



News 動向



我們很高興通知大家，施愛竹物理治療師於本年七月廿二日加入醫療團隊，為大家提供專業的物理治療服務。施小姐畢業於香港理工大學，獲得物理治療（榮譽）理學士學位，並且精通廣東話。如欲預約施小姐診療，請與本診所職員聯絡。We are glad to inform you that Adriane Stjernkvist, BSc(Hons)PT, has joined our professional team from 22 July 2013. She is proficient in many languages, including English, Swedish, Spanish, French, as well as Chinese (Cantonese). To make an appointment with Ms. Stjernkvist, please ask our staff for "Adriane" or "Adrianna".

長者咭優惠計劃

(只在旺角診所提供)

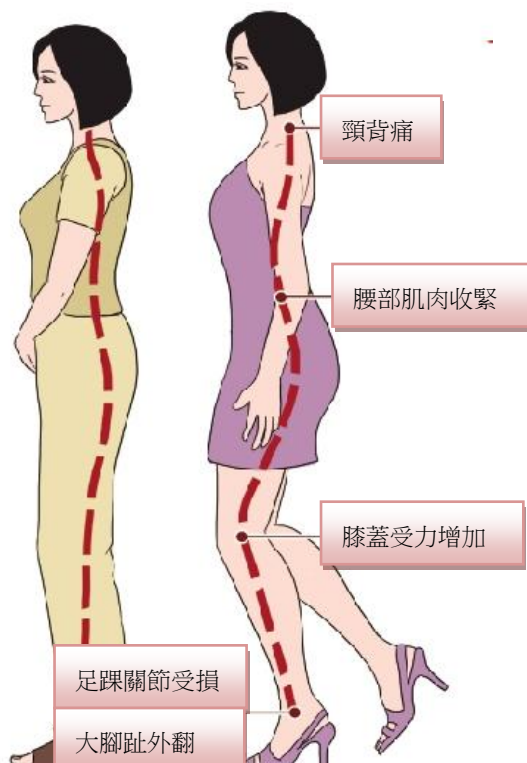
由 2013 年 8 月 1 日起，六十五歲或以上並持有長者咭之長者到旺角診所診症可享九折優惠。有關詳情，請向本診所職員查詢。

Senior Citizen Card Scheme (MK Clinic Only)

Senior Citizen Card holders would have 10% off discount in our Mongkok Clinic. Please ask our staff for more details.

Monthly Health Education Seminars 每月健康講座

腰膝足痛的禍根--高跟鞋



穿平底鞋時正常脊柱 穿高跟鞋時被改變脊柱

隨著工作需要，女士們經常穿著高跟鞋上班，甚至成為了習慣。為了衣著美觀，高跟鞋亦成為服裝潮流。但是近來卻發現，因為穿高跟鞋所導致的疾患有上升的趨勢。本講座為大家探討一下穿高跟鞋有可能引致的病患。物理治療師會教導你如何自我檢查及示範一系列運動，使大家在穿著高跟鞋的同時，能夠避免腰膝足痛。

講者：陶智超註冊物理治療師

日期：二零一三年八月廿九日（星期四）

時間：晚上七時至八時半

地點：整全保健學院教育中心

上環文咸東街 50 號寶恆商業中心 1 樓 1 室

語言：廣東話

報名及查詢請電 2537 2083。

※費用全免，名額有限，請早報名※



Institute of Holistic Healthcare

Websites: www.iholistic.org EMail: info@iholistic.org

Upcoming Programs

Scoliosis Intensive Rehabilitation Class

脊柱側彎復康訓練課程

(I-SIRSC-13)

導師：盧志毅物理治療師

第 1-7 堂：19/9- 31/10 逢星期四 7:00pm-8:30pm

第 8 堂：7/12/2013 4:00pm-5:30pm

第 9 堂：4/1/2014 4:00pm-5:30pm

第 10 堂：1/3/2014 4:00pm-5:30pm

(名額:6 個)

Early Bird Deadline:
26/8/2013

Neurogenic Inflammation in Musculoskeletal Conditions

Instructor: Christopher Lo, Physiotherapist

Date: 20/8/2013

Time: 7:00pm-8:30pm

Free Application

Program Information Seminar for PCAP & PCOMT & PCCA

Date: 7 September, 2013

Time: 2:30pm-3:30pm

Free Application

Professional Certificate of Acupuncture in Physiotherapy - Module 1 物理治療針灸學專業證書- 第一單元(I-PCAP-1314)

October, 2013- January, 2014

Professional Certificate in Orthopaedic Manipulative Therapy - Module 1 關節舒整治療學專業證書-第一單元 (I-PCOMT-1314)

November, 2013- February, 2014

Professional Certificate in Contemporary Acupuncture - Module 1 現代針灸學專業證書-第一單元 (I-PCCA-1314)

October, 2013 - January, 2014

Sport First Aid Course 運動急救證書課程 (I-SFA-1309)

導師：李浩威物理治療師

日期：11/9, 18/9, 25/9, 2/10/2013

時間：下午 6:30-下午 10:30

For more courses, please visit our website www.iholistic.org. Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.

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

整全健康道 至善身心靈