



Monthly Health Education Seminars 每月健康講座

Common sport injuries and preventative methods

organized by
The Hong Kong Award for Young People

常見的運動創傷及預防方法

香港青年獎勵計劃主辦

6/1/2007

Through this seminar, the cause of several common sport injuries would be introduced. Preventative exercise will be also taught by physiotherapist so as to minimize any possible injuries.

Speaker: Mr. Glover Wong, PT

Venue: 2/F H.K. Stadium Olympic Hse.

1 Stadium Path, So Kon Po

Language: Cantonese

Free Admission for Rogaine 24's participants!!

透過是次講座，物理治療師會介紹一些常見的運動創傷，治療師並會親自教授一系列預防運動幫助你減少受傷的機會，助你順利完成旅程。

講者：黃思豪註冊物理治療師

地點：香港銅鑼灣掃桿埔大球場徑一號

奧運大樓二樓賽馬會演講廳

語言：中文

Rogaine 24 的參加者可免費參加!!

News 動向

ROGAINE 24

27-28.1.2007

We are a supporting organization for the first ever long distance cross-country navigation competition named "Rogaine 24", organized by The Hong Kong Award for Young People.

Besides providing a "Common sport injuries and preventative methods" Talk before the competition and Physiotherapy Services during the competition, special discount will be given on physiotherapy consultation and health product to participants of this competition between 1 January to 30 April 2007.

本機構全力支持由香港青年獎勵計劃舉辦的全方位團隊定向大挑戰-ROGAINE 24。

我們除了提供活動前的「常見的運動創傷及預防方法」講座及活動當日的物理治療服務，參加者還可於 07 年 1 月 1 日至 4 月 30 日期間，享有物理治療服務及康復用品優惠。

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

整全健康道 至善身心靈

Health Information

健康資訊

Rheumatoid arthritis

Rheumatoid arthritis (RA) is a chronic, inflammatory condition mainly affecting the joints. The actual cause of the disease is still unclear but immunological mechanisms and genetic factor are of crucial importance both in the initiation and perpetuation of the disease. It was also observed that stress and psychological status could have crucial effects on the manifestation of the disease. Generally, women are affected up to three times more frequently than men.

Signs and symptoms of RA

1. Morning stiffness
2. Arthritis of three or more joint areas
3. Arthritis of hand joints (At least one area swollen in wrist or finger joints)
4. Symmetric arthritis (Simultaneous involvement of the same joint areas on both sides of the body.)
5. Rheumatoid nodules
6. Serum rheumatoid factor
7. Radiographic changes (Soft tissue swelling, erosions or unequivocal bony decalcification to the involved joint)

Course and prognosis of RA

There is a slow, insidious onset in 55-70% of patients; 8-15% of patients have acute onset while the rest of 15-20% exhibit intermediate onset over days or weeks. The prognosis in RA can be classified into 5 stages based on their pathological changes.

Stage 1---Antigen-presenting cells are to be involved in the human immune response. This is the early stage of RA where no symptoms occur

Stage 2 and 3--- The inflammatory reaction begins with the induction of vascular exudation and swelling inside the joint. Fibrin is also deposited on the synovial membrane and articular cartilage which enzymes are released to degrade it and the menisci and ligaments nearby.

Stage 4--- It is the stage of further inflammation. Irreversible destruction of cartilage happens inside the joint.

Stage 5--- This is a continuation of the irreversible destruction changes in the joint which may cause subluxation of the joint surface in addition to muscle atrophy and fibrosis.

Treatment

1. Active non-weight bearing mobilizing ex.
2. Manual therapy & joint mobilization
3. Muscle strength preservation --- electrical muscle stimulation and exercise.
4. Pain relief --- acupuncture, electrotherapy
5. Joint protection ---splinting or taping
6. Psychological support and counseling
7. Holistic approaches like **BodyTalk** have been clinically found to be effective in helping the disease process and rehabilitation.

Institute of Holistic Healthcare

Web Sites: www.iholistic.org

E-Mail: info@iholistic.org

Phone: (852) 2537 2083

Coming Course in Jan 2007

Instructor: Kerry Fung

BHSc, PDPT, PDCM, PCSpinManipTher, PCPeripManipTher, DipAcup, CSPhSc

Fees: HK\$2,980

Deadline: 1/1/2007

Student Special: 10% discount for Students and Graduates within 3 years of graduation (Proof required)

Fascial Release Technique Level I

Myofascial Release (Code: FRT1-07)

Fri 12/1/2007 to Sun 14/1/2007

Time: Fri 7:00PM-10:00PM,

Sat 2:00PM - 10:00PM,

Sun 10:00AM - 7:00PM

(**This course is a pre-requisite for FRT2 - Craniosacral Therapy.)

Coming Courses in April 2007

Instructor: Kerry D'Ambrogio

D.O.M., A.P., P.T.

Fees: HK\$4,200 PER EACH WORKSHOP

Early Bird: 10% discount if registered before 1 March, 2007

Student Special: 10% discount for Students and Graduates within 3 years of graduation (Proof required)

Fascial Release Technique Level II

Craniosacral Therapy (Code: FRT2-07)

Mon 2/4/2007 - Fri 6/4/2007

Time: 6:30 PM to 10:00 PM

Total Body Balancing (Code: TBB-07)

Thu 5/4/2007 to Sat 7/4/2007 (Public Holidays)

Time: Thu & Fri 9:30 AM - 5:30 PM

Sat 10:00 AM - 1:30 PM

Lymph Drainage Technique (Code: LDT-07)

Sat 7/4/2007 to Mon 9/4/2007 (Public Holidays)

Time: Sat 2:30 PM - 6:00 PM

Sun & Mon 10:00 AM - 6:00 PM

*Physiotherapists Board of Hong Kong CPD Credits:
15 Points for each workshop (pending)*

Registration:

Call for a faxed copy of application form or download at web site.
Credit Card accepted for payment made in person at office (VISA, MasterCard)

