



Monthly Health Education Seminar 健康講座

都市常見之 上肢痛症

Common Upper Limb Repetitive Strain Injuries



如閣下想了解更多一些都市常見的上肢痛症，如網球肘、高爾夫球肘、腕管綜合症和狹窄性肌腱滑膜炎(又稱媽媽手)等的成因嗎？又或者曾經被上述痛症困擾，因上肢酸軟無力及手指發麻而影響日常生活。此講座會為你逐一講解各種上肢痛症的成因，診斷及預防方法，以正確及科學的治療令上肢痛症得到改善及痊癒。

If you want to know more about common upper limb repetitive strain injuries, such as Tennis Elbow, Golfer's Elbow, Carpal Tunnel Syndrome and De Quervain's Disease etc. Or you may already suffering from one of the above injuries, experiencing symptoms including upper limb muscle weakness, sharp and shooting pain, pins and needles, and a general loss of function, for example: inability to pick up a cup. This seminar will be covering the causes, signs and symptoms, diagnosis, and prevention of each common upper limb repetitive strain injuries, it will also help you to understand how physiotherapy treatments can improve and cure your problems.

講者: 張鳴物理治療師
日期: 2011 年 4 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: Ms. Silvia Zhang, PT
Date: 28th April, 2011 (Thu)
Time: 7:00pm – 8:30pm
Venue: Rm 508, Takshing Hse.,
20 Des Voeux Rd. Central
Language: Cantonese



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