



News 動向

**Kung Hei Fat Choy
恭喜發財**

中環及旺角診所將於二零一三年一月三十一日(年初一)至二零一四年二月三日(年初四)休息。並於二零一四年二月四日(年初五)開診。

Central and Mongkok clinic will be closed from 31st Jan 2013 to 3rd Feb 2014 during the Lunar New Year and will resume service from 4th Feb 2014.

謹賀新年

Upcoming Programs

Professional Certificate in Orthopaedic Manipulative Therapy-Module 1
關節舒整治療學專業證書-第一單元 (I-PCOMT-1314)

November, 2013- February, 2014

Professional Certificate in Contemporary Acupuncture-Module 1
現代針灸學專業證書-第一單元 (I-PCCA-1314)

April, 2014-July, 2014

For more courses, please visit our website www.iholistic.org. Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.

Monthly Health Education Seminars

每月健康講座

X-treme Sports Series 2 Rock Climbing



Talk in English

During this talk, we will cover practical tips for gear, safety, techniques as well as browse through some common injuries and how to prevent them. Are you a beginner who is keen to improve his/her technique on the course? We will be going through some basic videos that you can try out on the course the next day!

Speaker: Miss Adriane Stjernkvist (Registered Physiotherapist)

Date: 29th January, 2014 (Wednesday)

Time: 7:00pm-8:30pm

Venue: Shop 1, 1/F, Bonham Trade Centre,
50 Bonham Strand, Sheung Wan

Free admission

For enquiries, please contact us at 2537 2083.

健康資訊 - 手法治療



手法治療其中例子:

- ◆體位鬆弛法 Positional Release Therapy
- ◆筋膜鬆弛法 Fascial Release Technique
- ◆骯骯治療法 Craniosacral Therapy
- ◆肌肉能量法 Muscle Energy Technique
- ◆淋巴引流治療 Lymphatic Drainage Therapy

手法治療是什麼?

- ◎物理治療師運用雙手去檢查及治療患者
- ◎使運動治療更有效
- ◎目的是去除組織的結構阻礙, 改善功能
- ◎可配合其他治療方法

常見的臨床症狀

- ◎疼痛 ◎腫脹
- ◎麻痺 ◎僵硬
- ◎乏力
- ◎活動幅度受限如彎腰、屈伸膝部等
- ◎功能障礙如上下梯級、蹲下、跳躍、舉手等

不正常結構屏障的來源

- ◎痛楚
- ◎繃緊和有壓痛的肌肉=過度的肌肉張力
- ◎筋膜的張力
- ◎淋巴水腫
- ◎關節的僵硬

