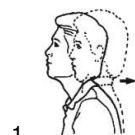




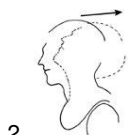
## Health Information 健康資訊

### 放鬆一下(二)

#### 肩頸操



1. 眼望前方，  
下巴向後縮  
重覆 5 次



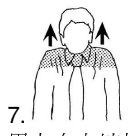
2. 頭向上仰  
停留 10 秒，  
重覆 3 次



3. 頭用力向一側彎屈  
停留 10 秒，  
重覆 3 次  
另一面，重覆動作



5. 頭盡力向一邊轉動  
停留 10 秒，  
重覆 3 次  
另一面，重覆動作



7. 用力向上縮起肩膀，  
然後向後下方轉  
重覆 5 次



8. 手放頭後，打開胸口  
停留 10 秒，  
重覆 3 次



9. 用一手將另一邊  
肩膀向下拉，  
側頭向另一邊  
停留 10 秒，  
重覆 3 次  
另一面，重覆動作



11. 雙手手指交錯，  
反手掌心向外，  
向前伸直手肘  
停留 10 秒，  
重覆 3 次



12. 雙手手指交錯，  
反手掌心向外，  
向天伸直手肘  
停留 10 秒，  
重覆 3 次

## Monthly Health Education Seminars 每月健康講座

### 整體平衡手法簡介

馮偉業物理治療師會介紹和示範整體平衡手法，並與有興趣參與課程的人仕，分享他對整體平衡手法的看法及解答他們對此課程的查詢。

#### 講者：馮偉業物理治療師

日期：二零零七年九月十二日（星期三）

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。

### Introduction to Total Body Balancing

This course is for anyone who is interested in Total Body Balancing technique. Mr. Kerry Fung would show you what Total Body Balancing technique is and its application in manual therapy through demonstration. He will also answer any questions you may have if you are looking forward to joining the TBB course.

**Speaker: Mr. Kerry Fung, PT**

**Date:** 12<sup>th</sup> September, 2007 (Wed)

**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.



**Institute of Holistic Healthcare**

**Web Sites:** www.iholistic.org

**E-Mail:** info@iholistic.org

**Phone:** (852) 2537 2083

**Instructor: Dr. Kerry D'Ambrogio**

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

Board Certified Acupuncture Physician

Physical Therapist, International Lecturer

Author of Positional Release Therapy

Osteopath (Canada)

## Muscle Energy Technique

Muscle Energy Technique for Pelvis

(Code: MET-P-07)

Mon 15/10/2007 07:00PM-10:00PM

Language: English

Course Fee: HK\$980

Muscle Energy Technique for Sacrum

(Code: MET-SA-07)

Tue 16/10/2007 07:00PM-10:00PM

Language: English

Course Fee: HK\$980

Muscle Energy Technique for Spine

(Code: MET-S-07)

Wed 17/10/2007 & Thu

18/10/2007 07:00PM-10:00PM

Language: English

Course Fee: HK\$1,960

**Total Body Balancing** (Code: TBB-0710)

Date: Friday 19/10/2007 (Hong Kong Public Holiday)  
to Sunday 21/10/2007

Time: Fri & Sun 10:00 AM to 06:00 PM ,  
Sat 02:00PM to 06:00PM

Language: English

Course Fee: HK\$4,200

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

## News 快訊

### Shockwave 衝擊波儀

衝擊波治療是一種「非侵入性無創治療」，能有效地促進組織血管生長，加速血液循環及傷口癒合等。用作治療肩周炎及網球肘等軟組織問題，取得滿意的療效。

為持續提高我們的服務質素，我們現與重力運動治療中心合作，提供衝擊波儀治療服務。結合我們物理治療師專業的知識及重力運動治療中心的儀器，為顧客提供合適的治療。詳情可致電 2537 2083 查詢。

Extracorporeal Shock Wave Therapy is a non-invasive surgical procedure that will break down scar tissue and calcifications in the area, the body starts building up new tissue and new blood vessels grow into the new tissue, helping the healing, especial for tennis elbow & tendinitis.

To continually improve our quality of service, we are very grateful to cooperated with Vibration Therapy institute, to provide Shock Wave Therapy to those needed. For enquiry, please contact us at 2537 2083.