



**Health Information 健康資訊**

**坐骨神經痛**

坐骨神經痛是由於坐骨神經受壓而出現的陣痛，痛楚主要沿後腰、大腿外側、小腿直至足部。嚴格來說，坐骨神經痛是由於某一椎間盤的退化性病變所致。椎間盤向側面突出，壓迫下腰椎或骨氏椎上部的一條脊神經根。

**成因**

1. 不正確搬提姿勢會引致急性腰扭傷，使椎間盤突出，壓迫下腰椎或骨氏椎上部的一條脊神經根。意外跌倒時，臀部直接與地面接觸，使椎間盤壓力大大增加，椎間盤無法承受壓力而破裂，因而造成內部的髓核突出。意外跌倒亦會引致椎骨脫離和脊椎前移，壓迫下腰椎或骨氏椎上部的一條脊神經根。

**2. 慢性勞損**

慢性勞損的成因主要有三，如不正確的坐立或站立姿勢、重複同一動作太多如長時期進行負重或搬運工作和長時期彎腰以及固定某一姿勢如坐立或站立太久。

慢性勞損會加速退化性變，椎間盤會變薄，刺激骨質增生(俗稱骨刺)，如骨刺壓迫神經根，亦會引致坐骨神經痛。慢性勞損亦會使腰椎間關節勞損及發炎、腰肌勞損、增加腰椎間關節及椎間盤壓力，以及軟組織損傷及變性，導致脊椎失穩，誘發腰椎間關節錯亂排列或錯位。

物理治療主要以手法治療、牽引治療、運動治療、電療、針灸治療、穴位按壓及預防等。



**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

**導師：馮偉業物理治療師**

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

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

**活用解剖學**

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

(逢星期二,五)

授課語文:

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: 24/6/2007 (Sun)

Language: English

Course Fee: HK\$1080

(include 1 roll of strapping tape)

New Graduates Special: 10% discount

Application Deadline: 15/06/2007

**3. Rediscovering Maitland**

Lecture\*(Code: MI-07) :

Saturday 28/07/2007

Language: English

Course Fee: HK\$380

\*It is pre-requisite for workshop(s).

Lower Quadrant Practical (Code: ML-07) :

Sunday 29/07/2007, Tuesday 31/07/2007

Thursday 02/08/2007, Saturday 04/08/2007

Language: English

Course Fee: HK\$3,580

Upper Quadrant Practical (Code: MU-07):

Tuesday 07/08/2007, Thursday 09/08/2007

Saturday 11/08/2007, Sunday 12/08/2007

Language: English

Course Fee: HK\$3,580

Best Offer: \$6,980 for all three modules

(Code: MI-07, Code: MU-07 & Code: ML-07).

New Graduates Special: 10% discount

(Proof required)

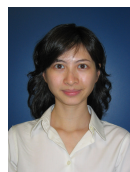
\* Student & Graduate from a full time university program within 3 years.

**"Please visit our website for Details."**

**News 動向**

We are glad to inform you that **Ms. Diana But** (Registered Physiotherapist), has joined our professional team from 1<sup>st</sup> June 2007.

Ms. But graduated from The Hong Kong Polytechnic University with BSc (Hons) in Physiotherapy. She has worked in Pamela Youde Nethersole Eastern Hospital and private elderly home. She had clinical exposure to a broad spectrum of specialties including Neurology, Cardiopulmonary, Orthopaedics and Traumatology, Paediatrics and Geriatrics during her career development. Her clinical interests include manipulative physiotherapy, occupational health and safety, elderly care and sports physiotherapy.



我們很高興通知大家，**畢慧敏物理治療師**於本年六月一日加入我們服務，為大家提供專業物理治療服務。

畢慧敏物理治療師畢業於香港理工大學並獲頒發物理治療(榮譽)理學士，曾服務於東區尤德夫人那打素醫院和私營安老院。畢小姐在神經科、心肺科、骨科、兒科及老人科等專科均具有臨床經驗。她對關節舒整治療、職業安全及健康、老人健康，以及運動物理治療均有濃厚興趣。

**Monthly Health Education Seminars 每月健康講座**

**頸緊？膊痛？點算好？**

香港人生活緊張，工作繁忙，相信不少「打工仔」都曾受頸肩痛的困擾。一項調查顯示，近六成半白領患有頸肩痛，更有超過半數人直認影響工作。究竟頸肩痛的成因是什麼？又可以怎樣預防？物理治療師畢慧敏會為大家解開疑團，以及示範“頸肩運動”以作“自療”。

**講者：畢慧敏物理治療師**

日期: 2007年7月26日(四) 時間: 晚上七時至八時半

地點: 香港中環德輔道中20號德成大廈508室 語言: 廣東話

費用全免。報名及查詢請電 25372083。座位有限，請早預約。

**Having neck pain? Aching shoulder? What can I do?**

Having stressful lifestyle and heavy workload, many Hong Kong people are suffering from neck and shoulder pain. According to a recent research, nearly 65% of white-collar experienced neck and shoulder pain, and more that half of them admitted that the pain affect their work. How did the pain occur, and how to prevent it? Physiotherapist Diana But will unveil the puzzle, and demonstrate a series of neck and shoulder exercise for "self-treatment".

**Speaker: Ms. Diana But, PT**

Date: 26th July, 2007(Thur)

Time: 7:00-8:30pm

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.