



## Health Information 健康資訊

### Total Body Balancing /Body Adjustment 整體平衡手法

TBB is a total body evaluation and treatment approach using long levers to relax the muscles, fascia, joints and ligaments to improve circulation, nerve and energy flow, thus normalizing sympathetic and parasympathetic activity creating a new homeodynamic state.

#### WHAT DOES TBB DO?

##### Improves patient's biomechanical structure

- ⊗ Decrease Fascial Tension
  - Bones & joints
  - Muscles
  - Organs
  - Nerves, arteries, veins & lymphatics
  - Spinal cord & brain
- ⊗ Relaxes hypertonic and spastic muscles
- ⊗ Decreases joint hypomobility
- ⊗ Improves mobility and flexibility
- ⊗ Facilitates neuromuscular reorganization
- ⊗ Balances lines of tensions in the patient's body

##### Improves patient's physiological function

- ⊗ Increases circulation
  - Arterial flow
  - Venous return
  - Lymphatic drainage
  - CSF fluctuation
  - Intercellular fluid
  - Extracellular fluid
- ⊗ Improves neural and axoplasmic flow
- ⊗ Can help reduce local edema
- ⊗ Decreases pain
- ⊗ Balances sympathetic & parasympathetic activity
- ⊗ Improves organ motility
- ⊗ Normalizes and brings balance to patient's physiology
- ⊗ Improves mental & emotional outlook
- ⊗ Creates a new homeodynamic state

#### WHO CAN BENEFIT FROM TBB?

- ⊗ Sports medicine injuries
- ⊗ Acute or chronic sprain/strain traumas
- ⊗ Orthopedic patients
- ⊗ Geriatric patients
- ⊗ Pediatric patients
- ⊗ Internal medicine patients

## Monthly Health Education Seminar

### 健康講座

### Disease of the labour and sedentary - Sciatica

**Speaker: Mr. Ray To, Registered Physiotherapist**  
**30 May, 2007 (Wed) 19:00 – 20:30**  
**Rm 508 Takshing Hse., 20 Des Voeux Rd Central**

Many have heard and encountered that sciatica is extremely painful. It could affect sleep, work and even walking mobility. However, most people misunderstand its causes and detrimental effects resulted from delayed treatment and healing. This seminar will allow you to have a better understanding of the causes, characteristics and physiotherapy intervention of sciatica. You will also have the opportunity to learn how to prevent it and help yourself. (The seminar will be conducted in Cantonese)

Free Admission. For enquiries and reservation, please contact us at 2537 2083.

### 文職與工人的共同敵人 - 坐骨神經痛

**講者: 陶智超註冊物理治療師**  
**2007年5月30日(星期三) 19:00 – 20:30**  
**中環德輔道中 20 號德成大廈 508 室**

很多人都聽過或感受過坐骨神經痛，嚴重者甚至痛得難以入睡，喪失工作及活動能力。但原來大部份人都對坐骨神經痛的成因及其影響有誤解而延遲就醫。本講座會和大家探討坐骨神經痛的成因、特徵以及治療方法。參予者亦會有機會學習如何預防坐骨神經痛及自我保健的運動和小貼士。

費用全免。報名及查詢請電 2537 2083。



**Institute of Holistic Healthcare**

**Web Sites:** [www.iholistic.org](http://www.iholistic.org)

**E-Mail:** [info@iholistic.org](mailto:info@iholistic.org)

**Phone:** (852) 2537 2083

### Coming Courses:

#### 導師：郭偉權先生

資深物理治療師（澳洲、紐西蘭、香港）  
人類功效學顧問，職業安全，健康管理專業顧問  
Stanford University 長期病自我管理大師級導師  
Tai Chi for Arthritis & Tai Chi for Diabetes 大師級導師

#### 要退---“富貴病”簡介工作坊(Code:TCA-07)

包括個別評估：  
提供個人姿勢、平衡、血氧評估。

日期：15/06/2007(五)  
時間：下午 07:00 – 下午 09:00  
課程費用：HK\$100  
授課語言：廣東話  
截止日期：01/06/2007  
對象：有興趣人士(不需太極經驗)  
地點：中環德輔道中 20 號德成大廈 508 室  
報名及查詢：(852)2537 2083/ [info@iholistic.org](mailto:info@iholistic.org)

## 導師：馮偉業物理治療師

BHSc, PDPT, PDCM, PCSpinManipTher,  
PCPeripManipTher,  
DipAcup, CSpHSc, CBP

### 1. Living Anatomy (Code: LA-07)

#### 活了解剖學 (15 hours)

日期及時間：

26/6, 29/6, 3/7, 6/7, 17/7 & 20/7/2007

(逢星期二、五)下午 07:00 ~ 下午 09:30

課程結構：以實體實習為主，上課時需穿著輕便衫褲(如背心/T恤、短褲)，以便在身體上找出和勾劃出解剖結構

對象：健康護理專業人士、骨傷醫師、推拿治療師、體育工作者、運動員及對解剖學應用有興趣人士

授課語言：中文(廣東話)，輔以中英文專業名詞

課程費用：HK\$1,480

截止日期：15/06/2007

### 2. Sports Taping workshop (Code: ST-07)

#### 運動繃貼法工作坊 (7 hours)

Date & Time:

24/6/2007 (Sun) 12:00NN ~ 07:00PM

Description: Principles and practice of taping for the following will be discussed and practiced: ankle, foot arches, big toe, shin, knee, patella, iliotibial band, pes anserinus, back, SI joint, ribs, AC joint/shoulder, elbow, wrist, thumb, fingers. Applicant should shave and wear shorts for the workshop.

Target: Physiotherapist or people who have interest in taping

Language: English

Course Fee: HK\$1080

(include 1 roll of strapping tape)

New Graduates Special: 10% discount

Application Deadline: 15/06/2007

### 3. Manipulative Therapy Assessment and Diagnosis (Physiotherapy Approach)

#### 手法檢和查診斷(西方物理治療方法)

(6 hours) (Code: MA-07)

日期及時間：

28/7/2007 (日) 下午 02:00 ~ 下午 08:00

授課語言：廣東話

課程費用：HK\$580

### 4. Manipulative Therapy for the Lumbar Spine (Code: ML-07)

#### 腰椎及骨盤手法舒整治療 (15 hours)

日期及時間：

3/8 (五) 下午 07:00 ~ 下午 09:00

4/8 (六) 下午 02:00 ~ 下午 08:00

5/8 (日) 上午 10:00 ~ 下午 06:00

課程費用：HK\$2,980

授課語言：廣東話

參加者必需修畢 MA-07 課程。