Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所
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-- 運動創傷篇 --
誰是運動創傷的高危一族呢？

運動創傷的成因繁多，常見於足球、籃球等撞擊性運動。另外，當久沒運動的文職人員在缺乏熱身運動的情況下作高密度的運動也是受傷的主要原因。

你是否屬於當中的一群呢？陶先生會爲你解答以上問題。

講者: 陶智超物理治療師
日期: 二月二十六日(星期四)
時間: 下午七時至八時半
地點: 中環德輔道中 20 號德成大厦 508 室
語言: 中文 免費參加

-- Sports Injuries Series --
Are you easy to get injured during sports?

There are numerous causes of sports injuries. Those who are interested in high impact sports such as soccer and basketball will be traumatized by direct contact. On the other hand, if office workers who lack of regular exercises suddenly participate in high density exercises will sprain easily especially if they ignore the importance of warm up exercises. Mr. To will tell you more about these during the seminar.

Speaker: Mr. Ray To, PT
Date: 26/02/2009 (Thur)
Time: 19:00-20:30
Venue: Rm 508 Takshing Hse., 20 Des Voeux Rd. Central
Language: Cantonese Free Admission.