



創於1913年  
Founded in 1913

香港華人會計師公會

The Society of Chinese Accountants & Auditors

(在香港註冊成立之有限公司)

(Incorporated in Hong Kong as a company limited by guarantee)

Dear Members 致各位會員:



Topic: 主題:	Office Ergonomics and Pain Management 辦公室姿勢與痛症
Guest speaker: 演講嘉賓:	<p><b>Mr. Clement Tam 譚卓曦先生</b> <b>Registered Physiotherapist 註冊物理治療師</b></p> <p>Having been in competitive sports at a young age, Clement has always been interested in how the body moves and how to prevent injuries. His love for staying active and connecting with people is what led him to pursue a career as a physiotherapist.</p>  <p>Clement has experience in a variety of settings and takes special interest in ergonomics and sports injuries. His clients range from desk workers with workplace related pains to high performing athletes wanting to optimize performance.</p> <p>Clement believes in a holistic approach and is a firm believer in prevention over cure. He understands that every client is unique and requires a customized approach that is specific to their needs. With a combination of manual therapy, dry needling, and individualized exercise prescription, Clement strives to empower his clients to take charge of their body so that they can unlock their movement potential and get back to doing what they love in no time.</p> <p>Outside of professional work, you will find Clement exploring new restaurants and planning for his international escapes.</p> <p><b>Clement</b> 從小參與多項競技運動的經歷使他對於人體結構及預防受傷的方法產生濃厚興趣，他熱愛運動及喜歡與人建立連結的性格驅使他投身物理治療這個專業。</p>

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	<p>他擁有不同臨床工作經驗，並對人體工學及運動治療特別感興趣，他的服務對象涵蓋久坐辦公室的人士以至希望提升運動表現的運動員，他致力協助他們改善姿勢、減輕疼痛。</p> <p>Clement 深信「預防勝於治療」，亦明白每位客戶的身體狀況及生活習慣皆不盡相同，因此強調以個人化的方式提供治療，他善於結合手法治療、針灸/乾針療法及度身訂造運動訓練處方，協助客戶提升身體自我管理的能力，重拾不受痛楚影響的樂趣。</p> <p>空閒時，Clement 喜歡發掘新餐廳及計劃他下一次的海外之旅。</p>
Highlights: 活動內容:	<ul style="list-style-type: none"><li>- 辦公室人士常見痛症</li><li>- 舒緩痛症方及展示正確坐姿</li></ul>
Date/Time: 日期及時間:	31 Jul 2025 (Thursday) / 12:30 pm – 2:00 pm 2025 年 7 月 31 日 (星期四) 下午 12:30 至 2:00
Venue: 地點:	Lingnan Club – 13/F, On Lok Yuen Building, 25-27A Des Voeux Road, Central 嶺南會所 – 中環德輔道中 25-27A 號安樂園大廈 13 樓
Language: 語言:	Cantonese 廣東話
Fee: 費用:	HK\$130 each (For SCAA Members / Affiliates / Student Affiliates) 每位 HK\$130 (只限華師會員 / 附屬會員 / 學生會員)

**ENROLL NOW**  
**按此報名**

Enrolment for this luncheon is on a first-come-first-served basis. Each enrollee will be notified via EMAIL of the result of enrolment before the luncheon. Should you have any enquiries, please feel free to contact the Secretariat at 2869 6680 or [info@scaacpa.org.hk](mailto:info@scaacpa.org.hk). Thank you.

午餐例會以先到先得形式接受報名，成功報名者將獲本會以電郵通知。如有任何查詢請與本會秘書處聯絡 (電話: 2869 6680 電郵: [info@scaacpa.org.hk](mailto:info@scaacpa.org.hk))。謝謝。

Yours faithfully 此致

Tsoi Wa Shan, Sam 蔡華山

Luncheon Committee Chairman 午餐例會主席

The Society of Chinese Accountants & Auditors 香港華人會計師公會