



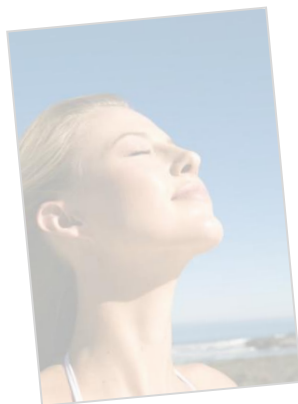
Monthly Health Education Seminar 健康講座

『呼吸』減輕頸腰痛症？ “Breathing” Relieves Pain?

呼吸原是很輕巧自如的動作，但許多人因習慣或生活壓力等因素，而不自覺地採取了錯誤的『挺胸縮頸』呼吸方法，過度地運用頸部及肩膊肌肉，會導致脊椎有關疾病。

本講座內容：

- ✧ 常見的錯誤呼吸方式
- ✧ 示範正確的“腹式呼吸”
- ✧ 呼吸如何有助鬆馳、減輕及舒緩痛症



Breathing, indeed is simple, relaxed and without much effort. However, many people unconsciously adopt a wrong breathing pattern by over-recruiting chest and neck muscles. Over-activation of these muscles may result in many painful syndromes of the spine especially at the neck and lower back.

Contents of this seminar:

- ✧ Common incorrect breathing patterns
- ✧ Demonstration of correct “diaphragmatic breathing” pattern
- ✧ Learn how to breathe correctly to achieve relaxation, relieve stress and pain

講者: 陶智超物理治療師
日期: 2010 年 10 月 28 日 (星期四)
時間: 晚上 7 時至 8 時 30 分
地點: 中環德輔道中 20 號德成大廈 508 室
語言: 中文

Speaker: Mr. Ray To, PT
Date: 28th October, 2010 (Thu)
Time: 7:00pm – 8:30pm
Venue: Rm 508, Takshing Hse.,
20 Des Voeux Rd. Central
Language: Cantonese

免費參加
Free Admission