Kwun Tong Occupational Health Clinic - Support Group

Kwun Tong Occupational Health Clinic organizes patient support groups regularly to facilitate experience sharing in dealing with diseases, and enhance mutual support among patients. These support groups are free of charge. For any interested patients, please contact our nursing staff at 2361 8240 for further enquiry and application.

Topic	Brief
Plantar fasciitis Support Group	Employees need to stand, walk or carry heavy objects at work for a long time, is easy to cause lower extremity strain. The plantar fasciitis is one of the common diseases. Group activities and experience sharing are used to explain the causes, signs & symptoms and preventive measures of plantar fasciitis in this support group. Demonstration and practice workplace exercise are included.
Back Pain Support Group	Incorrect handling or working posture is easy to cause back strain. Group activities and experience sharing are used to give a brief account of the structure and functions of the back, and explain the causes and preventive measures of back injuries and correct handling posture, as well as proper manual handling operations. Demonstration and practice of workplace exercise are included.
Tenosynovitis Support Group	If we neglect the correct posture or lack adequate rest and exercise in work or daily life, it is easy to cause upper limb strain. Tenosynovitis causes redness, swelling, pain and numbness of the affected limb, which affects work performance, even unable to work. Group activities and experience sharing are used to explain the causes and preventive measures of tenosynovitis. Demonstration and practice of workplace exercise are included.
Tennis Elbow Support Group	Works involve repetitive arm and hand movements are prone to upper limb strain. Tennis elbow is one of the common upper limb disorders. Group activities and experience sharing are used to explain the causes and preventive measures of tennis elbow. Demonstration and practice of workplace exercise are included.