

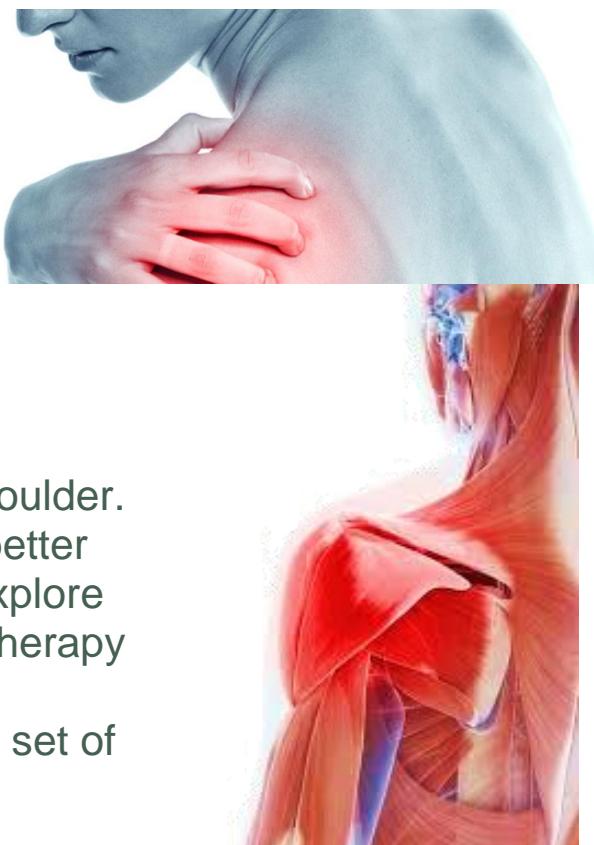
# Monthly Health Education Seminar

## 每月健康講座

### 肩周炎-結了冰的肩膀 “Frozen” Shoulder

許多人聽到肩周炎(五十肩)都會不寒而慄。其實只要多點認識肩周炎，它並不可怕的。透過是次講座，物理治療師會為大家探討肩周炎的成因、病徵及治療方法。以及為大家示範一系列運動，可讓大家預防及治療肩周炎。

Many people were scared by frozen shoulder. However, it is not the case if we have better understanding of it. This seminar will explore the causes, characteristics and physiotherapy interventions of frozen shoulder. Physiotherapist will also demonstrate a set of exercises for you. (Talk in Cantonese)



講者: 陶智超註冊物理治療師

日期: 二零一五年六月廿五日 (星期四)

時間: 晚上七時至八時半

地點: 整全保健學院教育中心

九龍彌敦道 788-790 號利美大廈 9 字樓

語言: 廣東話

報名及查詢請電 2537 2083

※費用全免，名額有限，請早報名

