



Monthly Health Education Seminars 每月健康講座

『呼吸』減輕頸腰痛症？

“Breathing” Relieves Pain?

呼吸原是很輕巧自如的動作，但許多人因習慣或生活壓力等因素，而不自覺地採取了錯誤的『挺胸縮頸』呼吸方法，過度地運用頸部及肩膊肌肉，會導致脊椎有關疾病。

本講座內容：

- ◆ 常見的錯誤呼吸方式
- ◆ 示範正確的“腹式呼吸”
- ◆ 呼吸如何有助鬆弛
- ◆ 減輕及舒緩痛症

免費參加

講者：陶智超物理治療師

日期：二零一零年十月二十八日（星期四）

時間：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

News 動向

Dr. Kerry D' Ambrogio 將於二零一零年十一月十至十七日在我們中環診所應診，如欲在香港接受 Dr. D'Ambrogio 治療，敬請致電 2537 2083 預約及查詢。

Dr. Kerry D' Ambrogio is coming to our central clinic to assess and treat client between 10th and 17th November 2010. Client who would like to have consultation with him in Hong Kong, please call 2537 2083 for appointment.

我們服務的宗旨是「**整全健康道，至善身心靈**」。

以整體觀及中西匯萃的方針為顧客，提供優質的治療服務。由十一月起，我們很高興得到梁家豪中醫師加入我們醫療團隊。**梁家豪中醫師**於中環診所應診，為大家提供以下服務：

- 中醫全科診症
- 中藥療法（採用濃縮免煎中藥）
- 針灸療法 / 拔罐療法 / 去瘀療法
- 保健推拿（於中環診所或上環教育中心進行）

敬請預約。

We believe that “**Health is a continuum of physical, mental & spiritual well being**”. We utilize a holistic approach encompassing both Western and Chinese philosophy and science so that the best options could be provided to assist clients in their healthcare needs. We are glad to announce that **Mr. Leung Ka Ho, Registered Chinese Medicine Practitioner** will join our treatment team from November 2010. He will provide the following services in our Central clinic:

- Chinese Medicine Consultation
- Concentrated Chinese Medicine Prescription
- Acupuncture and Moxibustion / Coining / Cupping
- Health Tuina
(may be performed in our Central clinic or Sheung Wan centre)

By appointment.

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整全健康道 至善身心靈

Institute of Holistic Healthcare

Websites: www.iholistic.org E-Mail: info@iholistic.org



We would like to invite you and your friends to become a fan of Institute of Holistic Healthcare.

<http://www.facebook.com/group.php?gid=111933753388>



本院去年獲中華慈善總會邀請，為國內的康復醫療人員在北京舉辦物理治療手法的培訓，參加的學員來自北京、天津、四川、甘肅等地，共有二十多名學員參加培訓。共計三個單元，為期大半年的培訓課程於本年初順利完成，十二名學員經過持續參加課程和通過評核後獲本院及澳門科技大學頒授關節舒整物理治療專業證書。

此課程是中國內地第一個有系統的、基於梅特蘭概念 (Maitland's Concept) 的關節舒整物理治療課程。從課程後在北京、天津、四川等地的實地考察發現，這對參加者各自醫院的物理治療診療和康復方法和技術，有著很顯著而深遠的影響。畢業的醫師和治療師更將課堂所學跟同儕分享，令更多醫療人員能透過這次培訓而得益。我們希望今後能繼續為祖國的康復事業，作出一點貢獻。

The Institute of Holistic Healthcare was invited by the China Charity Federation to organize a structured program of manual physiotherapy education for rehabilitation workers in Mainland China last year. The course was held over about a year in a modular basis consisting of three modules. Over 20 students from Beijing, Tianjin, Sichuan and Gansu attended the program. 12 of them had successfully completed the program and passed the requisite assessments and were awarded the **Professional Certificate in Orthopaedic Manipulative Therapy** by The Macau University of Science and Technology.

This was the first systematic manipulative physiotherapy program based on the Maitland's Concept in Mainland China. Not only the program was well received by the participants, they have implemented changes in their way of assessment and treatment in their own hospitals and shared the ideas and skills with their colleagues when they returned to their home towns. We were very delighted that we have witnessed great changes and successes when follow up trips were paid to the students' hospitals following the program. It is hope that we could continue to contribute to the development of rehabilitation in Mainland in the future.

Upcoming Programs

Adrenal Fatigue and Stress Related Disorder (BH-1010)

28 – 30 Oct 2010

Speaker: **Dr. Sharon W. Giammateo**, Ph.D, P.T., I.M.T.,C.

Dr. Thomas W. Giammateo, D.C., N.D., P.T., I.M.T.,C.

Fascial Release Technique Courses

Instructor: **Dr. Kerry D' Ambrogio** D.O.M., A.P., P.T., D.O. M.T.P.

Craniosacral Therapy(FRT2-1011) 09 – 13 Nov 2010

Advanced Craniosacral Therapy(FRT3-1011) 14 – 17 Nov 2010

Visceral Manipulation(FRT4-1103) 23 – 26 Mar 2011

Sport First Aid Course 「運動急救」證書課程 (SFA-1012)

5 & 12 Dec 2010