



Health Information 健康資訊

Extracorporeal Shock Wave Therapy

Extracorporeal Shock Wave Therapy (ESWT) is a noninvasive surgical procedure that uses sound wave to stimulate healing in some physical disorders, including plantar fasciitis.

Surgical intervention has been the last resort for patients when other treatments of plantar fasciitis do not work. The problem is that the success rate of surgery is not excellent, and surgery has potentially complicating side-effects like continued pain, wound problems, and infections. Because there is no incision, ESWT offers two main advantages over traditional surgical methods: fewer potential complications and a faster return to normal activity. ESWT has been used extensively for several years to treat plantar fasciitis and other disorders. The FDA subsequently approved the use of shock waves for the treatment of plantar fasciitis in 2000.

Shock wave therapy is thought to work by inducing microtrauma to the tissue that is affected by plantar fasciitis. This microtrauma initiates a healing response by the body. This healing response causes blood vessel formation and increased delivery of nutrients to the affected area. The microtrauma is thought to stimulate a repair process and relieve the symptoms of plantar fasciitis.

Patients who have no success with traditional treatments may benefit from shock wave therapy. It is a reasonable option to consider ESWT prior to surgical intervention. To continually improve our quality of service, we are very grateful to cooperate with Vibration Therapy Institute, to provide ESWT to those needed. For enquiry, please contact us at 2537 2083.

News 動向

Dr. Kerry D'Ambrogio is an internationally recognized physician, therapist, lecturer, author and is president and director of Therapeutic Systems Incorporated. He has taught several thousand healthcare practitioners including physiotherapists, occupational therapists, medical doctors, osteopathic physicians, dentists, chiropractors, massage therapists and athletic therapists. His courses are taught throughout the world.

He is coming to our Central clinic to assess and treat clients from 16 to 18 October 2007. Client who would like to have consultation with him in Hong Kong, please call 25372083 for appointment.

Coming on 16-18 Oct 2007!



D.O.M., A.P., P.T.  
Board Certified Acupuncture Physician  
Physical Therapist, International Lecturer  
Author of Positional Release Therapy  
Osteopath (Canada)

Dr. Kerry D'Ambrogio 是一位國際認可的物理治療師、教授、作家、以及 Therapeutic Systems Incorporated 的總裁及總監。他曾教授數千名醫護人員包括物理治療師、職業治療師、西醫、整骨醫師、牙醫、脊醫、按摩治療師和運動治療師等，他曾到過教授的國家遍佈全球。

他將於十月十六日至十八日在我們中環診所應診，為本地有需要的人士檢查和治療，如欲在香港接受 Dr. Kerry D'Ambrogio 治療，請電 2537 2083 預約及查詢。

Monthly Health Education Seminars 每月健康講座

Plantar Fasciitis

Are you suffering from heel pain? When your first few steps out of bed in the morning, or arise from prolonged sitting cause severe pain in the heel of your foot, and becoming severe after standing or walking for long, you may have plantar fasciitis.

The plantar fascia is the flat band of ligament that connects your heel bone to your toes. It supports the arch of your foot. It will get inflamed if in case of overuse injury or excessive strain.

Our physiotherapist Diana But will tell you how physiotherapy can help patients with plantar fasciitis, and the prevention and self-care of plantar fasciitis.

Date: 25th October, 2007 (Thu)  
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.

足底筋膜炎

你受腳跟痛困擾嗎？特別是在早上下床或久坐後腳掌著地時，痛楚更嚴重？長時間站立或行走後，疼痛會加劇？小心！你可能已患上“足底筋膜炎”！

足底筋膜是一層覆蓋腳板的堅韌薄膜，由腳的前端一直伸延至腳跟，作用是支撐足部內側的內足弓，若足底筋膜受傷或勞損會引起炎症。

物理治療師畢慧敏小姐會為你講解物理治療怎樣治療足底筋膜炎，以及如何預防和護理。

日期: 25/10/2007(四)

時間: 晚上七時至八時半

地點: 中環德輔道中 20 號

德成大廈 508 室

語言: 中文

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。

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

整全健康道 至善身心靈