

馮偉業物理治療師事務所

Kerry Fung and Associates Physiotherapy Services

<http://www.kerryfung.com> Email: physio@kerryfung.com Phone: 2537 2083

每月健康講座

「鼠鍵之患」- 辦公室人員的公敵

辦公室人員很多時都患有頸背痛，如重複使用滑鼠和鍵盤太久，更有可能感到上肢腫痛，影響工作能力，嚴重者甚至痛得難以入睡。

不說不知，原來這已患上重複性或慢性勞損疾病了。如沒有正確的預防及治療，甚至延誤就醫，結果就難以想像了。

本講座會為大家探討重複性勞損的成因及其病徵。物理治療師更會講解治療和預防方法及親身示範一系列辦公室運動。

講者：陶智超註冊物理治療師

日期：二零零五年六月三十日（星期四）

時間：晚上七時至八時半

地點：中環診所(香港中環德輔道中 20 號德成大廈 508 室)

語言：廣東話

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。



Monthly Health Education Seminars

The enemy of office workers - Mouse and Keyboard

Office workers often suffer from neck and back pain. Apart from these, other parts of the body will also be affected if they use mouse and keyboard repeatedly without rest and proper exercises. This will severely affect their working ability and even sleeping quality. In fact, this is called Repetitive Strain Injury (RSI). Serious consequences may happen if treatment and prevention are delayed. This seminar will explain to you the causes and symptoms of RSI. Physiotherapist will also talk about its treatments and prevention. A set of exercises in the workplace will be demonstrated.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 30th June, 2005 (Thursday)

Time: 7:00-8:30pm

Venue: Central Clinic

(Room 508 Takshing House, 20 Des Voeux Road Central)

Language: Cantonese

Free admission. For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early

