



### **ENERGETIC 50+**

#### **Topic: MassageXercise Pain Relief**

Shoulder pain, neck pain, lower back pain, foot pain, sciatica, knee pain... Many people struggle with these types of pain for decades but cannot manage to get rid of them. Chronic pains such as these cause much hindrance to patients' daily and social lives, especially for older adults.

Over their last few years of sports coaching, Andy, Margaret and Elaine from MassageXercise Pain Relief, one of the winning teams of the "Silver Age Startups" programme organized under "PolyU Jockey Club 'Operation Solnno'", have met many participants with physical pains that could not be resolved no matter what curative methods were tried. Out of coincidence, the team came across the Chinese massage therapy of Tui Na, and soon realised that combining Tui Na and exercise to relieve pain resulted proved more effective.

Equipped with their massage chair, the team will be offering expert diagnoses to audience members, not only demonstrating the beneficial combination of Tui Na and exercise, but also the professionalism they carry into their 50s.



The team realised that combining Tui Na and exercise was a more effective pain relief than other methods



活力50+計畫

## 題目：摩動紓痛

肩痛、頸痛、腰背痛、腳痛、坐骨神經痛、膝痛… 很多人與這些痛症糾纏半生也得不到消除。長期的痛症會為他們生活和社交帶來很多障礙，特別是長者，可能連日常的生活也難以應對。

獲得「理大賽馬會社創『騷·In·廬』」「銀齡社創」起動基金的「摩動紓痛」團隊Andy、Margaret和Elaine，在過去幾年教授運動的過程中，見到很多參加者身體都有疼痛問題，他們試了很多方法都未能解決問題。在一次機緣巧合下，他們接觸到成熟的醫療手段中式推拿，發現結合推拿與運動，能更有效的處理疼痛問題。

在今次活動中，摩動紓痛團隊帶同按摩椅，即時邀請台下觀眾，示範推拿與運動的結合，展示50+專業的一面。



團隊發現結合推拿與運動，能更有效的處理疼痛問題。