



## Monthly Health Education Seminar 健康講座

**Speaker: Ms. Diana But (Registered Physiotherapist)**

**講者：畢慧敏註冊物理治療師**

### 足底筋膜炎

你受腳跟痛困擾嗎？特別是在早上下床或久坐後腳掌著地時，痛楚更嚴重？長時間站立或行走後，疼痛會加劇？小心！你可能已患上“足底筋膜炎”！

足底筋膜是一層覆蓋腳板的堅韌薄膜，由腳的前端一直伸延至腳跟，作用是支撐足部內側的內足弓，若足底筋膜受傷或勞損會引起炎症。

物理治療師畢慧敏小姐會為你講解物理治療怎樣治療足底筋膜炎，以及如何預防和護理。

日期：25/10/2007(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

### Plantar Fasciitis

Are you suffering from heel pain? When your first few steps out of bed in the morning, or arise from prolonged sitting cause severe pain in the heel of your foot, and becoming severe after standing or walking for long, you may have plantar fasciitis.

The plantar fascia is the flat band of ligament that connects your heel bone to your toes. It supports the arch of your foot. It will get inflamed if in case of overuse injury or excessive strain.

Our physiotherapist Diana But will tell you how physiotherapy can help patients with plantar fasciitis, and the prevention and self-care of plantar fasciitis.

Date: 25<sup>th</sup> October, 2007 (Thu)

Time: 7:00-8:30pm

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.**

**費用全免。報名及查詢請電 25372083。**

**座位有限，請早預約。**