



Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所  
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Monthly Health Education Seminar 健康講座

## Topics:

### **Disease of the labour and sedentary - Sciatica**



### **文職與工人的共同敵人 - 坐骨神經痛**

25 May, 2006 (Thu) 2006年5月25日(星期四) 19:00 – 20:30  
508, 20 Des Voeux Rd C, HK 中環德輔道中20號德成大廈508室

## Speaker:

**Mr. Ray To (Physiotherapist)**

陶智超物理治療師

Many have heard and encountered that sciatica is extremely painful. It could affect sleep, work and even walking mobility. However, most people misunderstand its causes and detrimental effects resulted from delayed treatment and healing. This seminar will allow you to have a better understanding of the causes, characteristics and physiotherapy intervention of sciatica. You will also have the opportunity to learn how to prevent it and help yourself. (The seminar will be conducted in Cantonese)

### **Take action to escape from sciatica now**

很多人都聽過或感受過坐骨神經痛，嚴重者甚至痛得難以入睡，喪失工作及活動能力。但原來大部份人都對坐骨神經痛的成因及其影響有誤解而延遲就醫。本講座會和大家探討坐骨神經痛的成因、特徵以及治療方法。參予者亦會有機會學習如何預防坐骨神經痛及自我保健的運動和小貼士。

### **立刻行動 遠離坐骨神經痛**

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