

The BASICS

基 本 理 念

January 2008 Issue 1



The BASICS

基本理念

The year 2007 should be one of the most rewarding year to the Basic.

We planned to create genuine health among our clients, and the recovery and response from our clients have been encouraging; we determined to uphold Evidence-Based Physiotherapy, leading to more effective and efficient treatments. **We've been successful on creating a platform for people looking for physical well-being.**

The Basic is expecting a challenging 2008. Let's share our vision for 2008.

對基本而言，2007 年是豐碩之年。

我們一直努力追求更有效的治療；你們的康復正好鼓勵我們繼續努力。我們決心遵行「實証醫學」，使你們得到更快更徹底的康復。我們亦成功地為用心追求健康的大眾建立了一個健康平台。

2008 年將會是充滿挑戰的一年。在此分享基本在 2008 年的視野，希望各位對「基本理念」有更深入的认识。



Basic News (Jan, Feb)

基本新知 (一/二月)

Arrangement for CNY | 農曆新年診症安排

The Basic will be closed from 7/2/2008 (New Year Day) to 13/2/2008 (Seventh Day of New Year). We wish you a healthy and prosperous new year, Kung Hei Fat Choi.

基本將於 7/2/2008 (年初一) 至 13/2/2008 (年初七) 休假。基本在此謹祝各位 身心安康，恭喜發財。

New Therapist in Basic | 新加入按摩治療師

A new massage therapist will practise in Basic. We always strive to bring in new clinical insights and skills, and provide the best solution to you.

基本將會有一位按摩治療師加入。我們一直努力地引進新的臨床技術 和 思維，為你們提供最合適的治療方案。

Spread the Basics Around | 宣揚基本理念

The Basic always wishes to spread our healing works and philosophy around. In simple way, you may share our treatment principles with the people around you if you appreciate our efforts.

We are more than willing to present our philosophy to your networks, too.

We've prepared a series of presentations and workshops, focusing on various topics. If you want us to present the Basic Philosophy for your groups / organizations, please do not hesitate to contact us anytime.

基本一直努力發揚「基本理念」。假若你贊同我們的工作，你可以跟別人分享我們的治療理念。

我們亦樂意為你們宣揚基本理念。

我們已準備好一系列不同主題的 演講 及 工作坊。若你希望我們為你的 團體 / 機構 安排演講 及 工作坊，請隨時聯絡我們。





The Basic has been working on different physical conditions in 2007

- Neck pain, cervical radiculopathy and injuries
- Frozen shoulder, tendonitis
- Tennis elbow, golfer's elbow
- Carpal tunnel syndrome, wrist and hand injury
- Low back pain, sciatica and injuries
- Hip joint arthritis and injuries
- Knee pain, degeneration, meniscal injury, ACL/PCL rupture
- Sprain ankle
- Plantar fasciitis, hammertoe, bunion
- Other injuries / disorders

Our works have also spanned on different specialties

- Orthopedic
- Injury on duty
- Sports injury, elite athlete
- Neurological dysfunction

臨床工作

Clinical
Work

基本在 2007 年處理過的不同症狀

- 頸痛，頸椎病 及 不同傷患
- 五十肩，肩周炎
- 網球肘，高爾夫球肘
- 腕管綜合症 及 不同傷患
- 坐骨神經痛，腰背痛 及 不同傷患
- 髌關節炎 及 不同傷患
- 膝痛 及 關節退化，半月板傷患，十字韌帶傷患
- 足踝傷患
- 足底筋膜炎，姆指外翻
- 其他症狀

我們的臨床工作亦跨越不同專科

- 骨科
- 工傷
- 運動創傷；精英運動員
- 神經科

Basic has provided on-field medical support for local and international events

- International Martial Arts Championship
- Local Taekwondo Tournament
- Asia-Pacific Karate-do Championship
- Oxfam Trailwalker

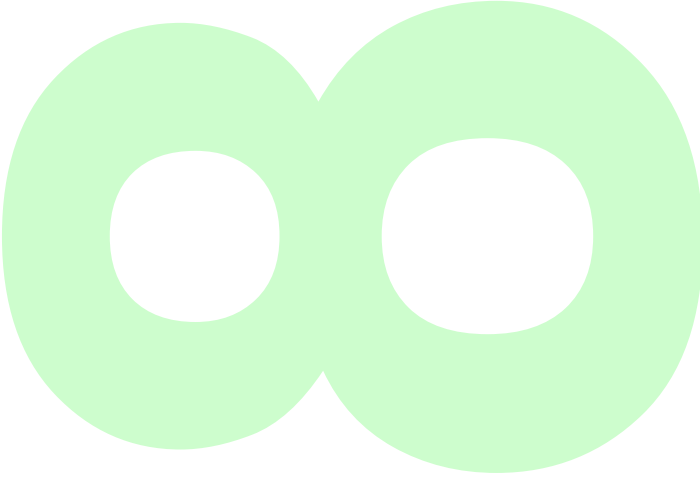
我們曾為不同的公開運動項目提供臨場醫療支援

- 世界武術大賽
- 亞太區空手道大賽
- 本地跆拳道大賽
- 樂施毅行者

運動支援

Sports Support





In 2008, we'd also like to strengthen our focus on **PREVENTIVE CARE** and **SPORTS MEDICINE**.

Preventive Care

We believe appropriate exercise and relaxation would reduce the chance of painful disorder. The Basic is going to launch 2 programmes focusing on prevention and better physical well-being.

- **Exercise Focus Group**
- **Preventive Massage.Stretch Therapy Programme**

We aim to promote better physical well-being through tailored and focused care.

Please contact us and we will arrange the best programme for you.

Sports Medicine

Sports Injury Management

We enjoy to work with professional and amateur athlete, and other sportsmen who do sports in leisure time. The Basic will keep focusing on **Sports Injury Management**.

Talk to us for more information.

Performance Enhancement

Apart from remedial treatment, our expert opinion and biomechanical assessment would help you to boost your performance, too.

Talk to us for more information.



展 望

F o c u s



我們將會在 2008 年同時投入發展 預防治療及 運動醫學。

預防治療

我們堅信適時適當的運動及 舒展可以有效預防各類痛症。我們將在 2008 年推行兩項活動，藉此為你們提供改善身體健康的辦法。

- 專題運動班
- 預防性按摩·伸展治療

我們會為不同個案 設計個人化的預防治療方案，當中包括首次評估及 個人化預防治療。

如果想認識多一點 專題運動班及 預防性按摩·伸展治療 的詳情，請與我們聯絡。

運動醫學

運動創傷治療

我們亦一直熱忱於為專業，業餘運動員及 所有運動愛好者提供專業治療。2008 年，我們將會繼續提供完善的 運動創傷治療。

欲知更多 運動創傷治療 的詳情，請聯絡我們。

運動表現提昇

治療以外，我們的 專業意見及 生物肌力檢查 可以助你提昇你的運動表現。

欲知更多 運動表現提昇 的詳情，請聯絡我們。



The Basic always strive for better therapeutics, and we really enjoy removing the painful bit in your living. Your recovery has been our driving force, and your supports are very meaningful to us, too.

We want to spread the message of building physical well-being as much as we can, and as far as we can.

Your referral would be the best way to show your appreciation on our works and philosophy.

基本 將繼續改良各種治療手法。你們的康復，就是我們的動力。

我們希望更多人可以分享到何謂真正的健康。

你的轉介有助將我們的 理念 和 努力 傳到其他病患者處，讓我們為他人安排合時合適的治療。

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