

每月健康講座

怎能忽視“拗柴”呢！

足踝扭傷俗稱“拗柴”。這足患看似很簡單，會不藥而癒，但若處理不當的話，後果就絕不簡單了。有些患者甚至重複扭傷，導致足踝長期疼痛及不穩。這講座會令你更認識“拗柴”的成因、處理及醫治方法，使你能及早康復，避免風濕舊患。

講者：陶智超註冊物理治療師

日期：二零零五年十二月二十日（星期二）

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：廣東話

費用全免。報名及查詢請電 2537 2083。

座位有限，請早預約。



Monthly Health Education Seminars

Don't neglect ankle sprain!

It is seemed that ankle sprain is a minor injury and can be recovered without treatment. However, it is not the case if not handle properly. Some may have sprain repeatedly resulting in chronic pain and instability.

This seminar will explore with you the causes, immediate handling, and rehabilitation programs of ankle sprain, so that you can recover early and prevent re-injury.

Speaker: Mr Ray To, Registered Physiotherapist

Date: 20th December, 2005 (Tuesday)

Time: 7:00 – 8:30pm

Venue: Rm 508 Taksing Hse., 20 Des Voeux Rd. Central

Language: Cantonese

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

Seats are limited, please reserve yours early.