卓效綜合醫療中心
Harmony Wellness Clinic

*"IPTFA in collaboration with GFTA proudly presents"*

**國際康體專才培訓學院 與 卓效綜合醫療中心**

# Cranial Alignment Therapist (Level 1) Certification

# 整復結構治療師(一級)證書課程



## Course Introduction

The body is an integrated, interactive organism. The body itself is not divided into specialties; its structures are linked one after another—hence the concept that "pulling one hair moves the whole body," and that body structures can mutually traction and lock one another. Structural Correction Therapy is a form of manual medicine formed by integrating various natural therapies. It not only addresses the repositioning of muscles, soft tissues, nerves, and fascia, but also mainly provides appropriate correction treatment for the skull, face, neck, hands, rib cage, waist, legs, tendons, and internal organs.

## 課程簡介

身體是一個整全的互動有機體。身體本身不會分科，而身體結構系一環扣一環，正身謂「牽一髮動全身」，身體有互相牽引鎖住既概念。整復結構治療，屬徒手醫學，滙聚各種自然之療法造成。而整復結構治療，不但顧及肌肉、軟組織、神經、筋膜復位外，亦主要是頭顱骨、臉部、頸部、手部、胸肋骨、腰部、腿部、肌鍵及內藏作出適當復位治療。

## Structural Correction Course:

The first priority is to master basic theoretical

## 整復結構課程：

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knowledge of anatomy and to understand basic physiology, then to summarize experience through practice. Manual techniques are based on understanding the internal condition and then choosing any appropriate technique for adjustment. Structural techniques have the characteristics of immediate results and being easy to grasp; they are also a way of health preservation for amateur enthusiasts.

首要是掌握解剖學基礎理論知識，同時要了解基本的生理學，再從實踐中總結經驗。徒手手法是基於理解它內在情況再選擇以任何一種手法作調整。結構手法具有即刻見效，能容易掌握的特點，也是業餘愛好者養生之道。

## Objective:

Upon completion of the course, students will be able to:

- **Establish a foundation in Structural Correction Therapy:** master anatomy, basic physiology, and the concept of the body as an integrated interactive whole; understand the relationships among muscles, soft tissues, nerves, fascia, and joint structures.
- **Develop awareness of pain and structural problems:** understand the structural awareness of pain, joints, muscles, and fascia; understand joint stability, muscle imbalance, and principles for managing myofascial problems.
- **Acquire structural correction manual technique skills for the upper limbs, lower limbs, and trunk:** be able to use relevant manual techniques to address restrictions and pain in the clavicle, shoulder, elbow, forearm, wrist, fingers, sacrum, coccyx, knee joint, ankle, and toes.
- **Be able to apply myofascial and pain management techniques:** master the main structural correction techniques for shoulder muscle and tendon pain and inflammation, wrist/finger/hand joint pain and release of fascial knots, elbow and forearm restriction, sacral and coccygeal problems, and knee/ankle/toe restriction and pain.

## 課程目標：

完成課程後，學員應能：

- **建立整復結構治療基礎：**掌握解剖學、基本生理學及身體整全互動概念，理解肌肉、軟組織、神經、筋膜與關節結構的關係。
- **掌握疼痛及結構問題認知：**認識疼痛、關節、肌肉及筋膜的結構認知，理解關節穩定性、肌肉失衡及肌筋膜問題的處理原則。
- **具備上肢、下肢及軀幹整復手法能力：**能運用相關徒手手法處理鎖骨、肩部、手肘、前臂、手腕、手指、骶骨、尾骨、膝關節、腳踝及腳趾等部位的限制與疼痛。
- **能應用肌筋膜及疼痛處理手法：**掌握肩部肌肉肌腱疼痛及炎症、腕指手關節筋結、肘部前臂受限、骶骨尾椎問題，以及膝踝趾受限與疼痛的主要部位整復手法。

## Target Participants:

- Individuals aspiring to become Structural Correction Therapists;
- Current fitness, sports, and physical conditioning coaches;

## 適合對象：

- 有志成為整復結構治療師人士；
- 現職健身、運動及體能教練；
- 按摩治療師、自然療法及健康從業員
- 養生愛好者及康體相關人士。

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- Massage therapists, naturopaths, and health practitioners;
- Health preservation enthusiasts and persons related to recreation and health.

