneus (calcaneal valgus). It may cause other dysfunctions such as heel pain, medial knee pain, patello-femoral joint pain, lower back pain etc.

Painful heels in both feet would indicate that the feet are excessively pronated, causing the medial plantar fascial attachment to be placed under strain causing tearing of the fascia attachment and inflammation will occur.

Pain on the medial side of the knees is associated with excessive subtalar joint pronation which causes the tibia to internally rotate with the pronation. As this occurs, it causes a slight genu valgum effect on the knee with the result that medial collateral ligament and pes anserinus strain can be experienced. Patello-femoral pain syndrome (PFPS) is resulted from excessive lateral shift or mal-tracking of patellar on the femoral condyle. This will increase wear and tear on the cartilage and fat pad resulting in pain and inflammation.

Excessive subtalar joint pronation internally rotates the tibial and femoral shafts with anterior tilt of the pelvis as an outcome. This results in increased lumbar lordotic curvature and compensatory muscular tightness of the lumbo-sacral region. A secondary kyphotic curvature to the thoracic region commonly develops.

Other problems such as Hallus Valgus, Calcaneal Valgus, Achille tendon tightness (Achille Tensonitis) may also happen together with flat feet clinically.

Treatment

The principle of treatment is to restore the biomechanics and promote active support of the feet in biomechanically correct functional positions. Electrical stimulation and muscle training of lumbrical muscles to support the medial foot arch actively. Taping can help alleviate pain while in acute phase and to correct the biomechanics so that normal functional loading of the feet that encourage improvement in proprioception and functional control could be achieved. Foot orthosis can realign the calcaneus valgus and correct foot pronation. Stretching of calf muscle and Achilles tendon in the corrected position can re-position the calcaneus to a more neutral position. Joint mobilization of Talo-crural joint and soft tissue therapy of medial shin, medial arch muscles and plantar fascia are able to treat bony and soft tissue dysfunction respectively.

Institute of Holistic Healthcare
Web site: www.iholistic.org
Health Programme

Mr. Kerry Fung and Mr. Ray To were invited by the Shiseido Dah Chong Hong Cosmetics Ltd. to provide in-service training courses for their employees.

Details:

Instructor: Mr. Ray To
Works fit, Fits work, Nov 22 - 24, 27 - 30
This seminar aims at delivering frontline staff the importance of correct posture at work. Work related strain injuries and work ergonomic principles will also be discussed. Some therapeutic and self care exercises will be prescribed so as to prevent them from injury and enhance their endurance.

Safe Lift, Saves Back, Nov 14
This seminar aims at delivering warehouse workers the concepts of safety manual work. Work related strain injuries and work ergonomic principles will also be discussed. Some therapeutic and self care exercises will be prescribed so as to prevent them from injury and enhance their performance.

Instructor: Mr. Kerry Fung
Care for the Carer, Dec 5
This seminar aims at helping therapists to take care of themselves while they are taking care of others so that they can expand their professional career as well as maximizing the effectiveness of their treatments.

Kerry D'Ambrogio
D.O.M., A.P., P.T.
Coming from U.S.A in Nov 2006!

Dr. Kerry D'Ambrogio is an international recognized physician, therapist, lecturer & author. He has taught several thousand healthcare practitioners including medical doctors, osteopathic physicians, dentists, chiropractors, physical and occupational therapist, massage therapists and athletic therapists. His courses are taught throughout Canada, USA, Europe, Asia, South America and the Middle East.

Client who would like to have consultation with him in Hong Kong, please **call 2537 2083 for appointment.**

Dr. Kerry D'Ambrogio 是一位國際認可的物理治療師、教授及作家。

他曾教授數千名醫護人員包括醫生、骨醫、脊醫、職業性物理治療師、按摩治療師和運動治療師，他曾到過教授的國家遍佈加拿大、美國、歐洲、亞洲、南美及中東。

如欲在本診所接受 Dr. Kerry D'Ambrogio 治療，請電 2537 2083 預約及查詢。

Multiple Joint Pain – Rheumatoid Arthritis 30/11/2006 (Thursday)

Through this seminar, we will let you acknowledge the sign and syndrome of Rheumatoid Arthritis and its prognosis. Besides, exercise therapy would be also introduced by physiotherapist so as to relieve the symptom and minimize the possible pain.

Speaker: Mr. Glover Wong, PT
Venue: Rm 508 Takshing Hse.,
20 Des Voeux Rd. Central

Language: Cantonese
Free admission. For enquiries, please contact us at 2537 2083. Seats are limited, please reserve yours early.

透過是次講座，讓你了解類風性關節炎的徵狀及病情進度，讓你及早發現。治療師並會親自指導怎樣通過運動治療來減輕痛楚，舒緩病情。

講者：黃思豪註冊物理治療師
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 2537 2083。
座位有限，請早預約。

News 動向

Radio Interview 電台訪問

Mr. Kerry Fung was interviewed by Metro Radio – Healthy Lives on 21 October, 2006. He talked about “Piriformis Syndrome” during the interview. If you are interested to listen to the interview, please visit our web site.

馮偉業物理治療師於十月二十一日接受了新城財經台的「健康特工隊」節目訪問，談及了梨狀肌綜合症。有興趣重溫該段訪問的朋友，可以瀏覽我們的網頁。

Glover Wong, PT
黃思豪物理治療師

We are glad to inform you that Mr. Glover Wong (Registered Physiotherapist), has joined our professional team from 1st November 2006. 我們很高興通知大家，黃思豪物理治療師已於本年十一月一日加入我們服務，為大家提供專業物理治療服務。

Mr. Kerry Fung is going to further study on Classical Osteopathy in Maidstone, England between 26 November to 3 December 2006. Mr. Fung will resume consultation service on 4 December 2006.

馮偉業物理治療師將於十一月二十六日至十二月三日期間到英國進修傳統整骨醫學。馮偉業物理治療師將於十二月四日恢復應診。