



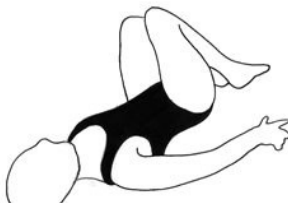
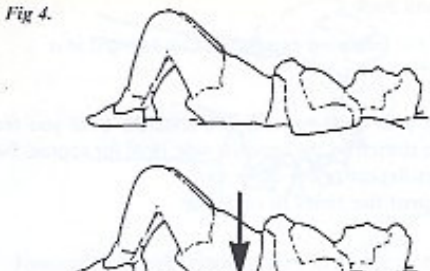
## Health Information 健康資訊

### 簡單運動讓你遠離「脊骨亞健康狀態」

上回跟大家提過，如你經常感覺腰酸背痛，到醫生處又檢查不出什麼毛病，很可能你的脊骨已經到達「亞健康狀態」，除了時刻保持良好姿勢，防止脊骨進入「疾病狀態」外，經常進行脊骨的保健運動，更可令你的脊骨遠離「亞健康狀態」，回復健康，不再痠痛！

#### 入門級腰部運動

(如運動時感腰背不適，請停止運動及諮詢物理治療師意見才繼續練習)

|   |   |
|---|---|
|                 | <p>1- 左擺右擺張力性頭痛是由肩膀、頸項、頭皮及頷部的肌肉緊張而引起仰臥，屈起雙膝，讓你的膝蓋向左右兩方擺動，直到腰部有被拉扯（但並無不適）感覺。記得將膝蓋由旁邊提起返回中間。</p>  |
| <p>Fig 4.</p>  | <p>2- 收腹平腰<br/>仰臥屈膝，慢慢把肚臍縮入及縮緊下腹，感覺下腹收緊及腰部向下壓平，上腹及肋骨保持放鬆。保持呼吸，收緊 5 秒後放鬆。重覆 5-10 次，每天 1-2 組。</p> |

(待續)

## Monthly Health Education Seminar 健康講座

### What can I do if my low back pain remains?

### 腰骨痛醫好耐都未好，點算好？

在這緊張及繁忙的都市生活裏，腰痛已成為很多人的困擾，影響生活及工作。有些人習以為常，有些人抱怨為何腰患久醫未除。當你有腰患的時候，你會如何處理呢？如何面對或改善這些慢痛症呢？物理治療師會與你詳談一下。

講者：陶智超註冊物理治療師

日期：二零零八年十月三十日（星期四） 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。

In this nervous and busy city lifestyle, low back pain is a very common painful disorder that affects a lot of people. It affects our daily life and work. Some people get used to it. However, some people blame that why this painful disorders can not be remediated. How do you manage if you have low back pain? How can you encounter and improve chronic pain? Mr. To will discuss them with you.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 30th October, 2008 (Thursday) 7:00pm - 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.

**Institute of Holistic Healthcare**  
 Web Sites: [www.iholistic.org](http://www.iholistic.org)  
 E-Mail: [info@iholistic.org](mailto:info@iholistic.org)  
 Phone: (852) 2537 2083

#### Coming courses:

**Sport First Aid Certificate Course**  
(13, 17, 20, 24 Oct 2008)

**Intro to Anatomy - Essential Guide on Body Structure** (22 Oct 2008)

**Integrated System Evaluation Course** (5-13 Nov 2008)

**Muscle Energy Technique - Lower Quadrant** (7-9 Nov 2008); **Upper Quadrant** (14-16 Nov 2008)

Please visit our website  
[www.iholistic.org](http://www.iholistic.org) for details.

#### 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 **5 to 16 November 2008**. Client who would like to have consultation with him in Hong Kong, please call 25372083 for appointment.

**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。他將於十一月五日至十六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。