



**WEEKLY MEETING OF THE ROTARY CLUB OF ROYAL HUA HIN – AMARI HOTEL**  
**TUESDAY 8<sup>th</sup> MARCH 2022**

**HENRICK FAGERSSON – SPINE CLINIC**

**Present: 26**  
**Members: 19**  
**Guests: 7**

SAA Rick Rees opened the meeting with the National Anthem.

The following guests were introduced:

Patrick Meier	-	Switzerland
Adrian Rowland	-	Guest of Paul Grab
Bjarne Olander	-	RC Nagu Finland
Katherine Fagersson	-	Spine Clinic
Wan Nanaphat	-	Spine Clinic
Patrick Erikson	-	Spine Clinic
Henrick Fagersson	-	Guest Speaker

P Phil welcomed everyone and began by addressing concerns about the ongoing covid situation, as there had been a couple of people who had contracted it at the recent MCC event. Phil reiterated his previous comments that the time was coming, as in most of the rest of the world, to learn to live with the virus and that people must take responsibility for their own actions and manage their own risk. If they felt unsafe or unwilling to attend meetings it was clearly their choice not to do so.

He then introduced new member Patrick Meier from Switzerland who was formally inducted by his sponsor, Helmut Schepers and Phil and presented with his certificate and Rotary badges. Patrick, who retired last October and moved to Hua Hin shortly afterwards, said a few words and stressed that he saw Rotary as a way of helping others in the community who are less fortunate.



Phil summarised a busy week for the RCRHH.

**Monday 28<sup>th</sup> February** had seen the long awaited return of the Multi-Cultural Community even organised by Rtn Lizzie with money raised going to the Education Fund. Phil had been honoured to carry the Ukranian Flag, immediately behind the Thai, which was carried by the Mayor of Hua Hin.



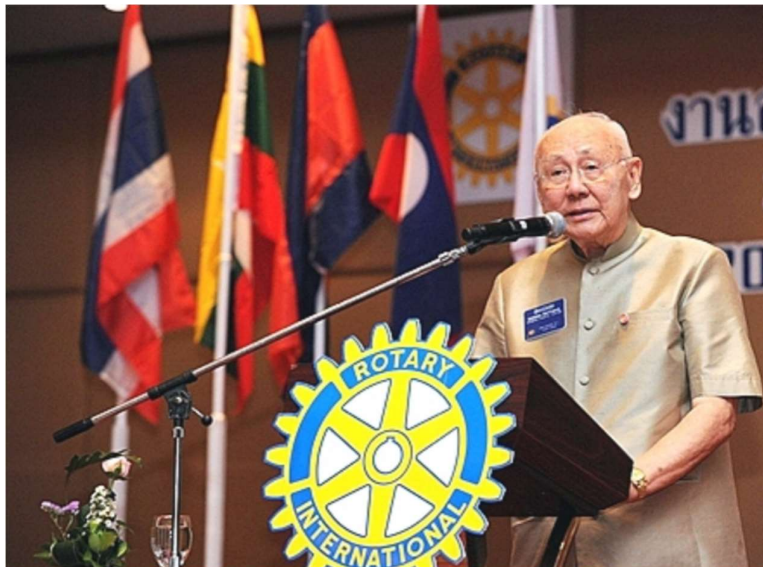
**Tuesday 1<sup>st</sup> March** had been the Fellowship Evening held at Paul Grab's house to celebrate his 80<sup>th</sup> Birthday (actually on 28 Feb). Attended by many Rotarians and personal friends of Paul. Miyoung, Paul's wife had also auctioned off a painting she had painted and a local artist was present to complete sketch drawings of guests for a donation to Rotary. The total raised from both was THB 30,000 which Paul and Miyoung kindly donated to the RCRHH.



This was followed on **Thursday 3<sup>rd</sup> March** by a visit by members to the Rotary Club of Bangkok to celebrate the 100<sup>th</sup> Birthday of General PDG Saiyud Kerdphol at the Erawan Hyatt Hotel.



Phil also mentioned the passing of former Rotary International President Bhichai Rattakul (16 Sep 26 – 28 Feb 22) aged 96. Bhichai was a Thai politician who served as the Deputy Prime Minister from 1983 to 1990 and 1997 to 2000, Speaker of the House of Representatives. He was RI President 2002-03.



Phil then paused to reflect on the current Russian invasion of Ukraine and explained that the first clubs had been founded in the country in the early 1930s. The first post war club was formed in Kyiv in 1991 today there are 9 in and 52 in different cities with 1000 members. Our thoughts are with fellow Rotarians as this extremely difficult time for them.

Phil then ran through upcoming events:

- 11-12 March - PETS Ratchaburi
- 15 March - Board Meeting
- 22 March - Weekly Meeting - Jane Calder - Save The Children



29 <sup>th</sup> March	-	No meeting
5 <sup>th</sup> April	-	Fellowship Evening - Surf and Sand
12 <sup>th</sup> April	-	No meeting – Songkran
19 <sup>th</sup> April	-	Board Meeting
26 <sup>th</sup> April	-	Weekly Meeting - 3rd Club Assembly
4 May	-	Visit of RI President to Bangkok
13-15 May	-	CTA Cha Am
24-25 Jun	-	District Assembly Phuket

Phil introduced today's guest Speaker Henrick Fageresson from the Spine Clinic and his staff.

# Spine Clinic



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Henrick introduced himself explaining lower back pain is a major problem and many people suffer with it. He will look briefly today at how osteopathy can help treat it. He explained that he had studied for four years in Sweden to qualify for his MA. There are approximately 45,000 osteopaths in Europe and 50,00 in the US.

He explained anyone visiting the clinic would receive a consultation, evaluation, X-ray and diagnosis. If necessary, further referral would be made to local hospitals for a second opinion and they would then work together to confirm treatment from there on. He explained posture and function are so important.

Henrick described how various techniques can help and that a lot of issues are psychosomatic, looking briefly at lower back pain, neck pain, knees, hips, feet, shoulders and tennis elbow. His clinic would also look at symptoms resulting from nerves, anatomy, lymphatic muscle, bones, blood and fascia. He used a model of a spine to demonstrate various disc problems and how they can occur.



Henrick discussed spine injuries and how they can occur from sport. Golf – rotation of spine and pelvis. Tennis – elbow, shoulders and ligament damage. Football – knees and damage to the meniscus, lower back and pelvis.

He explained prevention is important where possible. Once a patient understands the problem they can help themselves too by avoiding what causes it. Rehab depends on the level of injury and can be helped by having a knowledge of one's own body and the function of the injury site.

Henrick covered some of the common symptoms experienced by patients at his clinic including IBS, restrictions in thorax, tension in upper thorax, poor circulation, headaches and decrease of mobility. He said it was vitally important especially with covid and subsequent restrictions to keep mentally and physically active, both body and mind are important.

Patrick Erikson then spoke for a few minutes and gave an overview of his role in the clinic being a chiropractic.

Henrick concluded by offering a 20% reduction for Rotarians on Friday 11<sup>th</sup> and Monday 14<sup>th</sup> March if they booked an appointment today.

Following questions Phil presented the Spine Clinic Team with a Rotary sustainable shopping bag each.



Lunch was served and the raffle was drawn and the bottle of wine won by Alan Cooper.