

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

腰膝足痛的禍根--高跟鞋

隨著工作需要，女士們經常穿著高跟鞋上班，甚至成為了習慣。為了衣著美觀，高跟鞋亦成為服裝潮流。但是近來卻發現，因為穿高跟鞋所導致的疾患有上升的趨勢。本講座為大家探討一下穿高跟鞋有可能引致的病患。物理治療師會教導你如何自我檢查及示範一系列運動，使大家在穿著高跟鞋的同時，能夠避免腰膝足痛。

講者：陶智超註冊物理治療師

日期：二零零五年十月廿七日（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：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

High Heel Shoe Related Diseases

It is common to see that many ladies wear high heel shoes not only for work but also for fashion. However, the incidence of pain related to high heel shoe has increased in recent years. This seminar will explore with you the possible high heel shoe related diseases. Our physiotherapist will also teach you how to perform self-check and demonstrate a set of exercises, so that pain and disorders can be minimized and prevented.

Speaker: Mr Ray To (Registered Physiotherapist)

Date: 27th October, 2005 (Thursday)

Time: 7:00 - 8:30pm

Venue: Room 508 Takshing House, 20 Des Voeux Road Central

Language: Cantonese

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

Seats are limited, please reserve yours early.