## Course Content:

**Part 1: Introduction and Foundations of Structural Correction Therapy**
Concepts of Structural Correction Therapy; the body as an integrated interactive organism; introduction to manual medicine and natural therapies; basic theoretical knowledge of anatomy; basic physiology; characteristics and safety principles of structural techniques.

**Part 2: Pain Awareness and Structural Assessment**
Pain awareness; structural awareness of joints, muscles, and fascia; joint stability; muscle imbalance; principles for managing myofascial problems.

**Part 3: Upper Limb Structures and Structural Correction Techniques**
Structures and related techniques of the clavicle, shoulder, elbow, forearm, wrist, and fingers; management of shoulder and related muscle/tendon pain and inflammation; relief of fascial knots and management of wrist, finger, and hand joint pain; main structural correction techniques for elbow and forearm restriction and pain.

**Part 4: Trunk, Pelvis, and Sacrococcygeal Structural Techniques**
Concepts of the rib cage and waist; structures and related techniques of the sacrum and coccyx; sacral and coccygeal problems and management techniques.

**Part 5: Lower Limb Structures and Structural Correction Techniques**
Structures and related techniques of the knee joint, ankle, and toes; main structural correction techniques for knee joint, ankle, and toe restriction and pain.

## 課程結構：

**第一部分：整復結構治療導論及基礎**
整復結構治療概念；身體整全互動有機體；徒手醫學及自然療法簡介；解剖學基礎理論；基本生理學；結構手法特點及安全原則

**第二部分：疼痛認知與結構評估**
疼痛認知；關節、肌肉、筋膜結構認知；關節穩定性；肌肉失衡；肌筋膜問題處理原則

**第三部分：上肢結構及整復手法**
鎖骨 Clavicle、肩部 Shoulder、手肘 Elbow、前臂 Forearm、手腕 Wrist、手指 Finger 結構及相關手法；肩部及相關肌肉肌腱疼痛及炎症處理；腕部、指、手關節疼痛紓解筋結及處理；肘部與前臂受限與疼痛主要部位整復手法

**第四部分：軀幹、骨盆及骶尾結構手法**
胸肋骨、腰部概念；骶骨 Sacrum、尾骨 Coccyx 結構及相關手法；骶骨、尾椎問題及處理手法

**第五部分：下肢結構及整復手法**
膝關節 Knee joint、腳踝 Ankle、腳趾 Toe 結構及相關手法；膝關節、腳踝、腳趾受限與疼痛主要部位整復手法

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**Part 6: Integrated Application and Practice**
Integrated practice of upper limb, lower limb, and trunk techniques; integration of myofascial, muscle imbalance, and joint stability management; case practice and safety precautions for techniques.

**第六部分：整合應用及實習**
**上肢、下肢與軀幹手法整合練習；肌筋膜、肌肉失衡及關節穩定性處理整合；案例練習及手法安全注意事項**

**International Certificate Recognition:**
Participants who meet the following two requirements will be awarded the **" Cranial Alignment Therapist (Level 1) Certificate"** issued by IPTFA:

- Course attendance rate reaches 75% or above
- Both the theoretical examination and practical assessment obtain a passing score of 70% or above

**國際證書認可：**
符合以下兩項要求的學員，可獲 IPTFA 頒發「**整復結構治療師(一級)證書**」：

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

**Continuing Education:**
Participants may continue to study related courses under the "**Cranial Alignment Programme**". Upon completion, they may apply for the Cranial Alignment Practitioner qualification certificate.

