

每月健康講座

肩周炎——結了冰的肩膊

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，肩周炎並不可怕。

是次講座會為大家探討肩周炎的成因、病徵及治療方法。治療師亦會親自示範一系列運動，教大家預防及治療肩周炎。

講者：陶智超註冊物理治療師

日期：二零零五年八月二十五日（星期四）

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

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。



Monthly Health Education Seminars

“Frozen” Shoulder

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.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 25th August, 2005 (Thursday)

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.