



# NEWSLETTER

**Institute of Holistic Healthcare**  
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**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: 06:30 PM to 10:00 PM

The focus of this course is to teach techniques that are unique to FRT II regarding evaluation, prioritizing findings and treatment of fascial and sutural restrictions of the cranial vault and down the dural tube.

**Pre-requisite:** Applicants should have attended FRT-I workshop or having previous education in Craniosacral Therapy / Craniosacral Osteopathy.

## **Total Body Balancing (Code: TBB-07)**

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

Time: Thu & Fri 09:30 AM - 05:30 PM  
 Sat 10:00 AM - 01:30 PM

In this seminar you will be taught a full body treatment routine called "Total Body Balancing". You will learn to take the information from your evaluation and create a specific treatment plan for your patient.

## **Lymph Drainage Technique** **(Code: LDT-07)**

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

Time: Sat 02:30 PM - 06:00 PM  
 Sun & Mon 10:00 AM - 06:00 PM

Lymphatic Drainage is very effective for the MANY conditions, like reduction in edema (swelling) and lymphadema; detoxification of the body; regeneration of tissue, including burns and wounds; relief of numerous chronic..

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

### **Common injuries of basketball players** **常見的籃球運動創傷 08/02/2007(Thur)**

This seminar will introduce the common injuries encountered at basketball games. The Physiotherapist will teach you how to handle it immediately and properly. Preventative exercises will be taught so as to minimize any injuries or recurrences.

**Speaker:** Mr. Ray To, PT  
**Time:** 19:00-20:30  
**Venue:** Rm 508 Takshing House,  
 20 Des Voeux Road Central  
**Language:** Cantonese Free Admission.

透過是次講座，物理治療師會介紹一些常見的籃球運動創傷，及指導你如何處理急性傷患。他亦會示範一系列預防運動，幫助你減少受傷和復發的機會。

**講者:** 陶智超物理治療師  
**時間:** 下午七時至八時半  
**地點:** 中環德輔道中 20 號  
 德成大廈 508 室  
**語言:** 中文 免費參加。

## **Health Information** **健康資訊**

### **Common sport injuries and preventative methods** **(Orienteering Competition)** **常見的運動創傷及預防方法** **(野外定向比賽)**

Common sport injury in orienteering competition:

#### **1. Repetitive stress injury**

##### Muscle cramp/ Muscle spasm:

Common area: Back of lower calf, Back and Front of thigh

##### Knee pain:

Common area: Anterior side, Medial side and Lateral side of knee

##### Leg pain:

Common area: The inner front part of the lower half shin, feeling fullness, swelling and pressure inside the leg

##### Foot Pain:

Common area: Sole of the foot, heel bone, Inner part of the base of the big toe

##### Back soreness and pain:

Common area: Low back area and pelvic region

#### **Prevention method:**

##### Self-stretching exercise

- Anterior, posterior, medial and lateral thigh muscle
- Anterior and posterior leg muscle

#### Massage to

- Lower limb muscle belly

#### Active mobilization exercise

- Lumbar flexion, extension and rotation exercise

#### **Injury prevention recommendation:**

- Wear well shock absorbent shoes
- Proper gear
- Adequate pre-competition training

#### **2. Acute traumatic injury**

Acute Ankle sprain: Redness, swelling, hotness, pain and bruising of Ankle Joint

Self-intervention: PRICE

- Protection, Rest, Ice, Compression, Elevation

**Question:** When should you seek physiotherapist?  
**Answer:** At Any Time

1. Injury prevention education and treatment
2. Instant treatment after injury
3. Prevention of further injury
4. Protection of injured site
5. Professional advice on competition continuation

長途越野定向中--常見的運動創傷及預防方法:

#### **1. 慢性勞損**

##### 肌肉痙攣/抽筋

常見地方: 小腿後面 (腓腸肌), 大腿後面 (腓繩肌), 大腿前面 (四頭肌)

##### 膝痛症

常見地方: 前膝, 內膝, 外膝

##### 小腿痛症

常見地方: 脛骨前面下半內緣, 感覺腫脹和有壓力於小腿內

##### 足痛症

常見地方: 足底, 腳跟骨或拇趾底部內處

##### 腰背酸痛

常見地方: 腰背和盆骨位置

#### **預防方法:**

##### 伸展運動

- 大腿前肌, 後肌, 內側及外側肌
- 小腿前肌, 後肌

##### 按摩方法

- 下肢肌肉---大腿和小腿尤佳

#### **關節自主活動運動**

- 腰背前伸, 後伸和旋轉運動

#### **預防受傷建議**

- 穿著有良好吸震能力的鞋子
- 加緊比賽前訓練
- 適當和足夠裝備

#### **2. 急性意外創傷**

足踝扭傷--痛, 壓痛, 腫脹甚至瘀傷於足踝  
 自療: 保護, 休息, 冷敷, 壓力, 承高

**問:** 何時須要物理治療?

**答:** 任何時間

- 預防性教育和治療
- 創傷後即時治療  
 舒緩病情, 預防病情惡化, 保護患處,  
 專業建議是否適合繼續旅程