**持續進修：**
學員並可持續修讀「**整復結構課程體系** Cranial Alignment Programme」相關課程，完成後可申請 結構整復師（Cranial Alignment Practitioner） 資格證書。

**Course fee:** HKD 6,800
**Course Duration:** 12 hours
**Continuing Education Units：** 2 CEUs
**Enquiry**: (852) 2345 6286
**WhatsApp:** 9768 3881 (message only)
**E-mail:** info@iptfa.com
**Website:** www.iptfa.com

**課程費用：**HKD $6,800
**課時：**12 小時
**延續學份：**2 學分
**查詢：** (852) 2345 6286
**WhatsApp：**9768 3881 (僅限訊息)
**電郵：** info@iptfa.com
**網站：** www.iptfa.com

**Admission Requirements:**
**Entry Requirements:** Suitable for fitness coaches, sports science professionals, medical and health management personnel, and interested individuals.

**申請資格：**
**入學資格：**適合健身教練、運動科學專業人士、醫療健康管理人員及有興趣人士。

**Instructor Qualifications:**
**Timothy Yu, Registered Chinese Medicine Practitioner (CMP)**

- PhD Candidate in Chinese Medicine (Gynecology), Guangzhou University of Chinese Medicine
- Master's Degree in Acupuncture, The University of Hong Kong

**導師資歷：**
**余慶嘉註冊中醫師 Timothy Yu CMP**

- 廣州中醫藥大學中醫婦科 博士研究生
- 香港大學針灸學碩士。
- 廣州中醫藥大學中醫全科學士
- 香港大學中醫學深造證書 臨床婦科

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- Bachelor of Chinese Medicine, Guangzhou University of Chinese Medicine
- Postgraduate Certificate in Chinese Medicine (Clinical Gynecology), The University of Hong Kong

學

**Re-examination Fee:** HK$300 for retaking the written exam, practical exam, or supplementary exam (those scoring below 60 must retake the course).

**重考費用：**筆試、實習試重考或補考費 HK$ 300 (60 分以下者需重新修讀課程)

**Deadline:** Three working days before course commencement (IPTFA reserves the right to cancel courses or change course times).

**截止日期：**開課前三個工作天(IPTFA 保留取消課程或更改課程時間之權利)

**Venue:** IPTFA Education Centre, Room C, 2/F, Wan Tai Building, 21–27 Mong Kok Stadium Path, Mong Kok, **International Personal Trainers & Fitness Academy.**

**上課地點：**IPTFA Education Centre
旺角運動場道 21-27 號運泰大廈 2 樓 C 室，**國際康體專才培訓學院。**

**Payment Methods:** Pay in person at the Academy in cash, mail a cheque (payable to: International Personal Trainers & Fitness Academy), or deposit into the Academy's account:

**繳費方法：**可親臨學院繳交現金、郵寄支票(抬頭：國際康體專才培訓學院) 或

**Shanghai Commercial Bank** | Account Name: INTL PERSONAL TRAINERS & FIT A (HK) LTD
Account No.: 33782-05697-8
FPS: 164613515

**存入學院戶口：**
**上海商業銀行** | 戶口名 INTL PERSONAL TRAINERS & FIT A (HK) LTD
銀行戶口：33782-05697-8
FPS 轉數快：164613515

**Bank of China** | Account Name: INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

**中國銀行** | 戶口名 INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
銀行戶口：012-698-0-000764-4；
轉數快：164613515

**Hang Seng Bank** | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
Account No.: 369-488143-883
FPS: 107214223

**恆生銀行** | 戶口名：INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
銀行戶口：:369-488143-883
轉數快：107214223

**Class Arrangements:**
1. When the Observatory issues Typhoon Signal No. 1 or No. 3, or a Yellow or Red Rainstorm Warning, classes will be held as

**上課情況：**
1. 當天文台發出一號或三號颱風訊號、黃色或紅色暴雨警報，將照常上課。

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usual.

2. When the Observatory issues Typhoon Signal No. 8 or above, or a Black Rainstorm Warning, that day's classes will be cancelled. The Academy will separately notify students of the make-up class date, time, and venue.

**Refund Policy:** Except when the Academy cancels a course, tuition fees paid will not be refunded under any other circumstances.

2. 當天文台發出八號或以上颱風訊號、或黑色暴雨警報，該日之課程將取消，學院將另行通知補課之日期、時間及地點。

**退款政策：**除了本學院取消課程外，其他情況概不退回已繳學費