



Health Information 健康資訊

產後修身 (二)

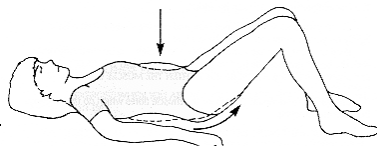
<運動前需注意事項>

1. 全身鬆弛並穿著鬆身衣服在空氣流通的位置做運動。
2. 運動前先排清小便。
3. 運動時要留意身體的反應，做到幾多得幾多，若運動時有任何痛楚便應停止。

腹肌運動 (1)

好處：矯正腰部及盤骨的姿勢

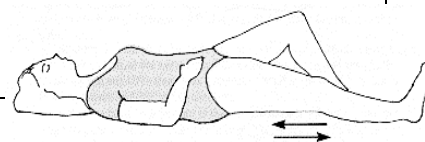
做法：仰臥，雙膝屈起膝蓋微微分開，收緊腹部，將盤骨向後轉直至腰部壓平貼著床，保持 5 秒，然後放鬆，重複 5 次為一組



腹肌運動 (2)

做法：仰臥，雙膝屈起，收緊腹部，將一邊腿部慢慢伸直，腿完全伸直後，再慢慢將腿屈曲直至雙膝並排，整個動作腳跟保持貼床。

兩腿交替各做 10 次



News 資訊

Nowadays, many young engineers suffer from heavy workload that do not have spare time to stretch their muscles. Over a long period of time, occupational Repetitive Strain Injuries (RSI), Back & Neck Soreness and Headache may occur.

Mr. Kerry Fung was invited to present a seminar "Physiotherapy at Work" on 25<sup>th</sup> March 2008 organized by Young Members Committee of the Hong Kong Institution of Engineers.



THE HONG KONG INSTITUTION OF ENGINEERS  
香港工程師學會  
Young Members Committee  
青年會員事務委員會

Monthly Health Education Seminar 健康講座

骨刺可怕嗎？會痛嗎？可醫治嗎？

Understanding Bone Spur: Is Bone Spur scary, painful or curable?

24/04/2008 (Thursday) 7:00PM-8:30PM

骨質增生俗稱骨刺，常被誤解為痛症的根源，或與骨質疏鬆混為一談。本講座歡迎各階層人士，包括醫護人員、患者及其家屬、在職人士（如文職、體力勞動者）、長者等參加。

講者陶智超物理治療師會為你講解骨刺的原因、形成過程及其影響之身體部位。他亦會講解治療及預防方法予各參加者。

主講：陶智超註冊物理治療師

語言：中文

地點：中環德輔道中 20 號德成大廈 508 室

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。

Bone spur is a degenerative change of bones resulting from overgrowth of the osteophytes. It is always misunderstood. People from all walks of life are welcomed to this seminar.

Mr. To will explore with you the causes, disease process and common areas of bone spur. He will also teach you more about treatment and prevention.

Speaker: Mr. Ray To, PT

Language: Cantonese

Venue: Rm 508 Takshing Hse.,  
20 Des Voeux Rd. Central

Free admission.

For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early.



Institute of Holistic Healthcare

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E-Mail: [info@iholistic.org](mailto:info@iholistic.org)

Phone: (852) 2537 2083

Applied Anatomy & Physiology for Yoga Teachers

(Code: LA-0805)

Date: 14/5, 15/5, 17/5, 19/5, 2/6, 5/6, 14/6, 16/6, 19/6 & 23/6

Time: 7:00 PM to 10:00 PM (Weekday);

2:30PM-9:30PM (Weekend)

Venue: Room 508 Takshing House,  
20 Des Voeux Road Central, Hong Kong.

On-field Sports Physiotherapy Certificate – Level 2

駐場運動物理治療證書(二級) (Course Code: OFSP2-0806)

Date: 12, 15, 26 & 29 June, 2008

Time: 6:30 PM to 10:00 PM on weekdays,

10:00 AM to 6:00 PM on Sundays

Venue: Accident and Emergency Training Centre,  
3/F, Tang Shiu Kin Hospital, 282 Queen's Road East,  
Wanchai, Hong Kong.

Please visit our website [www.iholistic.org](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