

## Health Talk – Protection Knees Workshop

### 健康講座 – 關注膝關節工作坊



Conducted by Ms. Winkie Yuen  
Registered Physiotherapist  
導師:袁穎琪註冊物理治療師

Date: 17<sup>th</sup> September, 2017 (Sunday)

日期: 2017年9月17日(星期日)

Time: 2:00 – 3:00 p.m.

時間: 下午2時至3時正

Age: 16 years old or above

年齡: 16歲或以上

Fees: Free

費用: 全免

Venue: Multi-purpose Squash Court

場地: 多用途壁球場

TheraBand \$150 or TheraBand CLX \$400  
(If Member does not have one) (如果會員需要購買)

\*Advanced booking is required

\*敬請預約

\*Enrolment deadline: 10<sup>th</sup> September, 2017

\*截止報名日期: 2017年9月10日

\*Maximum: 12 persons

\*最多人數: 12位

\*Participants will be confirmed via telephone on  
11<sup>th</sup> September, 2017

\*參加者於9月11日將收到本會電話以確實報名

Knee pain is considered to be a primary factor that causes most middle-aged people to abstain from exercising and the elderly to stop walking. Exercise therapy is the most effective way to strengthen our knees and bones to prevent the risk of degenerative arthritis, meniscus trauma and ligament tears.

膝關節痛相信是導致最多中年人停止運動和老年人停止步行的原因。運動是最有效增強膝關節活動能力和強健骨骼的治療方法，可以減低退化性關節炎、半月板創傷和韌帶撕裂相關的痛症。

For enquiries and enrollment, please contact the Sports and Recreation Centre on 2829 7979

詳情及報名請與康體部聯絡 2829 7979