

馮偉業物理治療師事務所

Kerry Fung and Associates Physiotherapy Services

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每月健康講座

是誰令你坐立不安？--坐骨神經痛

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

講者：陶智超物理治療師

日期：二零零五年四月二十八日（星期四）

時間：晚上七時至八時半

地點：中環診所

（香港中環德輔道中 20 號德成大廈 508 室）

語言：廣東話

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。



Monthly Health Education Seminars

Sciatica – Unbearable pain

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.

Take action to escape from sciatica now

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 28th April, 2005 (Thursday)

Time: 7:00-8:30pm

Venue: Central Clinic

(Room 508 Takshing House, 20 Des Voeux Road Central, HK)

Language: Cantonese

Free admission

For enquiries, please contact us at 25372083

Seats are limited, please reserve yours early