



Institute of Holistic Healthcare

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Phone: (852) 2537 2083

Instructor:

Kerry D'Ambrogio

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

Dr. Kerry is coming on 2-9 April 2007!

Courses

Fascial Release Technique Level II

Craniosacral Therapy (Code: FRT2-07)

Mon 2/4/2007 – Fri 6/4/2007

Time: 6:30 PM to 10:00 PM

Total Body Balancing (Code: TBB-07)

Thu 5/4/2007 to Sat 7/4/2007

(Public Holidays)

Time: Thu & Fri 9:30 AM - 5:30 PM

Sat 10:00 AM - 1:30 PM

Lymph Drainage Technique (Code: LDT-07)

Sat 7/4/2007 to Mon 9/4/2007

(Public Holidays)

Time: Sat 2:30 PM - 6:00 PM

Sun & Mon 10:00 AM - 6:00 PM

Fees: HK\$4,200 PER EACH WORKSHOP

Student Special: 10% discount for Students and

Graduates within 3 years of graduation (Proof required)

There are still a few spots open!!

Registration:

Call for a faxed copy of application form or download at web site.

Credit Card accepted for payment made in person at Central office (VISA, MasterCard)

Treatment

Consultation with Dr. Kerry D'Ambrogio

Monday 02/04/2007 – Wednesday 04/04/2007

***Please call 2537 2083 for an appointment.

Monthly Health Education Seminar

Introduction to TBB, CST & LDT

Date: 20 Mar, 2007

Time: 7:00 to 8:30 pm

Venue: Rm 508 Takshing House,
20 Des Voeux Rd Central, HK

Speaker: Mr. Kerry Fung

Medium of Talk: Cantonese & English

Free Admission.

For reservation, please call 2537 2083.

Through Kerry's introduction, you may understand more about these techniques and learn a revolutionary approach to health care! Don't miss this chance if you still haven't make up your mind to join the Upcoming Courses.



Rogaine 24 was the first 24-hour orienteering competition in Hong Kong. The game was organized by The Hong Kong Award for Young People (formerly the Duke of Edinburgh's Award) and was held on 27-28/1/07 in Sai Kung. We were invited to be a supporting organization to provide physiotherapy for the participants.

Our voluntary service team was formed by 5 physiotherapists. Our service started from 8:30 am on Saturday to 2:00 pm on Sunday continuously because the longest race last for 24 hours and there were 2 more classes for 4 and 8 hours that started earlier on Saturday. Although it was tiring to endure such long service hours and the exceptionally cold and windy weather that falls to as low as 6°C at night, we were not beaten down. By helping the athletes to heal their problem so as to finish their races, we have gained the greatest satisfaction which covered any hard feeling.

By means of gentle and non-invasive manual therapy technique, we solved many clients' complaints. Some clients were suffering from complicated conditions, such as acute joint pain or multiple joint pains, when they sought treatment from us. We acted like a "recharge station" to solve most of their problems and return them to the race.

We found that most injuries happened in those who did inadequate or even no pre-competition training. Indeed, many sport injuries are preventable by having proper and correct training. Physiotherapists as a sports medicine specialist can work together with coaches and athletes to improve their performance. Through educating the community or giving professional advice, many injuries can be prevented. Prevention is always better than cure!

Health Information

健康資訊

常見的籃球運動創傷

主要以下肢為主，急性創傷居多

急性創傷的成因

- 意外--即意料之外
- 缺乏熱身運動
- 關節、肌肉、筋腱等缺乏柔韌度
- 比賽頻密及激烈

慢性勞損的成因

- 缺乏柔韌度
- 缺乏熱身運動
- 重覆某動作太多
- 肌肉缺乏耐力

常見勞損部位

- 膝蓋韌帶

常見的創傷結構

- 骨骼，關節，半月板
- 肌肉，韌帶，筋腱

常見創傷部位

1. 膝部
 - 前十字韌帶
 - 內外側韌帶
 - 半月板
2. 足踝
 - 外側足踝扭傷
 - 腓、脛骨骨折
 - 足跟筋腱拉傷
3. 腳繩肌拉傷
4. 四頭肌擊傷
5. 小腿肌肉拉傷

病徵

- 紅、腫、痛、熱、失功能等發炎徵狀
- 有壓痛點
- 肌肉乏力
- 跳躍，蹲下，跑步感痛楚

治療方法及目的

- 冰敷: 消炎、消腫、止痛
- 包紮: 保護受傷部位
- 淋巴引流治療: 消腫
- 針灸: 消腫、止痛
- 電療: 消腫、止痛
- 平衡力訓練: 改善平衡力，減低再受傷機會
- 肌力訓練
- 賽前功能訓練: 有助回復籃球運動比賽

Reported by **Glover Wong**

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

整全健康道 至善身心靈