



Kung Hei Fat Choy

恭喜發財



Both Central and Mongkok clinic will be closed from
7 February 2008 to 10 February 2008 during the Lunar New Year
and will resume normal service from 11 February 2008.

中環及旺角診所將於年初一(二月七日)至年初四(二月十日)休息。
年初五(二月十一日)照常應診。

謹賀新年

Health Information 健康資訊

產後修身 Post-natal Slimming

Speaker: Ms. Diana But (PT) 講者: 畢慧敏註冊物理治療師

28/2/2008(Thu), 7:00pm-8:30pm, Rm 508 Takshing House, 20 Des Voeux Road Central

懷孕和生產使女性的身體發生了一些變化，例如骨盆腔底部肌肉鬆弛、關節和韌帶傷害等。在產後 6 個月內，適當的運動有助於解決這些問題。愈早適量地運動，產後復原愈快。

產後運動有兩個主要的目的：1) 促進子宮、腹部和骨盆各部位的受損肌肉恢復健康；
2) 恢復身材，消除懷孕所增加的脂肪及贅肉。

生完小寶寶應該相隔多久才做運動？需要做些什麼運動？物理治療師畢小姐會為大家講解，教授各式產後運動，並讓大家即時練習，屆時請各參加者穿著鬆身衣物。

*註：懷孕婦女亦適合參加。

There are some musculoskeletal and physiological changes during pregnancy and after delivery, for example weakness of pelvic floor muscle, or injuries to joints and ligaments at pelvic girdle region. An effective recovery can be achieved if you follow an appropriate exercise program within 6 months after giving birth. The sooner you start the exercise program, the faster the recovery.

There are 2 main purposes of post-natal exercises:
1) to promote recovery of uterus, and the muscle around the abdomen and the pelvic girdle that weaken after childbirth. 2) to restore your figure.

When can you start doing post-natal exercises after childbirth? What kind of exercises you need to do to achieve the above purposes? Our physiotherapist Ms. But will tell you information about post-natal exercises, and there will be a practical session, so participants should wear comfortable clothes.

*Remarks: Suitable for expecting mothers, too.



費用全免。報名及查詢請電 25372083。
座位有限，請早預約。

Free admission.

For enquiries, please contact us at 25372083.
Seats are limited, please reserve yours early.



Institute of Holistic Healthcare

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Total Body Balancing

Instructor: Dr. Kerry D'Ambrogio

Total Body Balancing

(Code: TBB-0801)

Saturday 08/03/2008– Tuesday 11/03/2008

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. Within this routine you will be shown how to integrate techniques for protective muscle spasm (Positional Release Therapy), joint stiffness (Muscle Energy Techniques), fascial scar tissue (Myofascial Release, Craniosacral Therapy & Visceral Manipulation) & swelling (Lymphatic Drainage).

* **Early Bird Discount** available for this course if register before 18/2/2008

Fascial Release Technique

Instructor: Dr. Kerry D'Ambrogio

Module 4 - Visceral Manipulation

(Code: FRT4-08)

Thursday 13/03/2008 – Sunday 16/03/2008

**Pre-requisite: Applicants should have attended FRT-1 workshop of this institute or having previous education in Craniosacral Therapy / Craniosacral Osteopathy.

Muscle Energy Technique

Instructor: Dr. Kerry D'Ambrogio

1. Muscle Energy Technique for Pelvis

(Code: MET-P-08) (FULL)

Wed 12/03/2008

2. Muscle Energy Technique for Sacrum

(Code: MET-SA-08)

Mon 17/03/2008

3. Muscle Energy Technique for Cervical Spine

(Code: MET-CS-08)

Tue 18/03/2008

Please visit our website
www.iholistic.org for details.