



May your home be filled with happiness



your hearts with love



your days with joy

at Christmas and always

聖誕快樂 新年進步



Health Information 健康資訊

扁平足的成因與治療

成因

大部份扁平足的成因主要是由脛骨過度內旋引起的 (圖 1)。當脛骨內旋時，足跟骨會因而外翻 (圖 2)。

外翻的足跟會令內足弓下塌，繼而引致扁平足的現象。我們的腳、膝蓋、腿及背會因脛骨過度內旋而產生代償作用，令關節及肌肉排列異常及繃縮，因而導致慢性而持久的疼痛。臨床上，這些因扁平足而導致的疼痛，可能遍及整個身體如腳痛、膝蓋痛、腰背痛，甚至頸痛及頭痛。其他因過度內旋而引起的症狀如跟骨骨刺、拇指外翻、腳部結構的變形等。



脛骨過度內旋 (圖 1)

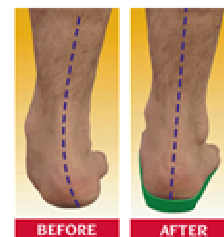


足跟骨外翻 (圖 2)

治療

治療的目的主要是維持足部正常的生物力學及功能。治療方法包括：肌肉鍛練、包紮、伸展運動，矯形鞋墊和關節及軟組織治療等。

鍛練足部細小的肌肉有助支撐下塌了的足弓，是一個主動及長久的根治方法。矯形鞋墊及正確的足跟伸展運動可改善足跟外翻的情況，使足跟回復正中位置 (圖 3)。關節及軟組織手法治療則可減輕關節排列異常及肌肉繃緊所帶來的痛症。



矯形鞋墊可改善足跟外翻的情況，使足跟回復正中位置 (圖 3)。



Institute of Holistic Healthcare

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We are going to organize a series of **Fascial Release Technique** courses in the coming months. The series include 4 modules which utilizes the principles of Fascial Release Technique (FRT) to treat different parts of the body. Each course will emphasize on practical skills that can be immediately applied clinically.

Module 1 is on Myofascial Release (MFR). Both Direct Techniques and Indirect Techniques of FRT for the myofascial system and diaphragms will be introduced. It forms an essential foundation to learn other FRT techniques for other systems.

Module 2 is focusing on the Craniosacral System, or commonly referred to as Craniosacral Therapy (CST). It emphasizes on essential skills to treat the craniosacral system which is particularly clinically effective.

Module 3 is about Advanced Craniosacral Therapy in which you'll learn more on CST including intra-oral techniques and treatment for children and infants.

Module 4 deals with the viscera. It is commonly known as Visceral Manipulation (VM) and deals with the internal organs.

Module 1 is pre-requisite of ALL other modules. Whereas Module 2 is also required as pre-requisite if you are joining Module 3.

Modules 1 and 2 will be taught by Mr. Kerry Fung in January and February 2008 respectively whereas Modules 3 and 4 will be taught by Dr. Kerry D'Ambrogio in March 2008.

A few **Muscle Energy Technique (MET)** courses will be taught by Dr. Kerry D'Ambrogio in March 2008, too.

Please visit our website at <http://www.iholistic.org> for details.

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

整全健康道 至善身心靈