

Let it go ! - Positional Release of Muscle Tension (A free preview)

輕輕已可鬆鬆 - 體位肌肉鬆弛法 (免費簡介)

Positional Release Therapy (PRT) or Strain/ Counterstrain is an indirect manual therapy technique to relief muscle spasm and tenderness. Its indirect nature does not elicit any pain or further muscle tension, it is particularly suitable for releasing acute or chronic muscle spasm in a painless way. It works through a complex neurological mechanism but the technique itself is extremely simple and easy to use.

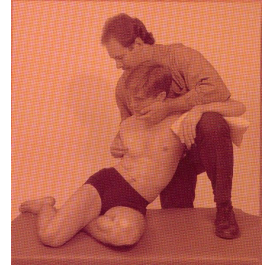
Besides physiotherapists and osteopaths who frequently use these manual techniques to treat patients, it is also very useful for coaches, athletes and massage therapists to help relief muscle tension and pain of the sportsman and clients.

We are happy to have Mr. Kerry Fung to demonstrate and introduce this basic principles and positioning for some common techniques.

People who have interest on PRT could have the special discount (early bird discount) to apply the course with DR Kerry D'Ambrogio at this seminar.

Date: 30th March, 2006 (Thu)
Time: 7:00 – 8:30pm
Venue: Rm. 508 Takshing Hse.,
20 Des Voeux Rd. Central

Language: Cantonese
Free Admission. For enquiries and reservation, please contact us at 2537 2083.



體位鬆弛法是一種用來釋放肌肉痙攣和消除壓痛的間接手法治療法，它是透過一系列的神經反射過程來達致肌肉鬆弛，但方法卻出奇地簡單，由於它不會令病人產生痛楚和增加肌肉張力，所以能有效而安全地消除急性或慢性的肌肉痙攣。

除了物理治療師等醫療專業人員外，教練、運動員和按摩師等亦可利用它來處理肌肉痙攣和疼痛。

我們很高興馮偉業物理治療師在此為大家介紹這個方法的原理和基本技巧。

參加者如對體位鬆弛有興趣，可於講座當日享有特別的折扣(與提前報名折扣相同)，報讀由 DR Kerry D'Ambrogio 教授的體位鬆弛課程。

日期: 二零零六年三月三十日
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: 廣東話
費用全免。報名及查詢請電 2537 2083。