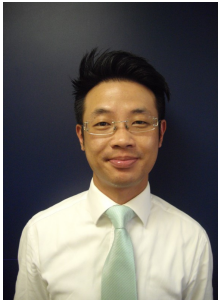




News 動向



陶智超高級物理治療師已於本年度八月成功修畢由澳門科技大學醫療及衛生持續培訓中心聯同香港整全保健學院舉辦的物理治療針灸課程，並已獲得「物理治療針灸專業證書」

健康資訊

腰膝足痛的禍根--高跟鞋

自我檢查

- 盆骨前傾、髻前上棘 (ASIS)
- 脊椎弧度
- 步行或站立時膝部有否接觸?
- 膝蓋位置
- L 形腳
- 內直縱足弓
- 橫縱足弓
- 腳趾變形或紅腫
- 硬結
- 壓痛點
- 足跟位置

預防

- 保持良好姿勢
- 工作間要有適量伸展運動
- 良好的運動習慣
- 避免在固定工作位置停留時間
- 帶備一對舒適鞋上班以便更換



Institute of Holistic Healthcare

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

Upcoming Programs

Program Information Seminar for PCAP & PCOMT & PCCA

Date: 7 September, 2013

Time: 2:30pm-3:30pm

Free Application

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: 26/9- 7/11 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)

Professional Certificate of Acupuncture in Physiotherapy

- Module 1

物理治療針灸專業證書- 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

For more courses, please visit our website www.iholistic.org.

Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.

Monthly Health Education Seminars 每月健康講座

X-TREME SPORTS Series 1 Race Walking



Come and join us on September 24th, as Adriane will teach you how to walk even faster than you'd ever think possible! - introducing Race Walking as the first health talk on the X-treme sports mini series. This talk will include movement analysis as well as advice for safe training and injury prevention.

We are hosting this in conjunction with the upcoming annual MTR Race Walking 2013 taking place on October 14th. So whether you are a participant, sponsor, or interested sports fanatic trying to pick up a new hobby. We welcome you!

Speaker: Miss. Adriane Stjernkvist (Registered Physiotherapist)

Date: 24th September, 2013 (Tuesday)

Time: 7:00-8:30pm

Venue: Shop 1, 1/F, Bonham Trade Centre, 50 Bonham Strand, Sheung Wan

Free admission

For enquiries, please contact us at 2537 2083

Talk in English

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

整全健康道 至善身心靈