



Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所

Institute of Holistic Healthcare 整全保健學院

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Monthly Health Education Seminar 健康講座

Speaker: Ms. Diana But (Registered Physiotherapist)

講者：畢慧敏註冊物理治療師

23/4/2008(Thu), 7:00pm-8:30pm, Central Clinic

Self Massage on Back and Neck

Many white-collar office workers and computer users found their neck stiff and sore, discomfort all around shoulder and back, or even got headache, dizziness or decreased eyesight at the end of the day. They might already suffered from cervical spine disorder.

If you suffered from those symptoms of cervical spine disorder and do not recover with sufficient rest, you need to check for signs of cervical spondylosis or cervical radiculopathy. If the cause of your neck pain is due to poor posture or mild degenerative changes of your cervical spine, you may properly manage the pain with posture correction, simple exercise and self-massage.

This talk will focus on how to conduct an effective self massage, and also some simple exercise and tips for postural correction.

Language: Cantonese

頸背自我保健按摩

很多寫字樓裏的白領、辦公室一族以及整天工作在電腦前的人仕，在忙碌一天後常常覺得脖子發僵、發硬、肩背部沉重，甚至有頭痛、頭暈等症狀，這些都可能是頸椎病的先兆。

當出現以上症狀，適當休息仍不見好轉者，應接受合適檢查，看看是否有椎間盤突出、破裂，有無神經壓迫等。如果沒有上述狀況，只是日常姿勢太差或頸椎發生退變，最重要的是要延緩頸椎病發生。日間注意姿勢，晚上回家後做一些簡單按摩和運動，可有效鍛煉頸部肌肉，緩解疼痛。

這次講座主要講解進行自我保健按摩的注意事項和有效方法，也教大家一些簡單的運動和姿態矯正。

語言：中文

Free admission. For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early.

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。